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TITLE: THE SIGN OF JONAS

PART ONE: Self-Reliant Trustworthiness

Let's hear what Christ Jesus says about the sign of Jonas. In Matthew 16, we read, "The Pharisees ...with the Sadducees came, and tempting desired him that he would show them a sign from heaven ... He answered ... A wicked and adulterous generation seeketh after a sign; and there shall no sign be given unto it but the sign of the prophet Jonas."

In Isaiah 7:13-15, we read, "Hear ye now O house of David; Is it a small thing for you to weary men, but will ye weary my God also? Therefore the Lord himself shall give you a sign: Behold, a virgin shall conceive, and bear a son, and he shall call his name Immanuel. Butter and honey shall he eat, that he may know to refuse the evil, and choose the good."

Isaiah probably realized that the only sign you ever really receive is already within your own consciousness. It's Immanuel or GOD WITH US (See S&H 34:7-8), the self-reliant trustworthiness about which Mary Baker Eddy speaks. If you will move mentally into your own heaven-bestowed human consciousness, you will find the sign. It's there. It's right here with you today, but don't look outside of your own thought for it. Actually, you

can experience ONLY what is ALREADY within your own divinely influenced human consciousness, but that's good, because divine Mind is filling your consciousness right now with love and joy and spiritual understanding. "Do not I fill heaven and earth?" saith the Lord." (Jer 23:24)

And what did our Master, Christ Jesus say? "(T)he kingdom of God is within you." (Luke 17:21) Perhaps that was his way of saying that self-reliant trustworthiness and many other good qualities are within you.

In fact, our Leader, Mary Baker Eddy, insisted that self-reliant trustworthiness is DEMANDED of us. Hear her words: "One kind of faith trusts one's welfare to others. Another kind of faith understands divine Love and how to work out one's 'own salvation, with fear and trembling.' 'Lord, I believe; help thou mine unbelief!' expresses the helplessness of a blind faith; whereas the injunction, 'Believe . . . and thou shalt be saved!' demands self-reliant trustworthiness, which includes spiritual understanding and confides all to God." (S&H 23:23)

Now, "to confide" implies trust. You trust what you KNOW is true. Divine Mind knows; man reflects this knowing. You trust that which you intuitively feel and know in your heart is true because it was given to you by your divine Mind, God. Divine Mind knows truth, and, by the law of reflection, you know what your divine Mind knows. So you DO know the truth as you "look deep into realism" (ibid 129:22-23) and no other sign need be given.

You trust what your divine Mind knows. You trust divine Mind's exquisite thoughts given to you as your thoughts. You "discern and consent." (See Mis 77:7) You trust what is even now in your divinely bestowed human consciousness—"that consciousness which God bestows."

(S&H 573:6-8) You trust your divinely bestowed spiritual INSIGHT. In prayerful humility, you inwardly, deeply, confidently, actually intuit that you really ARE the compound idea of God, including all right ideas. (Ibid 475:14) You trust what you KNOW is true. You know because your divine Mind knows. There is no *not* knowing! Mind knows; man reflects. Therefore, you inwardly know.

In fact, I wrote a poem about this. It's called: *Knowing is All*. Here it is:

There is no not knowing!
 The knowing is the flowing
 of truth and joy and love.
 There is a Source above earth's bounds
 where rivers flow and always know
 what is eternal.

There is a place on high
 right here beyond the sky
 where intuition lives
 and inspiration gives
 immediate realization:
 God's goodness ever flowing.
 (There is no not knowing.)

Well, there you are. Easy to say, not always easy to prove. But the willingness to live more divinely, more infinitely, more universally, is not always reached through paths of flowers. According to our Leader, "Final

deliverance from error, whereby we rejoice in immortality, boundless freedom, and sinless sense, is not reached through paths of flowers nor by pinning one's faith without works to another's vicarious effort." (S&H 22:23)

Unfortunately, selfishness and sensuality (that is, living from the standpoint of a personal sense of things) COULD cause constant retrogression, but with divine Love's help you CAN achieve and focus firmly on your divinely influenced human consciousness, filled with Soul's thoughts. "Do I not fill heaven and earth? saith the Lord." (Jer 23:24)

If heaven is a metaphor for divine Consciousness and earth is a metaphor for human consciousness, then we need to prayerfully check our thought daily, hourly—yes, minute by minute. No doubt selfishness and sensuality, and other signs of focusing on the outward, the personal, DO cause constant retrogression, but we can be spiritually on guard second by second so that these and other negative characteristics will not fill our present thought. We refuse to accept retrogression any longer!

Is such a firm refusal easy? No. Is it possible? Yes. It just depends on how much we REALLY want our natures transformed. And if we don't care that much whether or not our natures are transformed, then let's be honest enough to admit that. But don't call it Christian Science, because Christian Science is very much about the divine influence transforming human nature.

However, if we DO concede that our natures probably DO need to be transformed—maybe a little bit—we can all read pages 308 and 309 of *Science and Health* to find out how Jacob did it.

In the first place, he was ALONE. Mrs. Eddy italicizes the word "alone," so it must be important for us to see that "The Christian Scientist is alone with his own being and with the reality of things." (01:20:8-9)

So yes, Jacob was alone and struggling. Struggling with what? Well, he may have been struggling with the belief that God is a person rather than a divine Principle. He may have been struggling with the belief that he, Jacob, was a person rather than divine Principle's reflection. Our textbook puts it this way: "Jacob was *alone* ...struggling with a mortal sense of life, substance and intelligence as existent in matter ..." (S&H 308:16)

Wouldn't that be personal sense? Wouldn't that be believing that man is material and is an entity entirely separate from God? Wouldn't that be believing that life, substance and intelligence—good or bad—exist in matter, in a person, in an entity separate from God, Spirit?

But "the great point of departure for all true spiritual growth (Ibid 91:5) is the fact of man's ONENESS with God! So let's take a look at that. God is individual, but not personal. Therefore the image and likeness of God is individual, but not personal. Was this not the angel message with which Jacob was struggling? He had a physical problem, too, but physical problems are actually mental.

In the first edition of *Science and Health* (Mrs. Eddy calls it "The Precious Volume"), we find these words: "Jacob wrestled with a man—that is, he strove against the belief of life and intelligence in matter ..." (page 47), and life and intelligence in matter imply personal sense, as well as the suffering it brings.

As we all know, Jacob yielded to the angel-message, and as a result, his nature was transformed. It wasn't easy, but Jacob did what had to be done. He stopped thinking of himself as a person, as "a corporeal mortal embracing duplicity, repentance, sensualism." He became inspired. His "so-called material senses yielded to the spiritual sense of Life and Love." (S&H 589:4) He returned to the one Mind. He was like the remnant to which Isaiah

refers: "The remnant shall return, even the remnant of Jacob, unto the mighty God." (Isa 10:21)

He yielded to the allness and goodness of God, including man. He yielded to the fact of one God, one Mind, one Consciousness. Jacob returned to what he was to God.

So did Jonah—or at least we might assume he did. *The Book of Jonah* just seems to end in the middle of things, but he DID go to Nineveh, even though he certainly didn't want to make that mental journey into his own consciousness.

It would have been more fun to have just gone to Tarshish. Tarshish was considered to be a holiday place by many of that time, and it was obvious that Jonah didn't want to take on all the mental work and self-discipline required to cast out his negative concepts about the citizens of Nineveh. Even when those individuals changed for the better, Jonah went outside the gates of the city and sulked.

But he DID go to Nineveh. He finally DID confront his own erroneous concepts of man including the universe. He DID check his own nature, his own consciousness, his own thoughts and feelings—his own belief that life, substance and intelligence are personal and material. He must have considered the possibility of living more inwardly than outwardly, more impersonally than personally, more universally than privately. We must do the same.

And, interestingly enough, when we do this properly, there can be an immediate understanding of what is! The story of Jonah might be considered an allegory designed to instruct us. Maybe it's left open-ended because we each determine our own ending. We each fall back on our own "self-reliant trustworthiness." We each go right into the centre of mortal mind's mental

miasma and confront it with our divine disbelief. We face it, put it out, and then replace it with the presence and power of divine Love. We picture ourselves and our so-called others "under the control of supreme wisdom." We start living in the kingdom of heaven here and now. (See S&H 91:1 and Un 37:6)

You see, we don't have to look outside of our own thought for a sign of God's goodness. The sign is within. It's Immanuel, or "God with us." Divine Mind is thinking thoughts and giving them to you as your thoughts. Once when that occurred to me, I wrote down the thoughts in the form of a poem called "Heaven Within." It was published in the February 22, 1969, *Sentinel*, and I'm just now realizing its deeper meaning:

HEAVEN WITHIN

The tiny leaf uncurls, expands
 at touch of spring:
 it does not cry for further strength
 but stretches out its dew-drenched length
 by using inner might.

And thus we too unfurl, respond
 to touch of Christ:
 sweet dew of inspiration flows.
 Through waiting corridors it glows,
 diffusing inner light.

The question is: how do we access these inner thoughts, and the

answer is to get so spiritually still that the thoughts come through as your thoughts. Quiet personal sense. Quiet mortal mind. Quiet the devilish suggestion that you and others have a mind, a life, an agenda, a nature apart from God, divine Mind.

In a way we could say that divine Mind is always speaking to us. It's the still small voice, which Elijah heard, and it's always speaking to true humanity. We just have to be willing to listen. It took quite an effort for Elijah to listen, but he finally did do it, and did it so well that eventually he ascended!

Elijah had human ancestry and genetic weaknesses to contend with, the same way you and I do, but he didn't let that stop him. There is no natural selection when all is ONE. Elijah had world resistance and Darwin's theory of natural selection to contend with just as we do. But after the wind and the earthquake and the fire, there was the still, small voice of divine Love making itself known in Elijah's consciousness.

Elijah had so squelched the belief that he had a mind apart from God or that Jezebel or Ahab or anyone else had a mind apart from the divine Mind that he was able to listen to the angelic thoughts unfolding in his Christ-consciousness. He was able to hear the voice within. His own Soul-consciousness was communing with him. Would that be his self-conscious communion? (See S&H 29:32) Whatever we might call it, he was able to discern the spiritual idea in terms he could comprehend. (Ibid 210:1)

Elijah told his divine Mind how afraid he was that there was no one left to help him make known the truth of being to humanity, but the divine Principle of all humanity—his own Principle—revealed to him that there were seven thousand men left to help. There was a precious remnant, just as there is today, so Elijah could do what he had to do to glorify God, and then

move on to the ascension. His own divine Mind, the only Mind there ever was or will be, spoke to him “in terms that human thought could comprehend,” and Elijah looked “deep into realism” (Ibid 129:22) to see that what he needed he already had in his own divinely bestowed human consciousness.

You and I can do the same. “Nothing appears to the physical senses but their own subjective state of thought.” (Mis 105:24) Continuing further in that paragraph, Mrs Eddy says, “Destroy the thought of sin, sickness, death and you destroy their existence.”

So put out every image of evil from your thought, and replace those false pictures with the truth that every real concept “is under the control of supreme wisdom.” (S&H 91:1) Difficult to do? Sometimes, but divine Love will help us. In fact, when we’re sincerely and prayerfully doing this, it’s actually the divine Mind asserting itself as our own thought. If we resist, it can be difficult, but if we yield to the allness and goodness of the divine presence in our human consciousness, it gets easier.

We don’t have to give in to mortal mind’s feelings of fear, hurt, depression, anger, guilt, hurry, pressure, etc. We can be at ease! We can live joyously and easily by living outside of the personal sense dream. “When a dream ceases, it is self-destroyed, and the terror is over.” (Ibid 346:20) Just acknowledge: “I dwell in the Soul universe, the one Creation, in which I am at ease, here and now.” Acknowledge it until you really, really mean it. You discern and consent to it.

Why? Because that’s the self-reliant trustworthiness. That’s the sign of Jonas to which Christ Jesus referred. That’s Immanuel or GOD WITH US. It’s the Christ-Consciousness making itself felt in one’s divinely influenced human consciousness, and the more this happens, the more one’s

nature is transformed.

Mary Baker Eddy tells us this. Even in the Preface of *Science and Health* she tells us that physical healing results from the operation of divine principle in human consciousness. (Ibid xi:9) It's BECAUSE of the fact that divine Principle is operating in our thought that we stop believing in sin and disease! We stop believing in a creation where those dream images could occur! We stop "accepting only the outward sense of things." (Ibid 129:22)

We stop thinking of ourselves and others as persons and start thinking of man as a state of holy thought—the compound idea of God including all right ideas. Then "sin and disease lose their reality in human consciousness and disappear ..." Mrs. Eddy says that "these mighty works are not supernatural, but supremely natural. They are the sign of Immanuel, or 'God with us,'—a divine influence ever present in human consciousness ..." (S&H xi:15)

As the divine influence transforms our characters, our natures, our bodies, our homes, our churches, our universe, we realize this. What other signs need to be given? We have deep insights NOW into what divine Reality is all about. We wake up to it, so to speak, and the sign of Jonas becomes the sign of Immanuel—GOD WITH US.

We deal with lying images of sin and disease at the point of our own belief in them, and put them out of our thinking. Then they really DO lose their reality to us, and they DO disappear!

Realize this thoroughly enough and you will be like Jonah. You WILL go to Nineveh! You WILL be willing to look deep into your own nature, your own heart, your own consciousness, your own universe, and let it be transformed. Heredity and childhood conditioning will have nothing to do with what you are! Natural selection and a "survival of the fittest" approach

to existence won't mean a thing to you or to your sense of identity. The human history will be revised, and the material record expunged. (See Retro 22:1)

You will eat butter (oil) and honey until you really do "refuse the evil, and choose the good." (Isa 7:14) Look up the word "oil" in our textbook and see what I mean. You will BE the pure, virginal, reflected consciousness that can intuit the glorious concepts which prove that divine Love is actually within your own thought right now. Willingly, joyously, you will consecrate your life, your time, your aspirations to this work. You will be gentle, noble, honest, and divinely inspired. (See S&H 592:25)

Since the human MUST be evangelized (Ibid 254:19), why not let it happen now, and save yourself a lot of trouble? Why not reach inward to Soul, Spirit, and say as did Isaiah, "Here am I. Send me." (Isa 6:8) Why not say: "Send me to bring truth to humanity. Send me to be listed in the Christian Science Journal. Send me to support a branch church. Send me to heal?"

This is demonstrating self-reliant trustworthiness. This is the proof that God, divine Life, is with us. This is the Immanuel, and it is the sign of the prophet Jonas. Self-reliant trustworthiness? You've got it! You just have to use it, rejoice in it, and be it. Don't let animal magnetism talk you out of it. With God's help, you CAN do it, and you WILL do it. Why not let it be now?

Let's sing Hymn 359, and then if you have any questions on this section, I'll try to answer them.

PART TWO: Living the Immanuel by denying personal sense.

Accepting the Immanuel within our divinely influenced consciousness enables us to do the right thing at the right time. If we don't listen for divine direction in the big things, or even the little things in life, we sometimes lose our way because we lack that self-reliant trustworthiness which Our Leader expected of us.

That's what happened to me. Some years ago I wrote a one-act play for our local Little Theatre group, and it was to be presented on an evening of three one-act plays. My play was based on the story of the Shunammite woman whose son was brought back to life by Elisha. (II Kings 4)

There were just five actors in the play, and I was the director. I'd written the play about a year before it was actually performed, so even though I knew the play fairly well, I hadn't memorized it.

The play was called *It is Well*, after the Shunammite's words, but all was not well behind the scenes. The young woman who had been chosen to act as the Shunammite woman's maid simply could not or would not learn her lines. The other four members of the cast all knew their lines perfectly, so there was no problem with them, but this one girl just didn't get it.

Now, there's something else I should tell you. I had just found Christian Science a few years before writing the play, and had not yet had class instruction. I knew, however, that Christian Science was a religion of love, and I very much wanted to be loving. So when this girl came to rehearsal not knowing her lines, I would always forgive her, and hope that she would know them next time for sure. She did not.

The night before the play was to go on arrived, and this girl still did not know her lines. I went home that night tired and discouraged. I'd wanted

so much to be loving that I'd actually acted foolishly, and was not the least bit loving to the other members of the cast who had worked so hard. I was not the least bit loving to the local Little Theatre group sponsoring the play, and I was not in the least bit loving to the audience coming to see an original, local work, as well as the two other one-act plays.

I recall sitting at the kitchen table with my *Science and Health* in my hands. The family was asleep, and I just sat there with the closed book in my hands. I guess I'd intended opening it, but hadn't gotten around to doing that yet.

I was trying to pray, and finally I just blurted out, "Oh, God, what shall I do?" Some words fell into my waiting consciousness. They said: "Do it yourself."

I replied, "Oh, but I can't" and then thought, "Wait a minute. You don't say 'but I can't' to divine Love." So I stopped that, and went to bed feeling a little better. In the morning I learned the lines of the little maid, and went on that night without a rehearsal.

When I called the girl to tell her I'd be doing this, she was relieved. There was a certain point at the end of the play when the curtain needed to be closed very quickly in order to achieve a certain effect, and the girl knew where this point was, and she asked me if she could close the curtains. I said she could, and she did—at exactly the right moment. We all remained friends.

But you see, I had to learn how to "refuse the evil and choose the good." The solution was already within my own divinely bestowed consciousness. I just had to see that, and then act on it.

It's like St. Paul saying, "The Jews require a sign, and the Greeks seek after wisdom, but we preach Christ ..." (I Cor 1:22,23) It's like Mary Baker

Eddy demanding self-reliant trustworthiness, which includes wisdom and spiritual understanding. It's looking deep into the realism which is within your own divinely influenced human consciousness. It's like Christ Jesus saying: "The kingdom of God is within you."

But in order to realize and live all of this, we have to relinquish human will and deny ourselves—that is, deny a personal sense of ourselves. Mrs. Eddy writes, "Until the fact concerning error—namely, its nothingness—appears, the moral demand will not be met, and the ability to make nothing of error will be wanting ... The foundation of evil is laid on a belief in something besides God." (S&H 92:21)

So if we're going to see something besides God—namely the personal sense of ourselves and others—the moral demand will not be met, and we'll still be denying the Immanuel within. But that isn't what we want to do! The only solution is to acknowledge our self-reliant trustworthiness, the Immanuel, the kingdom of God within our divinely influenced human consciousness. Then we KNOW what to do, and we do it!

As it says in Galatians 6, verse 3 and 4, "...if a man thinketh himself to be something, when he is nothing, he deceiveth himself. But let every man prove his own work, and then shall he have rejoicing in himself alone, and not in another."

A sign is something outside of you. Don't look to externals for proofs of God's presence. When faith turns into an understanding of what is already within you, then that's heaven on earth. What you discern in your true consciousness is the reality, and you actually know it firmly. You discern and consent! (See Mis 77:7) Admit this and it will shape your life.

You know, you can't experience anything of which you are not conscious, and Soul IS your true Consciousness. "Stand in awe, and sin not;

commune with your own heart upon your bed, and be still." (Ps 4:4)

One of Mrs. Eddy's biographers tells of how Mrs. Eddy healed a woman whose name was Mrs. Winslow. Mrs. Winslow had been an invalid for a number of years, and Mr. Winslow was almost laughing at the idea that God might heal his wife. Mrs. Eddy replied, "God will do the work if Mrs. Winslow will let Him."

What does that imply? Why wouldn't Mrs. Winslow let Him? Perhaps our Leader could see that we all have to sacrifice the mortal personality, the belief that man is separated from Soul-Consciousness, the belief that man has a sense of identity separated from God. At any rate, if there was any resistance to Truth in Mrs. Winslow's thought, it yielded, and she was healed. (See *The Life of Mary Baker Eddy*, by Sybil Wilbur, pp 143, 144).

Later, when our Leader wrote the textbook of Christian Science, she said, "It is difficult for the sinner (the mortal personality) to accept divine Science, because Science exposes his nothingness; but the sooner error (the personal sense of self) is reduced to its native nothingness, the sooner man's great reality will appear and his genuine being be understood. The destruction of error is by no means the destruction of Truth or Life, but is the acknowledgement of them." (91:9) (Part in brackets mine)

So don't get absorbed in sinful mortal personality! Deny it! Acknowledge your spiritual individuality, and live that. Be that. This destroys the false knowledge gained from mortal mind. (See S&H 91:16)

This destroys the suggestion that health or grace or any other good thing starts in man "...that which is formed is not cause, but effect, and has no underived power." (Mis 255:5) If man has any power or grace, it's derived from man's divine principle. "My grace is sufficient for thee," saith your own divine Mind. (II Cor 12:9)

Impersonal mortal mind may “impudently demand a blessing,” (S&H 545:20), but the true Christian Scientist does not. He or she “leaves the mortal basis of belief and unites with the one Mind.” (Ibid 424:6)

You can say: “There is no sense of being a separate mind, a separate person in me. I am individual reflection, but I am not the Source. I am not the Original. I’m a form of reflected Consciousness and grateful to be just that. Also, BECAUSE I’m merely reflection, I don’t resist Truth’s unfoldment in my human consciousness. Truth is here, and travels the line of least resistance—the least personal sense of existence.

I once had an instantaneous healing of a migraine headache by firmly insisting that since God was my only true Mind, there was no resistance to Truth in me. I went from one moment of pain so severe that I couldn’t stand up, to the very next moment of complete freedom. There was no recuperative period.

I was alone at the time, and I actually insisted right out loud that there was no resistance to Truth in me. I don’t know why I did that since I didn’t think there WAS any resistance to Truth in me, but there you are. You see, the personal sense of oneself or others is resistance to Truth. It insists on being or seeing a mind apart from God. Well, there isn’t any.

There is one God, one Mind only, and that divine Mind is right where you are! When you deny personal sense, you accept the Immanuel as your own true human consciousness, and when you accept the Immanuel, you deny personal sense. You deny any resistance to Truth in you. This is true self-immolation, genuine self-abnegation. After all, Christ Jesus did say to deny yourself. What did we think he meant by that?

Destroy the false belief that you are a selfhood apart from God. You are NOT made up of self-will, self-justification, and self-love! As you know,

those last words are Mrs. Eddy's. The point is that there are not two minds. There isn't a God-Mind and a little man-mind, too. There is one Mind only, and that one Mind is in expression as you and your mental concepts. That divine Mind is infinitely individualized, so be subjective, all-inclusive, and see the one Mind everywhere!

To Moses, "the inward voice became ...the voice of God." (S&H 321:25-26) Think about it. If that is true for Moses, it can be true for us, too. And what did Paul say? "Ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you." (Rom 8:9) There's an "if" there, so we have to be careful, but does the Spirit of God dwell in the real you, or does the spirit of personal sense dwell in a false sense of you? Does Soul-Consciousness dwell in you, or does a mortal personality hide in there? Does the divine I AM dwell in you, or does the small, petty, humanly-willed ego dwell in you?

Let's give the right answers, and then we'll understand what the Psalmist means when he or she prays, "I call to remembrance my song in the night; I commune with my own heart (self-conscious communion?): and my spirit made (makes) diligent search." (Ps 77:6) (Part in brackets mine)

Yes, we can and should make diligent search of our own human consciousness. We can "refuse the evil, and choose the good." (Isa 7:15) We can deny mortal mind, matter, personal sense, the mortal personality, human will and all evil. We can choose the impersonal, universal, subjective, all-inclusive Soul-Consciousness as our consciousness, and we can prove it by being only reflection.

We can accept the fact that God's grace is sufficient for us. (II Cor 12:9) There is no fall from Grace. Surely Soul-Consciousness is saying: "My grace is sufficient for thee because I AM in expression as you." And if it is,

then it could also be saying right now. "My health is sufficient for thee. My wealth of spiritual ideas is sufficient for thee. My ease in being is sufficient for thee. My love is sufficient for thee."

I could go on and on, but the point is that man as reflection has all that God has, whereas man as personal sense has nothing. He lives in dreams. Whether they're good or bad, they're still personal, mortal dreams. Who wants it? Our Leader asks, "Who wants to be mortal, or who would not gain the true ideal of Life and recover his own individuality?" (Mis 104:28)

Recovering one's own individuality implies living the Immanuel—**GOD WITH US**. It implies waking up from the dream sense of oneself. "If a dream ceases, it is self-destroyed, and the terror is over." (S&H 346:20) Who is going to destroy the personal sense dream if you don't? The dream is **SELF-DESTROYED!** No wonder Christ Jesus said to deny yourself. He didn't mean that you should deny your true spiritual individuality, but that you should certainly deny that false, suffering, separate-from-God sense of self that thinks it needs private health, private wealth, private grace, private everything—all separate from God and separate from one's fellow man.

We have to ask ourselves how much butter and honey we are willing to eat. Look up the definition of "oil" in the Glossary of *Science and Health*. How much do we REALLY refuse the evil, and choose the good? How much of the Immanuel do we allow to be here where we are? Truth is here, and travels the line of least resistance. It travels the line of humility, meekness, self-immolation, and innocence.

We must be innocent of a mortal personality, a mortal-dream identity, and human will. What's the point of being a person or interacting with so-called other persons, when there are no persons? (See S&H 554:4) It's all God. It's all Good! God is all there is! There are no persons. It's just divine

Life reflected and individualized.

Why feel so perpetually that you are a mortal interacting with other mortals (Ibid 107:15), when you are not? You are the idea of Soul interacting with your OWN divinely bestowed mental concepts. Feel yourself alone and complete among the stars—the shining thoughts of Soul. That's how one achieves self-reliant trustworthiness.

We want Soul to come forth in our consciousness, but how can it come forth if personal sense is blocking it? Mrs. Eddy says, "It is not the words, but the amount of Soul which comes forward to destroy error." (Church History Document F00362)

What do you intuitively know in your heart? THIS you know by reflection! You see, your ability to be honest with yourself is derived from Soul. So let us "lay aside every weight" and all the egotistical heaviness of personal sense, and "let us run with patience the race that is set before us." (Heb 12:1,2), looking unto Christ Jesus as our example.

Don't be guilty of being a mortal, a mortal personality, a separate mind from God. You've NEVER been some other mind! "Ye are not your own." (I Cor 6:19) Wake up to that fact!

God is the only Mind, your only Mind. Therefore, by the law of reflection, you have the God-given ability to confront images of evil with your divine disbelief. You can refuse the evil, and choose the good. You can put out a personal sense of yourself and others from consciousness, and accept only the Immanuel, the Christ-Consciousness, as your true identity, your true being.

In the 40th chapter of Job, divine Love says to Job's true selfhood, "Gird up thy loins now like a man: I will demand of thee, and declare thou unto me." (Job 40:7)

Further in that chapter, divine Love says, “Deck thyself now with majesty and excellency; and array thyself with glory and beauty.” In other words, see yourself as you really are. See yourself as Soul sees you: spiritual, universal, impersonal, infinite. The passage goes on, “Cast abroad the rage of thy wrath: and behold every one that is proud, (in your human consciousness) and abase him.” (Part in brackets mine)

In other words, put out personal sense with its rage and anger and depression and frustration and hurt and fear. Put out spiritual immaturity! Deny it! Abase it. It isn't you! Break your identification with it. “Look on every one that is proud (that is, every thought that is proud), and bring him low; and tread down the wicked in their place.” In other words, check your own consciousness. Refuse the evil, and choose the good. “Then will I confess . . . unto thee that thy own right hand can save thee.” (Job 40:7-14)

You see, you DO have self-reliant trustworthiness. You just have to use it, and when you do, you'll find your thought filled with the Immanuel. God, divine Mind IS with you as your Mind, and you know it!

But “the atonement requires constant self-immolation on the sinner's part,” (S&H 23:4), so remember that. It isn't so much that you are a sinner the way the word is often used today, but Mrs. Eddy saw identifying with a personal sense of self as being sin, because in fact it does break the First Commandment, “Thou shalt have no other gods before me.” Freely translated: *Thou shalt have no other mind but Mine.*

So, constant self-immolation is important. Just see how smoothly mortal mind tries to insinuate itself into your human consciousness. Just see how it tries to convince you that you have a separate mind from God and that you interact with others who have separate minds. Human will tries to perpetuate personal sense. It resists Truth! But in God's Allness and

Goodness there is no human will. Confront it with your divine disbelief and you will find that out.

Then you will understand why you should not call the spiritual idea of God mortal or personal or material. Call it spiritual, even when it's humanly visible. Don't misinterpret it by calling it a person. It's an individual compound idea of divine Mind, but that doesn't make it mortal or personal. Christ Jesus appeared humanly on this plane of existence, but you wouldn't call him material or mortal, would you?

Mrs. Eddy says, "There is no such thing as mortality, nor are there properly any mortal beings." (S&H 554:4) Even when an individual expression of Soul-Consciousness looks like a human being, it is actually spiritual, impersonal, angelic, and full of God's grace. "...man is not material; he is spiritual." (Ibid 468:15)

Live the Immanuel which is already within your true, heaven-bestowed human consciousness, and any separated-from-God sense of yourself or others will dissolve and disappear, and you will stand!

Let's sing Hymn 12, and then I'll take any questions you may have on this section.

PART THREE: Animal Magnetism and the Sign of Jonas

What does animal magnetism have to do with the sign of Jonas? Well, it would get us so mixed up that it would try to convince us that matter is substantial, and then we would long for a demonstration of perfect matter.

The truth is that matter is not substantial. Divine Consciousness is. Divine Mind's thoughts are. The only way anything can be truly substantial is to be immortal, everlasting, outside of time, outside of birth and death, and that's not going to happen unless we admit to ourselves that divine Mind's thoughts constitute the only real substance of the universe.

So animal magnetism will do everything it can to convince us that matter is substance, but don't you believe it! On page 100 of our textbook, Mrs. Eddy quotes a definition of animal magnetism that is very interesting. Part of the quotation reads, "Animal bodies are susceptible to the influence of this agent, disseminating itself through the substance of the nerves." (S&H 100:9)

So the point is, you are not an animal body! You are the compound idea of God, including all right ideas. (ibid 475:14) "But," you might say, "I must be an animal body. I eat, drink, sleep, wear clothes to keep warm, and so on. I do lots of things that animal bodies do, so I must be one." WRONG! You are the spiritual idea of God. You are formed of divine Mind's thoughts or ideas, "and these are interpreted by the translation of the spiritual original into the language which human thought can comprehend." (ibid 210:2)

If you will prayerfully focus on what you are to divine Mind, divine Consciousness, then animal magnetism can't get to you. It CANNOT mesmerize God's idea. It CANNNOT hypnotize God's idea. It CANNOT cast a spell over God's idea. In fact, it can't do anything to God's idea

because it can't understand it, can't conceive of it, can't touch it.

Remember, the devil could SUGGEST to Christ Jesus that Jesus should jump off that pinnacle, but the devil couldn't push him off! Aggressive mental suggestion couldn't do ANYTHING to Christ Jesus unless Jesus would allow it.

But he said NO! He said, "It is written ... Thou shalt not tempt the Lord thy God." (Matt 4:7) Do you realize how close this is to his saying in Matthew 16 that "A wicked and adulterous generation seeketh after a sign; and there shall no sign be given unto it but the sign of the prophet Jonas." And how close is that to Mary Baker Eddy insisting that we have self-reliant trustworthiness?

So how are we going to shake ourselves free of animal magnetism and do what must be done? Well, for starters, give yourself Christian Science treatment daily. If you're not sure how to do that, ask a Christian Science teacher or practitioner or friend or relative to help you, but learn how to spiritually meditate on a daily basis.

Consecrate yourself. Spend as many hours as are needed for you to find out that you really are "the individualized manifestation of existence" about which Mrs. Eddy speaks. (S&H 555:27) Read our textbook from cover to cover. Read the *King James Bible* from cover to cover. Read *Prose Works* from cover to cover, and read Mrs. Eddy's insightful article, "Principle and Practice." You'll find it on page 337 of Robert Peel's book, *Mary Baker eddy: The Years of Authority*, and remember that it's the last thing our Leader ever wrote for publication. It was her last message to The Christian Science Movement, and we can't afford to ignore it.

Now, some may say, "I haven't got time for all of that stuff. I'm too busy, too tired, too uncomfortable, besides, I'm just not that keen. I study the

Lesson. I attend church. I work on committees—that's enough!"

Well, my friends, it isn't. Ask any concert pianist how many hours he or she spends practicing the piano every day. Ask any gymnast, any Olympic athlete how long the daily practice lasts, and you will be told anywhere from six to eight hours most weekdays. Maybe more.

So yes, it takes time to pray for yourself and others. It takes time to pray for the world, and for our church. It takes time to develop spiritual intuition, to discern the spiritual fact of whatever the material senses behold. (S&H 585:10) It takes time, effort, and self-discipline to hear the still, small voice which Elijah heard.

But it's worth it! What's going on in your human consciousness is what really counts, what really matters, and GOD is going on there! Divine Life is going on in your human consciousness. Divine Mind is unfolding itself to itself right in the centre of your human consciousness. All you have to do is show up! Truth will do the rest.

But of course animal magnetism will try every trick in the book to stop you from having such self-reliant trustworthiness. It will try to stop you from showing up. So take a look at what might be called your human weaknesses, and do something about them now. Let your nature become more spiritualized. That way animal magnetism won't have anything to use against you. Take away its weapons by denying a personal sense of yourself and others. Take away its weapons by denying the so-called law of natural selection. There is no such law. It would take believing in more than one mind to put such a barbarous code into operation. (See S&H 381:15)

Put out the images of evil that are suggested to you by mortal mind, and picture yourself under the control of supreme wisdom. At the top of page 91 of our textbook, Mrs. Eddy is talking about the new heaven and the

new earth, and then she asks if we've ever pictured it. Don't see that as a question, but as a command. Picture yourself and your so-called others under the control of supreme wisdom. Don't focus on a problem, but on the truth.

I recall one time going to a Christian Science teacher, Godfrey John, CSB, about a physical problem, and I was being very careful to go over every detail. He didn't seem to be very interested. Finally I blurted out, "Well, shouldn't I even WANT to be healed?" He replied, "Oh yes, it's normal to want to be well, but put your desire for healing on a back burner. You should want to know God more than you want to be healed." And I did, and shortly after that, I was feeling just fine.

You see, we don't have to react to mortal mind's false images. Instead, respond with an image of goodness from your own divine Mind. Everything real IS under the control of supreme wisdom. Heaven is here, and there really is no disease! Acknowledge this. Affirm it. Live it! Be it! Picture it! Mrs. Eddy says that Heaven is "now and here; and a change in consciousness from sin to holiness," reveals it. (See Un 37:6)

Instead of asking yourself how your human body looks and feels today, ask yourself how your human consciousness looks and feels today. How much has your nature been transformed this day, this week, this month, this year? I'm not saying that we all have terrible natures, but you know very well that we could all do better. So let's be more spiritually minded than we've ever been before. Let's focus on Godliness, and be more like that. Think by reflection.

Remember that the Kingdom of Heaven is within you. Take in that fact, instead of focusing on a problem. One's heavenly environment is more real, more powerful than personal sense and mortal mind's dream images could ever be.

You know, context is important! I recall reading a testimony in the Christian Science periodicals years ago that told of a mother who'd called a practitioner to pray for her sick child. The practitioner agreed to do this, saying to the mother, "Your child is safe in heaven. You will have to go there to find her." The child was healed. Some of the best healings occur when we realize something we seemingly didn't know before. Or maybe we just forgot. It's that animal magnetism thing again.

So ask yourself how wide-awake spiritually you really are. Are you ALWAYS as spiritually minded as you could be? How often are you thinking right out from divine Mind, divine Spirit? Animal magnetism will tell you that you are a person, a being separate from God, and that you have to think like persons think. You don't. You have to think like divine Mind thinks because you are only reflection.

Be humble enough to admit that. Be quiet enough to admit that. Be anonymous enough to admit that. Just be!

If one will focus on Soul's images, and not mortal mind's lying dream pictures, then one does not react to animal magnetism's suggestions of error. Truth says, "There is no death, no inaction, diseased action, overaction, nor reaction." (S&H 427:32) So remain unimpressed by mortal mind's images, and replace them with pictures of harmony given to you by your divine Mind. Mentally picture everything as being under the control of supreme wisdom, because in actual, spiritual fact—it is!

And remember, the more personal we are, the less spiritually minded we are. The more personal we are, the more vulnerable we are to mortal mind's false pictures. They are dream pictures, one and all, but they come to us as if they were real.

Don't resist evil as if it were real, but as if it is unreal. After all, it is

unreal to God, divine Mind. It is not created by divine Mind, and divine Mind is the ONLY Creator. Confront those nightmare images with your divine disbelief! Be subjective and all-inclusive. Live in the Kingdom of Heaven here and now, and focus on that!

Surely we realize that one's heavenly spiritual environment matters more than some ridiculous dream pictures. See page 71:10 of our text book and you'll know what I mean. Study, meditate, reflect. Be insightful. Live so quietly and unimportantly that mortal mind will find you boring, and really not worth bothering about. Live so quietly that when you give Christian Science treatment, it counts. When you act under divine guidance, it counts. Divine inspiration will guide you, and you'll know what to do and what not to do. You'll know what to say and what not to say. One with God is a majority, and you DO have divinely bestowed, self-reliant trustworthiness!

You have a sense of self-worth and self-confidence by the law of reflection. Feel it. Admit it. Acknowledge it. Affirm the divine context in which you live and move and have being. Animal magnetism can't go there. Mortal mind doesn't exist there, but you do, and you are safe there.

In order to effectively handle animal magnetism, go deep into the belly of the whale, and then mentally dive deep into the Euphrates river (S&H 585:21), so you can finally rise up to the Light! You can come out safely on Dry Land. Then all that's left of you is Soul and the evangelized human, "the only error of which is limitation." Evangelized human being: *Yes*; mortal, material personality: *No*.

Our Leader does tell us that properly speaking, there are no mortals. (Ibid 554:5) Hear her exact words: "There is no such thing as mortality, nor are there properly any mortal beings, because being is immortal, like Deity, —or, rather, being and Deity are inseparable." That's you: *being*. She is

talking about you. You are inseparable from Deity, and therefore cannot be mesmerized and hypnotized by animal magnetism and its lies. You have the sign of Jonas. You have the self-reliant trustworthiness given to you by God, your ONLY Mind!

So think more like Jesus Christ thinks. My teacher, Arnold H. Exo, used to say, "Watch your thought for one hour!" And he was right. Christ Jesus said: "What I say unto you I say unto all, Watch." (Mark 13:37)

In order to deal effectively with animal magnetism, go right into "the belly of the whale," the "heart of the earth," right into the center of your human consciousness, and face images of evil with your divine disbelief. If your nature needs to be transformed, then let it BE transformed! If Jacob could do it, so can we. We can go right into the center of any mortal mind mist which we may unwittingly have let in, and see its nothingness. We can see its powerlessness, and put it out!

You know, you do have the God-given ability to put out all dream images from your divinely bestowed consciousness, and you have the ability to confidently replace them with holy thoughts and images of goodness from your divine Mind, your Soul-Consciousness, your very own divine Principle. (See S&H 91:1)

Mortal mind has no power to overshadow your thought with its lying pictures of evil. YOU overshadow mortal mind (and remember; it's unreal) with your divinely bestowed images of God's goodness; and overshadow it until it disappears from your precious consciousness. Say to mortal mind, as did Nehemiah, "The God of heaven, he will prosper us; therefore we his servants will arise and build: but ye have no portion, nor right, nor memorial, in Jerusalem." (Neh 2:20)

The heavenly sense of church, home, body, earth, friend, etc. is all the

unfoldment of Truth in our consciousness. We just have to make sure that nothing blocks that unfoldment. We must put out fear, sensualism, hypocrisy, dishonesty, confusion, hatred, jealousy, and many other false qualities we could mention. We must get to “the third day” in our thinking. Then we’re not dependent on material organization alias matter alias mortal mind. We live in a Truth-structure, a Truth state of thought, a divine Love state of being, a Soul-Consciousness structure.

This spiritual unfoldment, when not resisted, transforms our natures. It affords proof of its utility! It rouses dormant understanding, and it heals!

It heals you of thinking of yourself or another as “person,” and all that’s left is the reflection, the individualization, the expression of the one Mind, the one divine Principle of all existence: self-aware, self-conscious in the highest sense of that word, self-confident. Think of the “self-conscious communion” about which we read in our textbook. (29:32) Mrs. Eddy indicates that the birth of Christ Jesus was the result of Mary’s self-conscious communion with God.

Focus on your God-given self-reliant trustworthiness, and be able to say, “My being is Soul’s manifestation of its being. I am Mind’s declaration of its own allness and goodness. Therefore I do not fear evil. I don’t brood over it, and I don’t talk unnecessarily about it. Someone once said, “Don’t complain, and don’t explain.”

Also, don’t just BELIEVE in Christian Science. Belief is fine to begin with, but through prayer and study on a daily basis, our understanding of Christian Science should be constantly increasing. We have to know what God IS! Then we have to understand and live our relationship to what God is.

Think about it. The truth is that you DO know what God is. You know

that God is Life, Truth, Love, Soul, Spirit, Mind, Principle, and since Mind and Consciousness are the same thing, you know that God is Consciousness. But do you admit that God is YOUR Consciousness? Do you agree that God is YOUR only God, YOUR only Life, YOUR only Mind? Do you insist that God, divine Principle, is YOUR Principle? If not, why not?

World thought (the unreal mortal mind) wants you to believe that you have some separate little mind apart from God—a good little mind doing the best it can, but definitely separate from the divine Mind, and reaching out to that distant Mind for help. But that's not it.

God is Mind and God is your PRESENT Mind right here, right now! Really admit this! Insist upon it! Don't be mesmerized and hypnotized and hoodwinked into believing that you are something separate from divine Mind, divine Principle. Christ Jesus said that he and his Father, his Principle, were and are ONE. Can we say that? False humility won't do us any good, but true humility will admit that God is our only Mind. Which kind of humility do we have?

And another thing to watch is faith. Of course we want to have faith, just as we want humility, but what KIND of faith do we have? Our Leader says, "The inclination of mortal mind is to receive Christian Science through a belief instead of the understanding, and this inclination prevails like an epidemic on the body; it inflames mortal mind and weakens the intellect, but this so-called mortal mind is wholly ignorant of this fact, and so cherishes its mere faith in Christian Science." (Mary Baker Eddy: Years of Authority, by Robert Peel, p. 337)

Further on the next page she continues, "It is the healer's understanding of the operation of the divine Principle, and his application thereof, which heals the sick, just as it is one's understanding of the principle

of mathematics which enables him to demonstrate its rules.

“Christian Science is not a faith-cure, and unless human faith be distinguished from scientific healing, Christian Science will again be lost from the practice of religion ...”

Now I'd like to read from the Book of Matthew, chapter 12, starting at verse 33. “Either make the tree good, and his fruit good; or else make the tree corrupt and his fruit corrupt: for the tree is known by his fruit. O generation of vipers, how can ye being evil, speak good things? For out of the abundance of the heart the mouth speaketh ... Then certain of the scribes and of the Pharisees answered, saying, Master, we would see a sign from thee. But he answered and said unto them, An evil and adulterous generation seeketh after a sign; and there shall no sign be given to it, but the sign of the prophet Jonas: For as Jonas was three days and three nights in the whale's belly; so shall the Son of man be three days and three nights in the heart of the earth. The men of Nineveh shall rise in judgment with this generation, and shall condemn it: because they repented at the preaching of Jonas; and, behold, a greater than Jonas is here.”

Shortly after that, Jesus gave the people a parable, which is interesting, but could be puzzling. It goes like this:

“When the unclean spirit is gone out of a man, he walketh through dry places, seeking rest, and findeth none. Then he saith, I will return into my house from whence I came out; and when he is come, he findeth it empty, swept, and garnished.

“Then goeth he, and taketh with himself seven other spirits more wicked than himself, and they enter in and dwell there: and the last state of that man is worse than the first. Even so shall it be also unto this wicked

generation.” (Matt 12:43-45)

Well, I don't know about you, but I've puzzled over that parable time and time again. What does it mean? Jesus is obviously giving a very stern warning to the people, but what's it all about?

One of the first things that occurred to me was that the use of the word “house” in the Bible can mean different things, so perhaps we could think of the man's house as the man's consciousness. He had apparently already had some difficulties in the past with animal magnetism, aggressive mental suggestion, mortal mind, and personal sense because it says that an unclean spirit had gone out of him. Good!

We're all for that, but then it says that he walked through dry places, which might imply a lack of water, a lack of a free flow of inspiration, a lack of ever-unfolding spiritual ideas. Anyway, he finally returned to his house, his, consciousness, and found it clean but empty. I have always thought that “swept and garnished” must have been pretty good, but possibly I didn't think enough about the word “empty.”

Empty, in this context, is not good. It could imply going to Tarshish to have fun when one should really be on his way to Ninevah to work. Empty could also mean vulnerable.

So what does the man do? He allows animal magnetism to hypnotize and mesmerize him into accepting even worse images of evil than the ones he'd had before. Not too smart. Not too wide-awake.

You know, sometimes we must ask ourselves what we are cherishing. “Whatever is cherished in mortal mind as the physical condition is imaged forth on the body.” (S&H 411:24) So let's not cherish pictures of evil. Let's not cherish mortal mind's false images. I don't mean that we should just sweep them under the rug, but that we must deal with images of evil at the

point of our own belief in them, and put them OUT of our God-given, divinely influenced consciousness. God DID give us dominion over our hearts, our thoughts, our natures, but we have to use it! (See Gen 1:26)

The reason we don't cherish or even believe in images of evil is because God is our only true Mind. Why would we reason from the standpoint of more than one mind? Why be self-destructive?

What about the letter St. Paul wrote to you and the Corinthians? "Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?" (II Cor 13:5) And of course you are NOT reprobates. By the law of reflection, you have self-conscious communion with God. The spell is broken, and animal magnetism can do nothing. You live and move and have self-reliant trustworthiness right here in Soul-Consciousness.

Now let's take a break and then sing hymn 169.

PART FOUR: Relying on spiritual facts within

The only way we can rely on spiritual facts within consciousness is to let our divinely influenced thought vibrate “in unison with divine order.” (See *Mary Baker Eddy Speaking for Herself*, p. 83) If we are willing to give up our own order, our own agenda, our own personal sense of self, then we find the sign of Jonas within. After all, Christ Jesus did say that the kingdom of God is within you. (Luke 17:21) It’s your own divinely bestowed, self-reliant trustworthiness. It’s your own divinely influenced consciousness of spiritual facts, given to you by the law of reflection—given to you by your divine Mind. It’s your own discernment of spiritual facts right where there seems to be something else going on. (See S&H 585:9)

Paul writes, “Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling. For it is God which worketh in you both to will and to do of his good pleasure.” (Phil 2:12,13) Just like us, Paul’s students had to exercise the Elias, to work out their own salvation, to discern the spiritual fact of whatever their material senses beheld, to find the sign of Jonas within their own thought. This doesn’t mean that they couldn’t call upon Paul or someone else for help and support, but it did mean that they had to do a lot for themselves, too, even though it might sometimes be done “with fear and trembling.”

You know, we can all do better. We can engage in “self-conscious communion” with divine Mind just as did Mary, the mother of Jesus. We can look at, or think of, rocks and mountains and then see that they really are solid and grand ideas. Also, as our Leader writes, “Animals and mortals metaphorically present the gradation of mortal thought, rising in the scale of

intelligence ...The fowls, which fly above the earth in the open firmament heaven, correspond to aspirations soaring beyond and above corporeality..." (S&H 511:23)

So, you could behold a tree, and then ask yourself what that tree is to God, divine Mind. You could see the tree in more spiritual terms. Ask yourself: "How is my divine Mind seeing this tree?" Could you not say that Life sees the tree in terms of Life? Surely Life perceives or beholds the tree in terms of holy qualities such as beauty, majesty, bounty and strength. These are all ideas or concepts which divine Mind thinks into being. "How precious ...are thy thoughts unto me O God ...If I should count them, they are more in number than the sand," sang the Psalmist. (Ps 139:17,18)

Look consistently for new ideas ever unfolding in your thought. Let your thoughts move "in unison with divine order." Don't let a day go by without finding something new to behold and contemplate spiritually. And then, of course, we have to live it. It can't be just an intellectual exercise. The unfolding of God's thoughts in our consciousness transforms us just as much as unfoldment changed Jacob.

Read pages 308 and 309 of our textbook and see how Jacob's nature was transformed. If something angelic like that isn't happening to us, then we aren't growing spiritually as much as we might like, and we wonder why we don't have more self-reliant trustworthiness. "The Sign of Jonas," about which Christ Jesus speaks, becomes something just out of reach. It seems to be some nebulous thing, but it isn't really.

The sign of Jonas is here in our divinely influenced human consciousness right now. It's just waiting for us to focus on it, to see it, to feel it, to live it. It's just waiting for us to see the difference between the human and the material, and to discern the spiritual fact of whatever it is that

we do see.

MORTAL sense calls ideas “material,” but that doesn’t make them material. (See S&H 507:30) Let in the light of spiritual understanding! Mrs. Eddy says, “This period corresponds to the resurrection, when Spirit is discerned to be the Life of all, and the deathless Life, or Mind, dependent upon no material organization.” (Ibid 509:1) When you aren’t dependent on a material organization for your sense of reality, then there’s no mortal image—good or bad—to influence you. Everything is under God’s control, and you can PICTURE that! (Ibid 91:1)

Soul-Consciousness is thinking thoughts IN your human consciousness, AS your human consciousness. That you can trust. This is the sign of Immanuel, God with us. This is the sign of Jonas. Your own divinely influenced human consciousness is the sign, and no other sign shall be given. Self-reliant spiritual confidence is yours. Call a practitioner if you like, but it’s your demonstration. Even the calling for help can be part of the demonstration.

I recall Godfrey John, CSB, telling me of a man calling him for help. Mr. John gave him a number of citations to look up, and the man replied: “I’m not doing that. I haven’t got time. That’s what I’m paying you for.” Needless to say, Mr. John declined the work.

You see, our own divine Mind knows truth. Man reflects this knowing. Therefore man does know, and man trusts, and man will work for what is already within his own true self. The kingdom of heaven is WITHIN you, not outside. “As in heaven, so on earth...” As in the divine consciousness, so it is in the human consciousness, but we have to willingly, cheerfully work at it, focus on it, and live it to the best of our present ability.

And we do have that God-given ability. Intelligence doesn’t originate

IN a symbol, but it is manifested THROUGH the symbol. (See S&H 318:30) Intelligence is not personal. It belongs to divine Mind. Spiritual understanding is not personal. It belongs to divine Mind. Impersonalize everything, and you will find the sign of Jonas within you. You will find the self-reliant trustworthiness already there.

Mrs. Eddy writes, "In the beginning was the Word, and the Word was with God, and the Word was God." (St. John) This great truth of God's impersonality and individuality and of man in His image and likeness, individual, but not personal, is the foundation of Christian Science." (My 117:18) The ability to be conscious of spiritual facts is yours by the law of reflection. Therein lies the universal sign of Jonas.

Don't try to change personal, material conditions. Jesus warned us about that. He said, "An evil and adulterous generation seeketh after a sign; and there shall be no sign given unto it, but the sign of the prophet Jonas." (Matt 12:39)

If you don't change "conditions," what do you change? Look to your thought! Look to your nature, your character, your life. Look to your divinely bestowed human consciousness.

Christian Science saves human consciousness from false beliefs, incorrect concepts, dream images. How? By showing us that we must be absent from the body, absent from a personal sense of self, and present as impersonal, universal Soul-Consciousness, reflected. Learn the truth about yourself in a way that will spiritualize your nature, and govern your thoughts, words and acts.

Mrs. Eddy writes, "Like the great Exemplar, the healer should speak to disease as one having authority over it, leaving Soul to master the false evidences of the corporeal senses..." (S&H 395:6) So speak to disease or

any kind of uneasiness, and tell it to get out of your thought and stay out! You have the God-given right and ability to do that.

It says right in the first chapter of Genesis that God gave you dominion. What would that dominion be over if not your very own heaven-bestowed consciousness? Your consciousness manifests your sense of divine Life. All correction, improvement and spiritualization of thought take place in your consciousness, so just BE the self-conscious Good that you really are. Shine the light of Spiritual discernment on anything and everything you think about, and you will bless humanity as well as yourself. Remember, darkness disappears in the presence of Light!

Be able to say, "My real being is Truth reflected. I am self-conscious Good. I take conscious possession of my wonderful, heaven-bestowed consciousness." THAT is having self-reliant trustworthiness. That's the sign of Jonas. "Ye did run well; who did hinder you that ye should not obey the truth?" (Gal 5:7)

You have the God-given ability to discern the spiritual fact of whatever the material senses behold. Therefore you can rely on your own heavenly-bestowed divinity. (See S&H 573:5-9) You can correct fear, hatred, indifference, sensualism, lack of spiritual understanding, or any other negative characteristic with the realization and acceptance of the fact that you reflect and individualize your very own divine Mind.

But we must let our spiritual selves become essential to our daily living. Then we begin to change. We see spiritual facts that we didn't see before, or that didn't seem so important before. Our natures begin to be transformed. It doesn't mean that we all have terrible natures now, but that we can all do better. We can all be more spiritually minded.

Then our spiritual insight and our daily living become as one. "Ye

must be born again." Human consciousness is purged and illumined by spiritual perception. In *Miscellaneous Writings*, a questioner quotes Matthew 19:28 (that's the verse about regeneration) and then asks, "What is meant by regeneration?" Mrs. Eddy replies, "It is the appearing of divine law to human understanding; the spiritualization that comes from spiritual sense ... The phenomena of Spirit in Christian Science, and the divine correspondence of noumenon and phenomenon understood, are here signified ... It quickly imparts a new apprehension of the true basis of being, and the spiritual foundation for the affections..." (Mis 173:22)

So we may conclude that in order to have self-knowledge, we really do need to be more spiritually-minded, and what better way to do that than to discern the spiritual fact of everything in the universe as we see it now—so-called persons, things, animals, environment, countries, governments, etcetera? You name it, you see the spiritual fact. And it's really not that difficult to do. Yes, it takes time, effort, consecration, self-discipline, but so what? Don't we want to live in a universe where man will be found harmonious and eternal? It's ours for the choosing, but we do have to ACTIVELY choose it. We have to work at it! We have to "refuse the evil and choose the good." (Isa 7:15) Isaiah knew that almost 3,000 years ago, so what are we waiting for?

Our Leader says that "all must give place to the spiritual fact by the translation of man and the universe back into Spirit. In proportion as this is done, man and the universe will be found harmonious and eternal." (S&H 209:21) Who's going to do the translating if we don't?

And what if, instead of just seeing the spiritual fact of a tree, we take the time to see and acknowledge the spiritual fact of Everything? What if we truly realize the spiritual fact of ourselves, our human bodies, our friends,

our so-called enemies? What if we deeply feel the spiritual fact of this room, this city, this country, this planet? What if we discern the spiritual fact of this solar system, this galaxy, this symbolic Everything?

Mary Baker Eddy tells us that “spiritual teaching must always be by symbols” (S&H 575:13), so we really ought to be clear about the symbolic Everything. This, in turn, will help us understand and exercise the definition of the Elias in our textbook, and this, in turn, will help us find our own self-reliant trustworthiness, the sign of Jonas.

We shouldn't fear symbols, we shouldn't try to manipulate symbols, and we certainly shouldn't worship symbols, but we do need to understand what they are and what they are not. If we are going to find self-reliant trustworthiness within our own human consciousness, we have to let spiritual facts unfold in terms we can understand. We have to look for them, perceive them, “discern and consent” to them, accept them.

My teacher, Arnold H. Exo, said that your body is your thinking walking around. Think about this. If your thinking was divinely influenced to a sufficient degree, then you would be coming close to realizing your present spiritual identity, in which case you might think of the body as a temporary symbol of your spiritual selfhood.

Where are the spiritual facts on which we can rely? They are within—within Soul-Consciousness and within our divinely bestowed human consciousness. Trust only in what you know and deeply feel WITHIN, for the Good you know there is at one with your divine Mind. It's actually the divine Mind knowing, and giving its holy thoughts to you as your thoughts.

Remember, you can always trust what your divine Mind knows. That's the sign of Jonas. All Jonas ever really had was what his divine Mind knew. That's the self-reliant trustworthiness. All we have is what divine

Mind is giving to us: holy thoughts, joyous feelings, pure ideas, beautiful concepts. The divine Mind is affirming itself as man's true thought, man's impersonal universal thought, man's sinless thought.

Mrs. Eddy writes, "The more I understand true humanhood, the more I see it to be sinless." (Un 49:8) So you see, you can trust your own divinely bestowed, sinless thoughts, your selfless concepts, your impersonal universal awareness of being. You can trust your joyous, angelic, sinless humanhood. When regeneration has sufficiently occurred right within your own thought, and you do discern the spiritual fact of whatever the material senses behold, then you are coming closer to the self-conscious communion that Mary the mother of Jesus had with her divine Mind. (S&H 29:32) After all, divine Life is constantly communing with itself—affirming and reaffirming its radiant, joyous being. It pleases and delights itself!

Remember, "...there is no fallen state of being, no inverted image of God, no escape from the focal radiation of the infinite," nor do we want there to be. (See No & Yes 17:17) Since the kingdom of God is within, we just need to look deeply within to find Soul's angelic, jewel-like thoughts of love and goodness, and then accept them as our own, by the law of reflection.

You can trust in what you truly know, for what you truly know is being given to you by your divine Mind. Trust in what you divinely know, and in what you ARE to Soul-Consciousness. And what are you? Our textbook says that you are the compound idea of God including all right ideas (475:13) It indicates that you are "the individualized manifestation of God." (577:27) Know this, and let the scene shift into light. (513:6)

Will this take time? Yes. Will it require self-discipline? Yes. Dedication? Yes, because our natures are being transformed. Mortal mind

says we can't change our natures. That's why it calls some problems incurable. But we can allow our natures to be transformed by the Christ, Truth. Insist that there is no heredity, no genetic weakness, no power apart from God, no animal magnetism, no mist springing up from the ground or the context of your life.

The Christ, Truth, shining in our thought, can change personal, material natures into impersonal, spiritual natures. "As a vesture shalt thou change them, and they shall be changed." (Ps 102:26) Beliefs of heredity and genetic weakness will say it can't be done, but those are just mortal mind beliefs, while the Christ, Truth, has all the power of God behind it.

There's only one creation to be discerned. There are not two. Creation is here, creation is now, but it takes regeneration, a change in consciousness, for us to perceive and experience it. (See Un 37:6) Divine Mind is thinking exquisitely beautiful thoughts right now, and is giving them to you as your thoughts. This is the divine order. You DO think, but only by reflection. You DO have self-reliant trustworthiness.

I found that out some years ago, and as sometimes happens, I found it out because I had a problem. I don't know what it was, but for about eleven weeks, I simply wasn't functioning properly; I was often nauseous, sleepless, and many days didn't even bother getting dressed. I did have practitioner help sometimes, but at other times I just worked on my own.

It was difficult because in the whole eleven weeks, I didn't seem to be making any progress. But I worked as best I could, and one day when I was working on my own, an angel message said, "You know what? You're going to be all right." That doesn't exactly sound like a profound statement of metaphysical truth, but I worked with it, and could hardly wait for the next morning to come, since I felt that I'd wake up from my brief sleep

completely healed.

I did not. The symptoms were still there, but again during the day the message came, "You know what? You're going to be all right." Well, the next morning finally came, I checked the symptoms, and they were still there, but there was a difference. In the first place, I knew without question that it was all just going on in my consciousness. Then I realized that there was something else going on in my consciousness, too, and that something else was the presence of divine Mind.

As I accepted that fact, the divine presence became more and more real to me until finally it seemed like it was speaking to me. It said, "I am giving you all of My thoughts of love and goodness. Won't you just accept them?" I replied, "YES!" The symptoms were still there, but I didn't care so much anymore. I thought, "If my divine Mind is going to speak to me, then nothing else matters! Divine Mind is not in matter. There is no matter, and I'm not going to be pushed around any longer by illusions."

I went downstairs—it was about 5:30 in the morning—and within about half an hour, all the symptoms had disappeared. I felt fine. I could function. What I was calling "evidence" had simply disappeared in the light of divine self-awareness. I moved mentally and spiritually right into the center of my divinely influenced human consciousness, and "there was no night there." All that was going on was divine Love. "Whither shall I go from thy spirit, or whither shall I flee from thy presence?" (Ps 139:7)

You see, I stopped putting a wall between heaven and earth. I stopped separating my humanity from my divinity. The sign of Jonas is the realization that the Word must be made flesh in our earthly experience, our human consciousness. We are not religious fanatics, but as far as possible, we must LIVE what we're thinking and believing as Truth: no believing that

the citizens of Nineveh or any others are inferior to us, or somehow not of God. No sulking in the hot sun, if things don't work out the way we thought they should. No human outlining. Let your spiritual discernment and your human consciousness be one, without any suggestion of twoness or separation.

When Christ Jesus said that he and his Father, his divine Principle were one, he allowed for no separation. He was proving his self-reliant trustworthiness. Surely that was the sign of Jonas. Jesus was letting the Word of God be all there is. He was letting it be substantial and active right within his own consciousness, right in his own daily life, right in his own thoughts, feelings, words, and acts. That's the self-reliant trustworthiness that you and I can practice, because Christ Jesus is our example.

Let's sing Hymn 163.

PART FIVE: Discern and Consent

What if one's actual discernment and consent to the truth of all being is the sign of Jonas? What would you say IS the truth of all being? Well, surely God, including man, God's reflection or Self-affirmation.

Our textbook tells us that God is Life, Truth, Love, Soul, Spirit, Mind, Principle. It also indicates that God is all true consciousness. "The divine understanding reigns, is all, and there is no other consciousness." (S&H 536:8) The first chapter of Genesis tells us that man is God's image and likeness, and Christ Jesus says that he and his Father, his Creator, are one. So we do know a fair bit about the truth of all being. We can discern it, and, ideally, once we've discerned something good, we give our consent to it.

It's interesting that the definition of "Eyes" in the Glossary of our textbook says, "Spiritual discernment,—not material but mental." So we could say that discerning and consenting to the allness of Good is good sight and good insight.

Perhaps you can recall the incident in the Book of Acts when an angel message came to Philip, saying, "Arise, and go toward the south unto the way that goeth down from Jerusalem unto Gaza, which is desert. And he arose and went: and, behold, a man of Ethiopia, an eunuch of great authority under Candace queen of the Ethiopians, who had the charge of all her treasure, and had come to Jerusalem for to worship, was returning, and sitting in his chariot read Esaias the prophet. Then the Spirit said unto Philip, Go near, and join thyself to this chariot. And Philip ran thither to him, and heard him read the prophet Esaias, and said, Understandest thou what thou readest? And he said, How can I, except some man should guide me? And he desired Philip that he would come up and sit with him." (Acts 8:26-31)

As Philip was explaining the Scriptures, the eunuch said, "See, here is water; what doth hinder me to be baptized? And Philip said, If thou believest with all thine heart, thou mayest. And he answered and said, I believe that Jesus Christ is the Son of God," (Ibid 8:36,37) and of course we know the rest of that account.

On page 77 in *Miscellaneous Writings*, the question is asked, "Did the salvation of the eunuch depend merely on his believing that Jesus Christ was the Son of God?" Our leader replies that it did, but then goes on to enlarge on the original meaning of the verb "to believe." She says that it means to be firm, to understand truth, to discern and consent to truth, and she refers to this as an infinite demand—not a polite request, but a compelling demand!

So is one's discernment and consent to the truths of God and man the Sign of Jonas? I believe that it is. Is that an easy thing to do? Not always. It usually takes time, effort, self-discipline, self-sacrifice. After all, Mrs. Eddy goes on to say that Philip's requirement was that his student should "acknowledge the incarnation, —God made manifest through man." The student must also acknowledge "the eternal unity of man and God, as the divine Principle and spiritual idea."

Well, do we? Do we discern and consent to the incarnation? Do we discern and consent to the fact that God is made manifest through man? Do we discern and consent to the eternal unity of God and man, as the divine Principle and idea? Do we even WANT the sign of Jonas and all which that implies? Do we really want to be held "in endless Life and one eternal round of harmonious being," or are we too busy just now? Do we want to be guided by an eternal Truth "that knows no error," or do we want to go our own way, do our own thing, and spend our brief time on this plane of consciousness running around entertaining ourselves?

Do we sternly “rebuke the mortal belief that man has fallen away from his first estate; that man, made in God’s own likeness and reflecting Truth, could fall into mortal error; or that man is the father of man?” Well then, if we’ve sternly rebuked that belief, why do we celebrate birth days and death days? Why indulge personal sense? Why dream away the days instead of communing with the one God, the one wide-awake divine Mind?

How do we sternly rebuke the mortal belief that man has fallen away from his first estate if we don’t know what man’s first estate really is? Read *Hebrews 11:14-16* and see what Abraham found out about that. He was seeking a better country, and sometimes in the Bible, the word “country” equates with the word “consciousness.”

So let’s go back to Philip’s advice to the eunuch. Let’s take off our personal-sense-shoes and “enter unshod the Holy of Holies where the miracle of grace appears, and where the miracles of Jesus had their birth...” (Mis 77:29-31) Then we begin to discern and consent to the fact “that Life, God, is not buried in matter,” and neither are we! Mrs. Eddy concludes, “This is when God is made manifest in the flesh, and thus it destroys all sin, sickness, and death. —when the brightness of his glory encompasseth all being.” (Mis 78:3)

Then we find the sign of Jonas within. A sign is usually something that seems to be outside you, but don’t look to externals for the sign of Jonas. Instead, have the perfect perception of that which is already within you. “God expresses in man the infinite idea forever developing itself, broadening and rising higher and higher from a boundless basis.” (S&H 258:13) It’s the kingdom of God (Luke 17:21), the divine Self-awareness, the divine infinitude. What you deeply feel and brilliantly discern in your divinely bestowed consciousness is something you can count on! You can

rely on it! What is deeply and intelligently within you will never desert you. In one sense, it IS you. It is the “country” you never really left.

Consider and accept it keenly, firmly, thoroughly, and it will shape your life. It’s what divine Mind knows appearing as what you know. THAT is reflection. THAT is the sign of Jonas! THAT is the spiritual discernment which will never leave you.

Why not? Because you gave your consent to it. You gave your consent to what God is and to what you are to God. You didn’t let fear or indifference or arrogance or human busyness or human will stop you from discerning and consenting to Truth. Instead, you humbly and meekly discerned and consented to being divine reflection, because that’s what you are! It’s all you’re ever going to be, so you might as well discern and consent to it right now. You don’t have to outline how your being reflection will be perceived humanly. You can leave that to God.

Personal sense will become less and less important to you until it just disappears, so right now be conscious of spiritual facts in whatever way you CAN be. Just discern and consent to the spiritual ideas in your life right now, and then be ready to change, because the sign of Jonas does change us.

Commune with your own heart, and let divine Mind assert itself as your thinking. The Psalmist says it so well: “Stand in awe, and sin not: commune with your own heart upon your bed, and be still.” (Ps 4:4)

Trust only in what you truly know, for what you truly know is one with your divine Mind. In fact, it’s Mind knowing. It’s Mind asserting itself where you are, and you can trust what divine Mind knows. You CAN discern and consent. You CAN be one of the true Children of Israel, one of the Children of Truth and Love. You CAN be the idea of God, even if you do appear as a human being just now. Check out our textbook—page

583:5—and see for yourself. It says that some of the ideas of God are beheld as men. And what do they do? They cast out error and heal the sick. Is that us? IT CAN BE!

You see, the Christ-Truth transforms your nature. Personal sense dream details that used to be so important lose their dominance and give way to more spiritual values. "... (A)s a vesture shalt thou change them, and they shall be changed: But thou art the same, and thy years shall have no end." (Ps 102:26,27) This is the way the Psalmist puts it.

Paul says it a little differently. He says, "I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me." (Gal 2:20)

Mrs. Eddy writes, "We understand best that which begins in ourselves and by education brightens into birth. Let the creature become one with his creator, and mysticism departs, heaven opens, right reigns, and you have begun to be a Christian Scientist." (My 253:26)

Your discernment and acceptance of the truths of God and man are actually within you right now. Otherwise you wouldn't be listening to this Address. But you are involved because you want to see more clearly that which is already within you. "The kingdom of God is within you." (Luke 17:21)

It's not outside someplace, so don't bother looking for it there. It's within your divinely bestowed human consciousness, and you're perfectly capable of discerning and consenting to it. That ability is God-given, and it brightens into birth through your prayerful, selfless meditation, and "self-conscious communion with God," and the living of what you've discerned. Something which brightens into birth can be perceived humanly, and that's

the sign of Jonas.

You become one with your Creator because you are ALREADY one with your Creator. Divine Mind is thinking thoughts, and is giving them to you as your best thoughts. No wonder mistiness and mysticism depart. No wonder heaven opens!

No wonder it says in the *Book of Job* that “thine own right hand can save thee.” (Job 40:14) You see, by the law of reflection, YOU do the discerning of God’s allness. YOU discern the spiritual fact of “whatever the material senses behold.” YOU give your consent to God’s allness and goodness, and to your ONENESS with your own divine Principle!

Of course animal magnetism will talk you out of doing this work, if it possibly can, but YOU have dominion. It says so in the first chapter of *Genesis*. You do have dominion, so use it.

You can discern Truth and consent to it. You are alive. You can focus on Truth. You can think clearly by the law of reflection. There’s no mental mist coming up from the “ground” around you—the spiritual context in which you live.

And of course you know that Christ Jesus said, “I and my Father are one.” Jesus is our example, so as we deny a personal sense of self, we too should be able to say, “I and my Father, my divine Principle, are one” or *is* one as Mary Baker Eddy puts it. (S&H 465:17)

In mathematics, it’s like the number three saying, “I and my mathematical principle are one.” Without the principle, there is no number three. Without the number three, the principle of mathematics is incomplete.

On page 155 in her first edition of *Science and Health*—Mrs. Eddy called it: “The Precious Volume” (Retro 37)—our Leader writes: “When we possess a true sense of our oneness with Soul, and learn that we are Soul

only, we shall prove our God-being.”

Yes, we can prove this if we will take the time and put forth the effort. We can discern Truth and consent to it with every fibre of our being. We'll realize that we never had a mortal consciousness except as in a dream. “The divine understanding reigns, is *all*, and there is no other consciousness.” (S&H 536:8)

Each individual is responsible for himself. Hear Mrs. Eddy's words on this subject: “The nature of the individual, more stubborn than the circumstances, will always be found arguing for itself, —its habits, tastes, and indulgences. This material nature strives to tip the beam against the spiritual nature; for the flesh strives against Spirit, —against whatever or whoever opposes evil, —and weighs mightily in the scale against man's high destiny.” (Mis 119:11-17) Earlier on that page she says that each individual is responsible for himself!

So don't love a personal sense of yourself unto the death. (See Rev 12:11) Instead, love God and the spiritual sense of yourself and all mankind. Then you will joyously discern and consent to the truth of being every day. Your thought and life will be purified. Your thought will be submerged in Spirit, and that's the definition of “Baptism” in our textbook.

So what doth hinder us from being baptized? Philip answers, “If thou believest with all thine heart, thou mayest (be baptized).” And then we can say, “Yes, I believe that Jesus Christ is the Son of God.” We might continue, “I discern and consent to all which that implies, and I'm going to let my sinless humanhood prove that I mean what I say.”

Let's sing Hymn 94.

PART SIX: Faith, Belief, and the Indwelling Temple

I'll read from *Hebrews*. "By faith Abraham, when he was called to go out into a place which he should after receive for an inheritance, obeyed; and he went out, not knowing whither he went. By faith he sojourned in the land of promise, as in a strange country ...For he looked for a city (a consciousness) which hath foundations, whose builder and maker is God ...Therefore sprang there even of one, and him as good as dead, so many as the stars of the sky in multitude, and as the sand which is by the sea shore innumerable. These all died in faith, not having received the promises, but having seen them afar off, and were persuaded of them, and embraced them, and confessed that they were strangers and pilgrims on the earth. For they that say such things declare plainly that they seek a country (consciousness). And truly, if they had been mindful of that country from whence they came out, they might have had opportunity to have returned. But now they desire a better country (consciousness), that is, an heavenly: wherefore God is not ashamed (reluctant) to be called their God: for he hath prepared for them a city (home, country, body, consciousness)." (*Heb 11-16*; part in brackets mine).

So the question remains: what is the Sign of Jonas? Is it faith? Is it belief? Or is it the indwelling temple about which Mary Baker Eddy speaks? Hear her words: "The church created, founded and erected on the Rock against which the winds and waves prevail not, is the Church triumphant, the indwelling temple of God; it is the mind that has consecrated its affections, its aims, ambitions, hopes, joys and fruition in Spirit..." (Mary Baker Eddy: Years of Authority by Robert Peel, p. 15)

Now I ask you, is this the city that hath foundations? Do you find the

indwelling temple within your own consciousness? Is this where you find the consecration? The realization that Spirit is supreme? Is this where you find the sign of Jonas? Of course it is. This is where you discover the self-reliant trustworthiness, the faith that becomes spiritual understanding.

This is where you realize that your nature is being transformed by the Christ, Truth. This is where you find the spiritual strength and firmness to acknowledge the incarnation—God made manifest through man. This is where you find the spiritual maturity to discern and consent to the unity of God and man as Principle and idea.

When angelic thoughts in your divinely bestowed human consciousness whisper that the incarnation of Truth is the natural result of ever-present Love (See S&H 501:10), this is where you find the God-given ability to intuitively hear, understand, discern, consent, acknowledge and live joyously as the one infinite being, the “individualized manifestation of existence” (Ibid 555:28). The sign of Jonas is here, and you are it!

The transformation of your nature is the sign of Jonas. What we do humanly—provided we’re guided by divine Love—is secondary. Important, but secondary. The transformation of our natures is primary because it brings us back to what we were, what we are, what we always will be. “...(S)eeke ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.” (Matt 6:33)

This is where you illumine your OWN atmosphere. This is where you forsake discord, acknowledge the supremacy of divine Mind, and abandon your material beliefs. (See S&H 400:9) “The supremacy of Spirit was the foundation on which Jesus built.” (Ibid 138:14)

Mrs. Eddy writes, “...if the idea of the supremacy of Spirit, which is the true conception of being, come not to your thought, you cannot be

benefited by what I say.” (Ibid 324:28)

Well, DOES the supremacy of Spirit come to our thought? For that matter, does the idea of consecrating one’s life come to thought? What about the indwelling temple? “It is the mind that has consecrated its affections, its aims, ambitions, hopes, joys and fruition in Spirit...”

Are we looking for the sign of Jonas outside of our own thought, our own consciousness, our own natures, our own characters? “Existence, separate from divinity, Science explains as impossible.” (Ibid 522:10)
Impossible!

Well, impossibilities never occur, but if the idea of the supremacy of Spirit *does* come to your thought, then faith turns into a better belief, and belief turns into spiritual understanding. The indwelling temple is intact, and behold, the sign of Jonas is right within you. “Behold, the kingdom of God is within you,” said Christ Jesus, so you can behold the one Mind rejoicing in itself as your true self. Then existence separate from divinity really is impossible because spiritual understanding separate from divinity really is impossible. It’s the one Mind understanding and rejoicing in itself right where you are. Personal sense disappears, and you remain. “That which cannot be shaken remains.” (Heb 12:27)

But God “will surely reprove you, if ye do secretly accept persons,” (Job 13:10) so don’t do that. See everything and everybody, including yourself, impersonally and universally, and you will find the sign of Jonas within your own divinely influenced human consciousness.

Divine Love says, “A knowledge of aught besides Myself is impossible,” (Un 18:25) and if divine Love can say that, then you can say it by reflection. Everything is going on in your heaven-bestowed thought, so you can say, “I DO know how ‘to refuse the evil and choose the good.’” (Isa

7:14) I CAN see 'the ideas God beheld as men.' (S&H 583:8) I DO discern and consent to the supremacy of Spirit." (Ibid 324:28)

Use your spiritual intuition and be confidently self-constructive. Since God is your only Mind, you have a DIRECT perception of Truth, independent of any outside reasoning process. Let the "third day" be now, and you will be independent of any material organization. You will be less dependent on what the world calls a brain system or a nervous system or even a book or a person. Your relationship with God is DIRECT! God IS your Mind. God is your consciousness. God IS your I AM-NESS. God is your LIFE!

Be happy about that. Be happy because a divinely influenced change in your human consciousness will reveal to you the sign of Jonas—heaven on earth right here and now.

You see, the heavenly consciousness we've been longing for is HERE. Your own divine Mind has prepared it, and it's yours to be, to experience, to pour out. We are willing to honor "conscious human individuality by showing God as its source" (Un 25:16) and THAT is the sign of Jonas!

Thank you, and good afternoon!