

Optional Study and Practice Suggestions for Chapter 8, “Attaining Dominion Through ‘I’” in *Awakening Mystical Consciousness*

This chapter is a good illustration of what Joel means when he says that The Infinite Way is a “radical message.” It is an exceedingly rich lesson that takes us far beyond orthodox teaching, medical beliefs, and the usual human state of consciousness. We cannot simply read this chapter; it inspires us to contemplate its message, practice it, and take the time to really let it sink in.

The Body Exercise

Joel says that we should repeat the body exercise until we are thoroughly convinced that we are not anywhere in our bodies. “You will not make spiritual progress until you have come to that realization,” he says, “because until this dawns on you, you never will know who you are, what you are, where you are, why you are, or how you function.”

- To review the body exercise as Joel gives it on recording 513B, move the time slider bar to minute 5:32. The full exercise goes through minute 19:36.
- Joel also suggests that we take several periods to fully recognize that arms, legs, hands, and feet are helpless on their own; that *I* must direct and move them. The body cannot even eat unless *I* choose to put it through the motions of eating.

Dominion

Joel tells us: YOU have God-given dominion over your life and your body.

- Say that to yourself: “I have God-given dominion over my life and my body.” Let it really sink in.
- What does “having dominion over my body” mean to you?
- Have you fully realized your dominion over your life and body? If not, what is stopping you from that complete realization?
- What do you imagine your life would be like if you fully realized your dominion?
- How can you develop a deeper realization of your dominion?

Your Infinite Being

Joel reminds us that the *I* that I am is a state of consciousness, which is already infinite. You will never be more or less than the *I* that you are *now*. Presently, you may be aware of only a small part of that infinite Consciousness. But as you continue on the spiritual path, you become more and more aware of the *infinite* nature of your consciousness, your being, and you become more and more aware of the nature of your dominion over everything.

Joel says, “The consciousness that you are is so infinite that if you set out to learn all the languages in the world, you could. If you set out to embrace all the religions and all the philosophies, you could. There is nothing you could set yourself to do that you could not accomplish, because there is no limitation to the consciousness you are, to the I AM.”

- Contemplate the infinity of your own consciousness. Are you able to fully accept that truth?

Dominion Over the Body

In this chapter, Joel reinforces the truth that *I* am not *in* this body. This body was not given dominion over me. *I* was given dominion over this body. The *I* that has this dominion is not the human sense of self, but the mystical *I* of my being, the infinite Consciousness that I truly am. If I recognize this, there can be no limitation.

For example, Joel points out that we have been told that the organs of the body do the work of digestion. But in truth, they cannot do a thing until the *I* within you begins to digest. *I* digest and assimilate my food—not the digestive organs, but *I*. In the same way, the heart cannot function of itself. *I*, Consciousness, function the heart. In fact, *I* has dominion over all my organs and functions.

True, there are some activities of the body that I must *consciously* direct, such as walking, talking, eating, and getting up and down. But other functions of the body belong to an area of Consciousness that operates in such a way that you do not have to *consciously* direct those activities. For example, you do not *consciously* direct the conversion of food into energy, or the production of the thousands of enzymes that enable bodily functions, or the growth of your hair, nails, or new skin cells. All you must do is know that these activities of the body are really activities of Consciousness, and let Consciousness perform them.

Your body is meant to function through your consciousness. Your consciousness was given dominion over the organs and functions of the body, but you may not have exercised that dominion because you thought that you were *in* the body and had no dominion over it.

Most people accept the medical belief that the organs and the functions of the body can do whatever they want to do, and that they control us. But in truth, the organs and functions of the body are animated and motivated by Consciousness. Therefore, I can restore the activities and functions of my body that are not consciously controlled to the *I* of my being, to my individual consciousness.

Reclaim Your Dominion

- Are you giving power to any organ or function of your body? Think about this carefully.
- If so, *consciously* withdraw that power. Lift up the organs and functions of the body into Consciousness and restore the dominion to Consciousness. Then LET your body be governed by that “I AM THAT I AM.” Repeat this as often as necessary until the body fully responds. In other words, you do not have to tell your heart, liver, lungs, or blood what to do. You must know the truth that Consciousness is governing the organs and

functions of your body.

- Do you have a tendency to believe that your body is weak or sick or limited? If so, *consciously* take back your dominion and restore it to Consciousness. The body appears to be weak or sick only because you have unconsciously relinquished dominion over it.

Dominion Over Other Facets of Life

Just as there is an area of Consciousness that governs my body, there is an area of Consciousness that has dominion over *every facet* of my life. *I* am Consciousness, and Consciousness is infinite.

Supply

God intends that I have infinite supply—all I need, with twelve baskets left over. My supply does not depend on anyone's will or whim, for there is an area of my consciousness that governs my supply. This is what is meant by "I have hidden manna; I have meat that the world knows not of."

Business

There is an area or activity of my consciousness responsible for the success of my business activity. *I* has dominion over my business, so I do not need to hypnotize anybody into buying my product, and I do not have to think about how to get employment. I need to know the truth! There is an activity of my consciousness that is going before me now, taking care of my employment and anything else that may be necessary to my functioning.

Relationships and Family Life

Because your consciousness is infinite, it has infinite faculties, infinite activities, and infinite functions. One of those functions is to draw to you the companionship of those of your own household, those you can bless, and who in turn can bless you.

There is an area of your consciousness that governs your family life. All you can do to bring about harmonious relationships is to love your friends, your relatives, and your enemies. There is a function of your consciousness that is a divine spiritual Presence that goes before you to make the crooked places straight, to prepare mansions for you, and to be the cement of your human relationships.

Traveling

When you are driving a car, there is even an activity of your consciousness that goes before you to keep everyone in his rightful lane, to see that everyone is functioning according to divine law and order. You don't have to think about it. You just need to know that the government of the automobiles on the road is in the hands of the infinite Consciousness, which you are.

Reclaim Your Dominion

- Joel gives several examples of facets of life over which your consciousness has dominion: body, supply, business, relationships, and traveling. Can you add to that list? What other facets of your life can you recognize as being governed by some area of your consciousness?
- How can you reclaim your dominion over all the facets of your life? Joel suggests that one way is to “lift up the child of God in you” and contemplate that word “*I*”: *I* and the Father are one, and the Father has given the *I* of my being, my true Self, dominion over every facet of my life.
- Then, *consciously* recognize that the infinite, divine, creative Principle is infinite Intelligence. Everything and everybody created by that Principle is a divine idea, and every divine idea is fulfilled. *Consciously* recognize that for every facet of your life, “I have meat the world knows not of. I have hidden manna.” *Rest* in that and *let* Consciousness go before you. To keep Consciousness functioning in that way, live a life of integrity and a life of knowing the truth.