

Optional Study and Practice for The Eight Most Important Chapters, Revisited Session 10 (Bonus Session): “No And!” from *Realization of Oneness* Recording 12A: “The Thunder of Silence”

What Joel Said About This Chapter

The chapter “No And!” is not in Joel’s list of important chapters, but some Infinite Way teachers believe it should be, and here's why. “No And!” is actually the monthly Letter for April, 1964, which eventually became Chapter 4 in the book [Realization of Oneness](#). In recording 546B, from the 1964 Oahu/Maui series, Joel said this about the April 1964 Letter:

“Our monthly 1964 Letters will constitute another textbook of Infinite Way practice, and in the April Letter, and when you receive it, the May Letter, you will find the basic unique principles of The Infinite Way—I would rather say the essence of them—in about as condensed a form as I have ever seen them. But you will notice that in the study of these two Letters that you will sharpen, you will deepen your spiritual discernment, because over and over it will be brought to you the hypnotic effect of this world of appearances. Over and over, these will bring to your awareness the fact that you must not be hypnotized by appearances but close your eyes and let your spiritual faculties bear witness to the truth. This entire year is going to be devoted to the healing ministry, but these two months, April and May, are actually the condensed healing principles that are unique to this message.”

Clearly Joel was aware of the April 1964 Letter, but since he transitioned in June of 1964, he would not have seen the book of 1964 Letters that was eventually published as *Realization of Oneness*. Not knowing the April Letter as a book chapter, he could not have added it to his list of important “chapters.” Some teachers believe that had Joel been active when the book was published, he would have added the chapter “No And!” to the list of important chapters, because Joel’s remarks about it, quoted above, certainly seem to be a ringing endorsement for the importance of the chapter. This is why we have added it as a bonus session to our study program.

Studying the Chapter

At the end of Recording 12A, which is the basis for this chapter, Joel says, “Here now you have a message for serious contemplation and meditation”—SERIOUS contemplation and meditation. If we read the chapter too quickly, or do not stop to ponder the key points, we can miss the depth and importance of what is being taught.

You have probably heard of the “slow food” movement that arose in reaction to “fast food.” One element of this movement focuses on quality rather than quantity, and asserts that food should be nourishing, and should be cooked mindfully and authentically.

This optional study suggestion is an experiment in what we might call “slow study,” in which you focus on the quality of your reading and studying, not the quantity. You work with each key passage mindfully, until you fully understand what is being said, and you give the passages time to nourish your soul.

Usually when we read a book, the eye—and thus the attention—is continually beckoned forward to the continuing visible text, and it can be hard to pause. So the “slow study” approach does take some discipline.

To facilitate “slow study,” we have taken the key passages from the chapter and presented them separately by putting them into the carousel below, where only one passage is visible at a time. [For some passages, we have slightly edited the text to facilitate this method.] There are fifty-two short passages in the carousel. We will be working with the chapter “No And!” for two weeks, so there is plenty of time to use the “slow study” approach.

The idea is to read each one slowly and mindfully and take the time to fully ponder and digest it. Do you really understand what it means? Did any new insights or revelations come to you as you contemplated the passage? You might want to make notes of these. Refrain from moving on to the next passage until you have really contemplated the current one. It is interesting to note that habit might tempt you to simply move right on, instead of taking the time to really contemplate what you are reading. If that temptation comes, try not to succumb to it.

If you contemplate a passage, but do not understand what it means, jot down the issues or questions you have. You can take these questions into contemplation at that time or later, or you can ask another student for help.

Everyone has their preferred study methods, and of course, you should use the one that works best for you. But if you have never tried “slow study,” you might enjoy the experiment. We will be considering the chapter “No And!” for two weeks, so there is plenty of time to use the “slow study” approach.

You can also practice the slow study method with a print book or an e-book simply by using a blank piece of paper to cover text other than the passage you are working with.

[The carousel appears on [the web page for “No And!”](#)]

Practicing the Message of the Chapter

Often Joel says that he proved the principles of The Infinite Way for himself, but that we must prove them for ourselves, and not simply take his word for their truth. We do not prove principles by reading about them, or even by contemplating them. We must put them into practice, applying them to the experiences of our daily lives.

As you proceed through the chapter, ask yourself, “How can I put this message into practice?” “What can I do to PROVE these underlying principles for myself?” Then apply what comes to you. If you could use some help with this, [the world work recording for November](#) is one good resource. In that class, Joel explains in detail how to practice transcending appearances and how to be in a state of consciousness where there is only one power—i.e., there is no “and.” He talks about how to deal with distressing news about international affairs, corrupt government officials, sickness, death, fear, and other so-called evils of the world.