

**Possible Answers to Questions in Optional Study and Practice
for Chapter 3, “Mind Is a Transparency,” in *Consciousness Is What I Am***

1. What does Joel mean by “keeping the mind imbued with truth?”

The mind is an instrument that I control. To keep the mind imbued with truth means that continuously, I fill the mind with the letter of truth, which is embodied in the major principles of The Infinite Way—the nature of God, the nature of individual being, the nature of error, and the nature of prayer. I keep the mind stayed on the letter or truth, and I refuse to entertain world beliefs or the negative aspects of life.

The mind of itself cannot do this. It has no power of itself. The mind is my instrument, and it will accept anything I give it. I am the one who tells the mind what it will hold.

2. How do we keep the mind imbued with truth?

We keep the mind imbued with truth by meeting every appearance with the truth.

EXAMPLE: One aspect of the nature of God is that God is the one and only power. So every time the suggestion of another power is presented to me, I hold the truth of one power in my mind and answer, “No, I accept God as the only Power.”

EXAMPLE: The nature of individual being is that God is infinite Selfhood, so God is my Selfhood. There is only one Self. Since of itself, the mind cannot accept this principle, I have to accept it and hold it in mind. Then, every time I hear about an evil, dangerous, or insane selfhood, I respond, “There is only one Selfhood, and I am that Self.” I hold to that truth against every appearance of male or female, poor or rich, sick or well, white or black, Christian, Jewish, Buddhist, Hindu, or Muslim.

EXAMPLE: God is law, and all law is spiritual. But in “this world,” there are legal laws, material laws, mental laws that contradict spiritual truth. As any of these hit up against my awareness, I hold to: “No. I do not accept these so-called laws. I accept God alone as law.”

EXAMPLE: In the face of an appearance of lack, I hold in mind the truth that *I* am supply; that *I* have meat the world knows not of, and twelve basketsful left over; that *I* have infinite abundance.

3. Why should we keep the mind imbued with truth?

By keeping the mind imbued with truth, we can “remold,” or change, our consciousness, in the sense that we are replacing erroneous beliefs with truth. As we keep the mind filled with truth, we let our old self die—the self that fears negative powers, that entertains a selfhood apart from God, that does not recognize its divinity. As we let that personal sense of self “die,” the true Self that knows its oneness with God can be revealed. Imbuing the mind with truth is another way to

“die daily.” Eventually we will not have to practice imbuing the mind with truth, because the letter of truth becomes so much a part of us that we do not have to consciously think it.

On the practical level, my outer life will show forth that with which I fill the mind. In other words, my experience is a function of what is held in mind. So if I fill the mind with truth, my outer life will show forth as harmony, whereas if I fill the mind with erroneous beliefs, it will show forth as some discord in my experience, such as disease, lack, or limitation. I can only control my life—prevent discord and bring about harmony—in proportion to the degree in which I entertain truth in my consciousness.

In *The Thunder of Silence*, Joel compares the mind to a mold like a muffin tin, in that whatever the shape of the muffin tin is, that is the shape in which the muffins come out. Similarly, if there is evil in the mind, it appears as evil form, and if there is good in the mind, it appears as good form. He says:

“The mind produces its own image and likeness, and if we who stand behind the mind permit it to be filled with superstition, ignorance, or fear, all of which stem from the belief in two powers, that is what the mind produces in our experience. Mind is the substance of every form of sin, disease, death, false appetite, lack, limitation, wars, rumors of wars, and all the other things listed under the word evil. A mind filled with evil thoughts—fear, hate, injustice, lust, or malice—must appear outwardly as inharmony and discord; whereas a mind filled with good thoughts—charity, purity, benevolence, or co-operation—must appear outwardly as the good life. That is the karmic law as taught in Scripture: ‘Whatsoever a man soweth, that shall he also reap.’ The external appearance is always mind-formed. As we sow mentally, so shall we reap materially.”

4. Joel says that many people wonder why, after having once demonstrated supply or health, they later experience being sick or in lack, and they have to demonstrate supply or health all over again. Why isn’t the demonstration of supply or health permanent?

It is not permanent because they have not **attained the consciousness** of supply or the consciousness of health. To attain that consciousness, we have to continually “die daily” to world beliefs about supply and health, and we do this by keeping the mind stayed on the truth about supply and health. Scripture says, “Thou wilt keep him in perfect peace, whose mind is stayed on Thee.” In other words, “I will be in perfect peace when I keep my mind stayed on Truth.”

5. Joel says that mind is an “instrument” for our use, which in its primal essence is absolutely unconditioned. What does he mean by “mind is an instrument?” What does he mean by the mind is “unconditioned?”

Mind is an instrument in the sense that it is not self-acting. We determine what goes into our mind. We can think good thoughts or evil thoughts, destructive or constructive thoughts. Our mind cannot stop us from thinking any kind of thoughts we want to think; it has to let us use it for whatever purpose we decide to use it.

To say that the mind is “unconditioned in its primal essence” means that it has no qualities of its own, no qualities of good or evil.

6. Joel says that the mind is a transparency. What does this mean?

Joel says, "The mind is like a pane of glass. The glass does not create light or even give light: it is just a transparency through which light shines. Likewise, our mind is the transparency that expresses whatever we give to it." If we hold a lie in our mind, the result will be discord. If we hold truth in our mind, we will see harmony in our experience. It is in this sense that the mind is a transparency.

7. As in the previous chapter, Joel applies this lesson on mind to spiritual healing. He says: "As long as I acknowledge an I, my Self, as long as I acknowledge an invisible and incorporeal mind as my instrument, which I keep filled with truth, if there is anything wrong with my brain or my body, it will be corrected." How does this correction happen?

Mind is not separate and apart from the physical sense of body. Mind is the substance of it. So when I hold the truth in my mind, that truth shows forth in the physical sense of body. Whatever I impart to my mind, my body shows forth.

Joel illustrates this with the example that if a person fills his mind with pornography, his body will begin to feel lustful. If he fills his mind with filth, the body will be uncomfortable. On the other hand, the person who fills his mind with spiritual truth finds the body becoming peaceful, harmonious, and at rest. Many of us have experienced this connection between the mind and body in other ways. If we fill our mind with thoughts of delicious food, we begin to salivate. If we fill our mind with thoughts of injustice or with the cruelty of man to man, we begin to feel the symptoms of anger in the body. If we fill our mind with thoughts of potential disasters, we start to feel fear.

The physical sense of body, or what might be called the concept body, cannot be self-acting any more than a puppet can be self-acting. The concept body is the creation of mind; it is the puppet of the mind. So to change the concept body, or the physical sense of body, change what you hold in your mind. Fill it with truth and admit no shred of falsity.

8. What happens when an appearance of discord hits up against a mind that is imbued with truth?

Joel says that when you hold to the truth and do not battle an appearance, but let it hit up against your mind imbued with truth, the appearance will dissolve. If you try to do something to the appearance, you will become enmeshed in it, because you are accepting it as real. The appearance is not real. If it were real, it could not be healed. If God made it, you could not change it. God never made sin, disease, or lack, so you can know that these will disappear from your life in proportion as you can maintain spiritual principles in your consciousness, hold them in your mind, and let yourself be reborn of Truth.

If you think there is a disease or condition to overcome, you will never be a good healer. You must learn not to treat anything as a condition, but as an appearance or suggestion, whether it is unemployment, insanity, cancer, consumption, or any other error. Let that appearance hit up against a mind that is imbued with truth, and you will begin to do healing work.

9. In light of this lesson, how do you interpret what Paul said: “I live, yet not I, but Christ liveth in me”?

If we keep the mind stayed on truth and hold to the positive side of life, letting the negative side gradually drift away, we will discover that we govern our life, our mind, and our body. But eventually, the day comes when we are not thinking any thoughts at all: we are *receiving* thoughts. When Paul said, “I live; yet not I, but Christ liveth in me,” he meant that he was receiving instruction, dominion, and government from the transcendental, invisible Self, the mystical *I*, the *I* of his being that is God. Instead of “Paul” giving instructions to his mind, instructions were coming from the Christ, the *I* of his being. It was not the personal sense of “Paul” thinking thoughts. Thoughts were coming to him from within.

10. What does it take to receive impartations from within?

To receive impartations from within, we must learn not to take thought, but to be still. Sometimes we will receive impartations as messages, other times they will be impulses or feelings. But all of them will bring forth fruitage in our life. Once we contact the Source of life, It begins to feed, clothe, house, instruct, guide, maintain, and protect us.