

Optional Study and Practice for The 1962 Manchester Closed Class Session 5: Recording 493A “The Fourth Dimension”

Previous Sessions in The 1962 Manchester Closed Class

In the first session of the 1962 Manchester Closed Class, “The World Is New,” Joel taught that to bring the Christ into our experience, we must *consciously* open our consciousness, seeking only to have the Christ “enter in,” or seeking to *consciously* realize the Christ that already indwells us and is our true identity.

In the second session, “The New Man,” Joel taught that there is only one true God, and Its name is “I Am.” That “I Am” dwells in every individual as the Christ. But to come into the full consciousness of God as “I Am” and be reborn as the “new man,” the Christ, we must die to our human, mortal sense of self.

In the third session, “Infinite Way Healing Work,” Joel carried forward the theme of realizing the “I Am” through the lens of healing work. He taught that we develop a healing Christ consciousness through the constant practice of two principles: first, there is only one power, and second, all evil is impersonal.

In the fourth session, titled “Attuning Ourselves to Our Christhood,” Joel built on the heightened awareness of the Christ within developed in the previous sessions. He taught spiritual practices that enable us to be in conscious attunement with our Christhood, so that It shows forth in our daily lives.

Having drawn us deeply into the awareness of our own Christhood and shown us how to attune to it, in this fifth session, Joel lifts the veil on Christ Consciousness—the fourth-dimensional consciousness. He explains how the fourth-dimensional consciousness manifests in our lives once we attain it, and he teaches us how we can develop that consciousness.

We Heard This Class When We Studied Consciousness Is What I Am

From May to October 2024, we studied the book *Consciousness Is What I Am*. Our recording for the next two weeks is the same one used as the basis for Chapter 11, “The Fourth Dimensional Consciousness,” in that book.

The study options for that October 2024 session provide a helpful summary of Recording 493A and its corresponding chapter. To access those study suggestions, [click/tap here](#).

Additional Study Suggestions

For this session, we offer several additional suggestions for activities that might help reinforce the message of this class. Choose any that appeal to you or let them inspire you to come up with your own.

1. Review Your Spiritual Journey

Take some time to reflect on your life since you came to The Infinite Way.

- Have there been times when you felt guided from within?
- Did any events in your life unfold in ways you had not planned?
- Has your life changed for the better?
- Have you been led to new work or new activities?
- Are you finding more joy in spiritual study and devoting more time to it?
- Is your focus shifting from the visible world to the invisible?
- Have you had the sense of being led to do something differently than you planned?
- Have obstacles been removed from accomplishing something you wanted to do?
- Do you have a greater awareness of a Presence within you?
- Have you experienced growth or improvement in your art, profession, or business?
- Are you developing a better understanding of Scripture?
- Have you been able to let past erroneous beliefs fall away? Old fears dissolve?
- Are you developing a deeper understanding of the spiritual principles?

Such experiences are signs of the Christ consciousness unfolding within you—evidence of progress toward fourth-dimensional consciousness. It's important to pause and recognize them; otherwise, they can easily be overlooked or dismissed as ordinary events instead of the result of a developing consciousness.

As you work with this class and chapter, take note, mentally or in writing, of any experiences like those listed above. This practice can help you become more attuned to the activity of Christ Consciousness, the fourth-dimensional consciousness, unfolding in your life.

2. Stand in the Illumined State

Think of a challenge you are facing. Imagine yourself as someone who already has the spiritual understanding to meet this challenge easily.

- How would that person regard the situation?
- What would their inner state be?
- What would they do?

Try to shift your consciousness to that state and hold it there for a few minutes. What happens?

3. Practice Seeing from the Fourth-dimensional Perspective

Whenever you see or read about a discordant human situation or news event, instead of getting caught in the drama, step back and bring to mind what you know about the nature of error. For example, "Error is a universal belief in two powers and has no real substance and

no law to sustain it.” Then ask, “What is the spiritual reality here?” Can you reach a point where you are able to easily disregard the appearance and at least catch a glimpse of spiritual reality?

4. Stretch Your Perception

Go for a walk with the specific intention of appreciating the "invisible Something" behind every visible thing. On the walk, you might contemplate a beautiful flower, a tree, an animal, or even a harmonious interaction between people. Instead of just looking at the form of the object or event that you perceive through the senses, consciously acknowledge the Invisible that brought it forth. What do you experience?

Variation: Choose an experience that relies on the senses (e.g., listening to music, looking at a piece of art, tasting food). Instead of just experiencing it through the senses, try to perceive something beyond the five senses. If you are listening to music or viewing art, try to feel the consciousness of the composer or artist. If you are tasting food, try to feel the life force that brought it forth. What happens?

5. Practice Recognizing the Presence in Your Daily Work

Before you start any task, pause for a moment and acknowledge that the Presence "goes before you." Surrender your personal will and effort, inviting the Spirit to function *through* you. As you engage in the activity, stop from time to time to let the Presence make Itself known. Then resume the task.

- Was there any change in the way you approached the task?
- Did you feel different as you worked?
- Did any insights come to you about how to do what you were doing in a way that was easier or better?
- Did the outcome of the task exceed your expectations or surprise you in any way?

6. Shift Your Identification

Remind yourself of what you have learned about the Christ of your being. Then, take a specific period of your day (twenty minutes, an hour, or a morning) and consciously practice living from the Christ of your being, rather than from your personal sense of self. Whatever occurs during that period, try to live as you understand the Christ would live. Then reflect:

- How did you feel?
- Did this change your actions and interactions?
- How did it affect your sense of self?
- Were your thoughts different in any way?
- Did you feel comfortable?

Scriptural Passages

This lesson may shed new light on passages in Scripture that reveal the nature of fourth-dimensional consciousness—passages we may have read before without seeing them in that context. For example:

- “I live, yet not I, but Christ liveth in me.” (Galatians 2:20)
- “He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.” (Psalm 91:1)
- “Thou wilt keep him in perfect peace, whose mind is stayed on thee, because he trusteth in thee.” (Isaiah 26:3)

As you reflect on the message of this class, what other passages come to mind that you now see as pointing to this higher consciousness?