

Optional Study and Practice for *Man Was Not Born to Cry*

Chapter 2: “The One Great Demonstration”

Review of Previous Chapter

In Chapter 1, Joel taught that good wishes or resolutions do not produce a truly spiritual New Year. It comes with a new state of consciousness because our experience is shaped by what we entertain in our consciousness. We must stop identifying with erroneous beliefs about ourselves and live from the realization of our spiritual identity with God. First, we acknowledge that there is a Presence and Power within, and we live by that. Second, we accept *only one power*. If we do not consciously recognize this truth, we will be subject to whatever comes from the world hypnotism. Joel explains that one spiritually awakened consciousness can bless families, communities, and ultimately, the world. The real “New Year,” then, begins when we start to live consciously from our true identity, rather than from fear, conditioning, or mass belief.

Chapter 2: “The One Great Demonstration”

In this chapter, Joel begins by emphasizing the importance of meditation and inner silence in developing spiritual awareness. He then addresses a major principle of The Infinite Way: **God constitutes individual being**. When we realize this truth, we no longer try to demonstrate things or conditions. We demonstrate the conscious awareness of the presence of God, and God then appears as the fulfillment of the need of the moment. The solution to every problem lies in realizing the presence of God within and letting that Presence go before us. There is not God *and* you; God lives *as* you—God constitutes your being. When we stand consciously in the realization of this truth and allow God to use us, we become beholders, watching God at work.

The Source Recording

Recording 301A is the basis for Chapter 2, and Chapter 2 is nearly a transcript of the class. There are just a few parts in the recording that are not included in the chapter:

- In speaking about not attempting to demonstrate material things, Joel references Chapter 2, “Demonstrate God,” in [*Practicing the Presence*](#). He says that if we try to demonstrate health, wealth, supply, business, home, or companionship, we are attempting to demonstrate form, and form is limited and destructible. Instead, we seek first the kingdom of God, the realization of God, and then God will appear as infinite form—as supply, health, companionship, home, or whatever else might be needed.
- Joel explains the idea of one material power overcoming another with an illustration of the progression from stones, to bows and arrows, to guns, to naval armaments and air forces, and finally to atomic bombs. He is making the point that on the material plane, there are always competing powers, with the greater overcoming the lesser.
- Joel recounts the story from [*Living the Infinite Way*](#) of a minister who, after passing from this world, repeatedly knocks at heaven’s door. When he identifies himself as “I,” he is told there

is no room. Eventually, when asked who is there, he answers, “Thou art,” and is immediately admitted because “there never was room for me and thee.” He uses the story to illustrate the point that there is no room in your consciousness for God *and* you: God lives *as* you; God *is* your life; God *is* your mind; God *is* your being, and even your body is the temple of the living God.

Suggested Practices Based on the Chapter

The introductory Section in the Chapter

Joel begins both the class and the chapter with a short reminder about the importance of meditation in developing spiritual awareness. He points out that our spiritual capacity expands only in proportion to our ability to meditate, because spiritual awareness is developed in silence—not in thinking, listening, or reading. Reading and studying are only tools we use to enable us to meditate.

He reminds us that the more often we meditate—not how long, but how many times we meditate during the day and night, even if each time is only a minute or two—the more we develop our spiritual awareness and bring spiritual harmony into our experience.

When our eyes are closed, and we are in the darkness within, we find the entire kingdom of God there, ready to pour itself into our mind, into our body, our home, our business, and our purse. Our attitude is one of receptivity, as though we were inviting God to speak to us or inviting the Spirit to flow through us. Our part is to remember that the kingdom of God, the Allness of God, is within us, and as we are still, the Spirit makes itself manifest in our experience.

This short section is a wonderful reminder of how to meditate, which we can always apply, especially as we study this chapter.

The Remaining Sections of the Chapter

For the remaining sections of the chapter, we offer a different approach to study and practice. Rather than reading the entire chapter at once, we suggest taking one section each day and focusing on that section alone.

Joel supported this method of study. For example, speaking about studying in Chapter 3, “The Secret of the Resurrection,” in [*The Heart of Mysticism, Volume 6: The 1959 Infinite Way Letters*](#), he says:

“Read **slowly, attentively**, and **ponder** at each step the words that are being read, going back again and again, if necessary, because it is not the quantity of material that is read that is the determining factor, but the degree of unfoldment which comes forth from the reading. **Often one sentence or one paragraph** is sufficient for this purpose. The student should not attempt to see how much material can be read, but rather how much light and how much understanding can be received from each sentence or paragraph that is read. In this way, spiritual discernment is developed.

“Often from such reading **one particular statement or passage will stand out** above all the others, and as you close your book, you should **let this passage remain consciously within you. Ponder it, repeat it, think upon it**, because this passage is a seed of truth

which is now being planted within you, and then after you have ceased thinking about it, that seed begins to germinate and eventually takes root, later bearing spiritual fruitage in the form of understanding, wisdom, guidance, and the spiritual experience itself.

“Every time you hear a message of truth, whether in lectures, class, or on tape recordings, the word of God is also being planted within you as a seed, or as a dozen seeds, and out of these, even one, springing up into life, will be sufficient for every purpose. Your periods of meditation, in which you contemplate some passage of truth, ponder it, think upon it, and then finally settle into an inner stillness and let the Spirit bear witness with your spirit, also develop your Soul-faculties. . . .

“Always remember that every step of your journey on the spiritual path should be **preceded by prayer**. Pray for light, for discernment, for judgment, for awakening, and then there will be a message for you in every bit of inspired literature that you read or from every illumined Soul whom you meet.”

So as you work with this chapter, section by section:

- Take a moment to pray for light, discernment, judgment, and awakening.
- Read the section slowly, perhaps more than once.
- Choose a sentence, phrase, or idea that especially speaks to you.
- Spend some time quietly pondering it—not simply to understand the words, but to discover what they may be revealing to you.
- After pondering, allow some time to be still and listen, receptive to whatever may unfold from within.
- Carry the passage or idea with you throughout the day, remembering it and bringing it into your daily experience.

Let’s remember that our study book is the collection of the 1962 Infinite Way Letters. Joel said that each Letter was an “outline for study and practice,” and that students should learn to “pick out the pearls, apply them, use them, and live with them.” Studying in this way gives us an opportunity to follow Joel’s direction and move beyond merely reading the chapter to letting its message take root in consciousness.

Conveniently, the chapter has seven sections, providing one section for each day of the week. For each section, we have included a page with a few simple questions to help guide your contemplation, along with space to jot down anything that comes to you. You may find that other questions arise naturally. Follow wherever your contemplation leads.



"I and the Father are one." (John 10:30)

"The place whereon you stand is holy ground." (Exodus 3:5)

Day 1: Infinity Is the Measure of Our Being

★ Read

Take a moment to pray for light, discernment, judgment, and awakening. Then, slowly and thoughtfully, read the section of the chapter titled "Infinity Is the Measure of Our Being" once or twice. Notice a sentence, phrase, or idea that seems to particularly speak to you and write it down.

My passage for today:

★ Contemplate

Sit quietly with the passage you chose. Ask:

- **What is this saying to me?**
- **Why might this have caught my attention?**
- **What am I being invited to see that I may not have seen before?**

★ Live

Now ask: **How can I apply this in my life today?**

★ Listen

Let go of questions and become still. There is nothing to accomplish. Simply be receptive, with the attitude, "**Speak, Father, I'm listening.**"



"Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on.... Your heavenly Father knoweth that ye have need of all these things." (Matthew 6: 25, 32)

Day 2: The Presence of God Is the Only Demonstration Necessary

★ Read

Take a moment to pray for light, discernment, judgment, and awakening. Then, slowly and thoughtfully, read today's section, "The Presence of God Is the Only Demonstration Necessary," once or twice. Notice a sentence, phrase, or idea that seems to particularly speak to you and write it down.

My passage for today:

★ Contemplate

Sit quietly with the passage you chose. Ask:

- **What is this saying to me?**
- **Why might this have caught my attention?**
- **What am I being invited to see that I may not have seen before?**

★ Live

Now ask: **How can I apply this in my life today?**

★ Listen

Let go of questions and become still. There is nothing to accomplish. Simply be receptive, with the attitude, "**Speak, Father, I'm listening.**"



"My grace is sufficient for thee." (II Corinthians 12:9)

Day 3: God Appears as the Fulfillment of the Need of the Moment

★ Read

Take a moment to pray for light, discernment, judgment, and awakening. Then, slowly and thoughtfully, read today's section, "God Appears as the Fulfillment of the Need of the Moment," once or twice. Notice a sentence, phrase, or idea that seems to particularly speak to you and write it down.

My passage for today:

★ Contemplate

Sit quietly with the passage you chose. Ask:

- **What is this saying to me?**
- **Why might this have caught my attention?**
- **What am I being invited to see that I may not have seen before?**

★ Live

Now ask: **How can I apply this in my life today?**

★ Listen

Let go of questions and become still. There is nothing to accomplish. Simply be receptive, with the attitude, "**Speak, Father, I'm listening.**"



"Not by might, nor by power, but by My Spirit" (Zechariah 4:6)

Day 4: Stages of Spiritual Awareness

★ Read

Take a moment to pray for light, discernment, judgment, and awakening. Then, slowly and thoughtfully, read today's section, "Stages of Spiritual Awareness," once or twice. Notice a sentence, phrase, or idea that seems to particularly speak to you and write it down.

My passage for today:

★ Contemplate

Sit quietly with the passage you chose. Ask:

- **What is this saying to me?**
- **Why might this have caught my attention?**
- **What am I being invited to see that I may not have seen before?**

★ Live

Now ask: **How can I apply this in my life today?**

★ Listen

Let go of questions and become still. There is nothing to accomplish. Simply be receptive, with the attitude, "**Speak, Father, I'm listening.**"



"I can of my own self do nothing . . . The Father that dwelleth in me, he doeth the works." (John 5:30; 14:10)

Day 5: Let God Use Us

★ Read

Take a moment to pray for light, discernment, judgment, and awakening. Then, slowly and thoughtfully, read today's section, "Let God Use Us," once or twice. Notice a sentence, phrase, or idea that seems to particularly speak to you and write it down.

My passage for today:

★ Contemplate

Sit quietly with the passage you chose. Ask:

- **What is this saying to me?**
- **Why might this have caught my attention?**
- **What am I being invited to see that I may not have seen before?**

★ Live

Now ask: **How can I apply this in my life today?**

★ Listen

Let go of questions and become still. There is nothing to accomplish. Simply be receptive, with the attitude, "**Speak, Father, I'm listening.**"



"Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." (Matthew 4:4)

Day 6: Go to God for God

★ Read

Take a moment to pray for light, discernment, judgment, and awakening. Then, slowly and thoughtfully, read today's section, "Go to God for God," once or twice. Notice a sentence, phrase, or idea that seems to particularly speak to you and write it down.

My passage for today:

★ Contemplate

Sit quietly with the passage you chose. Ask:

- **What is this saying to me?**
- **Why might this have caught my attention?**
- **What am I being invited to see that I may not have seen before?**

★ Live

Now ask: **How can I apply this in my life today?**

★ Listen

Let go of questions and become still. There is nothing to accomplish. Simply be receptive, with the attitude, "**Speak, Father, I'm listening.**"



"For he performeth the thing that is appointed for me." (Job 23:14)

Day 7: Being a Beholder

★ Read

Take a moment to pray for light, discernment, judgment, and awakening. Then, slowly and thoughtfully, read today's section, "Being a Beholder," once or twice. Notice a sentence, phrase, or idea that seems to particularly speak to you and write it down.

My passage for today:

★ Contemplate

Sit quietly with the passage you chose. Ask:

- **What is this saying to me?**
- **Why might this have caught my attention?**
- **What am I being invited to see that I may not have seen before?**

★ Live

Now ask: **How can I apply this in my life today?**

★ Listen

Let go of questions and become still. There is nothing to accomplish. Simply be receptive, with the attitude, "**Speak, Father, I'm listening.**"

An interesting follow-up: Go back and review the passage you chose for each day. As you read them together, do you notice a pattern or a common thread? Is there something that seems to have been speaking to you throughout the week—perhaps an insight or a lesson that might be meaningful for you?