

**Optional Study and Practice for *Man Was Not Born To Cry*
Chapter 3, “The Truth That Makes Free”**

Review of Previous Chapters

Chapter 1: “The Spiritual New Year”

In Chapter 1, Joel teaches that good wishes or resolutions do not produce a truly spiritual New Year. It comes with a new state of consciousness because our consciousness shapes our experience. We must stop identifying with erroneous beliefs about ourselves and live from the realization of our spiritual identity and the truth of *one* power, rather than from fear, conditioning, or mass belief. If we do not consciously recognize the truth, we are subject to the world hypnotism, the belief in good and evil. Still, one spiritually awakened consciousness can ultimately bless the world.

Chapter 2: “The One Great Demonstration”

In Chapter 2, Joel emphasized the importance of meditation and inner silence in developing spiritual awareness. He addressed a core Infinite Way principle: **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 then God appears as the fulfillment of the need. 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 Current Chapter

Chapter 3: “The Truth That Makes Free”

In Chapter 3, Joel affirms that the **realization**—not just an intellectual understanding—that God is All is sufficient for our every need. He goes on to teach that when you understand the impersonal, universal nature of evil, you see that nothing in you is responsible for your ills. Why? Because God constitutes your identity. So you cannot have any evil qualities or propensities. Any error that finds expression in you has absolutely nothing to do with you. All evil stems from a universal, impersonal source, and it originates in the erroneous **belief** in two powers. To be free of the belief in two powers, you must know the truth: since God did not make the belief in good and evil, it is not God-ordained or God-sustained and has no law of God to perpetuate it.

Joel also explains that we can prevent these ills from ever entering our experience by “protective work,” understanding and applying specific principles. We are not trying to protect ourselves from anyone or anything; we are protecting ourselves from accepting erroneous universal beliefs.

The Source Recording

Recording 318B, “Treatment and Law – To Grace,” is the basis for Chapter 3, and Chapter 3 is largely a transcript of the class.

However, in the recording, Joel gives references for study, some of which do not appear in the book.

- Included in the book chapter are his recommendations for further study of protective work. He references the chapter “Protection” in [The 1955 Infinite Way Letters](#), and “Break the Fetters That Bind You” in [The 1958 Infinite Way Letters](#).

Both are among the eight most important chapters that Joel identified in the Infinite Way writings, and we studied them in our program on the Eight Most Important Chapters. Should you want to revisit the study materials for these chapters,

- [Click/tap here for “Protection.”](#)
- [Click/tap here for “Break the Fetters That Bind You.”](#)

The following recommendations are given in the recording, but not in the book:

- To handle problems of human relationships, he recommends the two chapters: “Love Thy Neighbor” in [Practicing the Presence](#) and “The Relationship of Oneness” in [The Art of Spiritual Healing](#). Both are also among the eight most important chapters Joel identified in the Infinite Way writings, which we studied in our program on the Eight Most Important Chapters. Should you want to revisit the study materials for these chapters,
 - [Click/tap here for “Love Thy Neighbor”](#)
 - [Click/tap here for “The Relationship of Oneness”](#)
- For the principles of healing work and treatment work, Joe recommends the May and June 1960 Letters (Chapters 5 and 6 in [Our Spiritual Resources](#)) and the [June, September, October, and November 1959 Letters](#). He also recommends [The Art of Spiritual Healing](#) as a foundational book.
- Joel recommends the book [Practicing the Presence](#) as a foundational work for those who have not yet come into the life of practicing the presence of God, and he recommends [The Art of Meditation](#) for those who have not perfected or attained the ability to meditate.
- Once again, Joel recommends [all of the books of Letters](#), which he says represent “the highest unfoldments I have been capable of receiving.”
- Joel reminds us that [The Infinite Way](#) is our major textbook, which is purely a book of principles, and the deepest book in the collection of writings.
- Joel also notes that Infinite Way articles are consistently included in spiritually oriented magazines in England, Australia, and India.

Impersonalization, Nothingization, and Protective Work

You will find that in our current study chapter, Joel addresses impersonalization, nothingization, and protective work in the context of “the truth that makes us free.” Over the course of our study programs, we have worked with all three of these topics. Should you wish to review any of these topics in greater depth, you can refer to our study materials.

- For impersonalization and nothingization, [click/tap here](#).
- For protective work, [click/tap here](#).

Suggested Practices Based on the Chapter

Given the positive feedback on the approach we used for studying Chapter 2, we are repeating that approach for Chapter 3. We suggested that rather than reading the entire chapter at once, you take one section each day and focus on that section alone.

To re-read the quote from Joel that supports and encourages this approach, [click/tap here](#).

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 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.

Again, 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 the chapter section by section gives us an opportunity to follow Joel’s direction and move beyond merely reading the chapter to attentively letting its message take root in consciousness.

Once again, the chapter conveniently has seven sections, providing one section for each day of the week. As we did for Chapter 2, for each section in the chapter, we include a page with a few simple questions to help guide your contemplation, along with space to jot down anything that comes to you. Other questions or ideas for study may arise; follow wherever your contemplation leads.



"And ye shall know the truth, and the truth shall make you free." (John 8:32)

Day 1: Introductory Section

★ Read

Take a moment to pray for light, discernment, judgment, and awakening. Then, slowly and thoughtfully, read the introductory section of the chapter once or twice. Notice a sentence, phrase, or idea that speaks 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."**



"This is the way, walk ye in it." (Isaiah 30:21)

"Be ye transformed by the renewing of your mind." (Romans 12:2)

Day 2: "To Every Man There Openeth a Way"

★ Read

Take a moment to pray for light, discernment, judgment, and awakening. Then, slowly and thoughtfully, read today's section, "To Every Man There Openeth a Way," once or twice. Notice a sentence, phrase, or idea that speaks 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.**"



"When we brought you the Good News, it was not only with words but also with the power of the Holy Spirit, so you can have full assurance that what we said was true."

(1 Thessalonians 1:5 NLT)

Day 3: An Intellectual Knowledge of God As All Is Not Enough

★ Read

Take a moment to pray for light, discernment, judgment, and awakening. Then, slowly and thoughtfully, read today's section, "An Intellectual Knowledge of God As All Is Not Enough," once or twice. Notice a sentence, phrase, or idea that speaks 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 want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. But if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it." (Romans 7:19-20 NLT)

Day 4: The Impersonal Origin of Evil

★ Read

Take a moment to pray for light, discernment, judgment, and awakening. Then, slowly and thoughtfully, read today's section, "The Impersonal Origin of Evil," once or twice. Notice a sentence, phrase, or idea that speaks 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 am the Lord, and there is none else; there is no God beside me." (Isaiah 45:5 KJV)

Day 5: All Evil Stems from the Belief in Two Powers

★ Read

Take a moment to pray for light, discernment, judgment, and awakening. Then, slowly and thoughtfully, read today's section, "All Evil Stems from the Belief in Two Powers," once or twice. Notice a sentence, phrase, or idea that speaks 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.**"



"God saw all that he had made, and it was very good." (Genesis 1:31 NIV)

Day 6: Becoming Free of the Belief in Two Powers

★ Read

Take a moment to pray for light, discernment, judgment, and awakening. Then, slowly and thoughtfully, read today's section, "Becoming Free of the Belief in Two Powers," once or twice. Notice a sentence, phrase, or idea that speaks 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.**"



"He that dwelleth in the secret place of the Most High shall abide under the shadow of the Almighty. ... A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee." (Psalm 91:1,7 KJV)

Day 7: Protective Work

★ Read

Take a moment to pray for light, discernment, judgment, and awakening. Then, slowly and thoughtfully, read today's section, "Protective Work," once or twice. Notice a sentence, phrase, or idea that speaks 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: Review the passages you chose for each day. As you read them together, do you notice a pattern or a common thread—perhaps an insight or a lesson that might be meaningful for you?***
- ***Another follow-up: Ask yourself: How does this chapter reflect the theme of the book: *Man was not born to cry?****