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Optional Study and Practice for *Man Was Not Born To Cry*
Chapter 6, "Bringing Grace into Active Expression"

Review of Previous Chapters

As you review the previous chapters, ask yourself how each chapter reflects the book's theme: Man was not born to cry.

Chapter 1: "The Spiritual New Year"

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"

Joel emphasizes the importance of meditation and inner silence in developing spiritual awareness. He addresses 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 this truth and allow God to use us, we become beholders, watching God at work.

Chapter 3: "The Truth That Makes Free"

Joel affirms that the **realization**—not just an intellectual understanding—that God is All is sufficient for our every need. He teaches that when you know the impersonal, universal nature of evil, you see that nothing *in you* is responsible for your ills. Why? Because God constitutes your identity. Therefore, you cannot have any evil qualities. Any error that finds expression in you has nothing to do with you; all evil stems from a universal, impersonal source and originates in the erroneous **belief** in two powers. To be free of that belief, you must know that 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 ills from entering our experience by doing "protective work," which is not trying to protect ourselves from anyone or anything, but refusing to accept erroneous universal **beliefs**.

Chapter 4: "Christ Raised from the Tomb"

In Chapter 4, Joel teaches that the Messiah, or Christ, is not an external power that changes human conditions, but the divine Presence within every individual consciousness. Therefore, the spiritual path turns us away from the worship of personality and toward discovering the indwelling Presence revealed by the great mystics. This discovery requires a rebirth: the

"natural man," or human sense of selfhood, must die so that the Son of God may be raised up in us. In other words, **our human selfhood is the tomb in which the Christ lies hidden**. The ultimate function of the Christ is to lift us above dependence on human good into the realization of a spiritual kingdom "not of this world." Instead of trying to use God to improve our human lives, we allow God to live ITS life AS our individual being.

Chapter 5: "Withinness"

In this chapter, Joel reiterates the Master's teaching that the kingdom of God is within you, and he teaches that realizing this truth brings freedom from fear, sin, disease, lack, and limitation. Since God is within us and is omnipotent, omnipresent, and omniscient, there is no power outside of us that can harm us. And since God is not responsible for our troubles, and no outside power can harm us, the difficulties of human experience arise not from external forces, but from ignorance of our true spiritual nature and the *belief* in powers other than God. We can dispel that ignorance by knowing the truth about our identity and our God-given dominion. We can remind ourselves daily that all good is already **within us**, waiting to be expressed. And we can continually acknowledge God's presence, not only in ourselves, but in everyone we meet.

The Current Chapter

Chapter 6: "Bringing Grace into Active Expression"

In this chapter, Joel teaches that as humans, we do not experience the grace of God and its benefits because we are not "abiding in the Word and letting the word abide in us;" we are not "dwelling in the secret place of the Most High." We may *believe* in God, but belief is not enough; we must *experience* God—make contact and bring God into expression in life. This requires spiritual realization, or illumination, an experience in consciousness we attain in proportion to our degree of devotion, not only to study, but to *putting into practice* what we study.

As humans, we depend on others. But when we become the "man who has his being in Christ," we realize we are one with That which created us, and we are maintained and sustained by this infinite Presence and Power operating as our intelligence, love, life, health, guidance, and direction. We have an *infinite* sufficiency that flows from within as needed, always with twelve basketsful left to share. In this chapter, Joel teaches what we must do to attain and maintain this state of consciousness and use it to benefit the world.

- How does this chapter relate to the theme of "Man was not born to cry?"

The Source Recording for This Chapter

Recording 246B, "Bringing Grace into Active Expression," is from the 1959 Maui Advanced Work. It is the basis for Chapter 6, which is largely an edited transcript of the recording.

Suggested Practices Based on the Chapter

These suggested practices can help reinforce the lessons and principles highlighted in this chapter.

1. Use one of the study methods suggested for the previous chapters.

If you used either of the study methods we suggested for the three previous chapters and found them helpful, you can apply that study method to this chapter. While we have not provided the study pages as we did for the previous chapters, you can still apply the methods, which we review below.

Method 1: Study one chapter section each day

Instead of reading the entire chapter at once, read one section each day and focus only on that section. *(To read the quote from Joel that supports and encourages this approach, click/tap here.)*

Our study book comprises the 1962 Infinite Way Monthly Letters. Joel often said that a Monthly 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 lets us follow Joel's direction and move beyond merely reading the chapter to letting its message take root in our consciousness.

For each 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 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.

Method 2: "Translate" the chapter into your own words.

With this study method, you "translate" the chapter into your own words. This does not mean that you should alter Joel's principles or substitute your personal opinions for them. Simply ponder the meaning of the words and then, in your own words, write what you understand each paragraph or section to be saying. Make notes about questions that arise, or about anything that comes to you that deepens or enhances your understanding. *(To read the quote from Joel that supports and encourages this approach, click/tap here.)*

As you work with this method, take a moment before you begin to pray for light, discernment, and understanding, and when you finish, allow time to be still and listen, receptive to whatever may unfold from within.

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2. Check Your Understanding

We offer the following questions to help you review and deepen your understanding of the key points presented in this chapter. Of course, as Joel says repeatedly, simply recalling or knowing these points intellectually is not the same as realizing them in consciousness. He emphasizes that intellectual understanding alone is not enough; the ultimate goal is to experience the truth and live by it. Nevertheless, clearly understanding what Joel is teaching in a lesson is an

important part of our spiritual study, and considering questions like these can build that understanding and strengthen our practice.

- "Rightly understood," Joel says, "The Infinite Way leads from a life lived under the law to a life lived under grace." How does The Infinite Way message make this transition possible?

- Joel says that the human race is not under the law of God and is not being supported, nourished, healed, or sustained by God. What does he mean, and what does he say is the reason for this?

- Joel says that most people believe in God, but that *believing* in God is not enough. If belief is not enough, what else does he say is necessary?

- "There is but one way in which we can make the transition from being that 'man of earth' to becoming or being or realizing that we are that 'man who has his being in Christ.'" What is that way?

- "**Ye** shall know the truth, and the truth shall make you free." Joel says that this means you attain illumination through the activity of your own consciousness, in proportion to two things. What are those two things?

- How is the life of a "man who has his being in Christ" different from the life of the "man of earth"? What qualities characterize the life of the man who has his being in Christ?

- In addition to taking time for quietness and meditation to receive impartations from within, Joel says that we must fulfill certain human obligations to maintain the spiritual life. What are those obligations?

- Joel says that we are meant to show forth the glory of God in service to man, and he reminds us that the wonderful things of life that come to us abundantly are not to glorify or enrich us personally. Why, then, do these benefits come to us?

3. Suggested Contemplations

- Joel says, "Ye shall know the truth consciously, and the truth will make you free." Then he tells us:

  > *You must do your meditating. You must find something, whether it's the garden, or the ocean, or the mountains; you must find something to take into your meditation that you can ponder that will eventually bring you to the realization that the Invisible always underlies the visible, permeates the visible, and animates, creates, maintains, and sustains it.*

  What can you take into meditation and ponder that will best help you realize more fully that the Invisible always underlies the visible?

- In the recording, Joel gives a helpful contemplation that reinforces the idea of bringing grace into active expression. An edited version also appears in our study chapter. To use

this contemplation as Joel gives it on the recording, you can read it below, or you can hear Joel lead the contemplation by clicking/tapping here.

The Kingdom of God is within me. Right here where I am is holy ground. The Father and I are one. All that the Father, the Invisible Infinite, has is made manifest through my individual being. This inner meat, which I have and which the world knows nothing of, appears outwardly as food on my table. This spiritual water, which I have within, bubbles up into life eternal in outer expression. This power of divine grace, which is now mine by virtue of my oneness with God, becomes the resurrection, and even my body is raised up out of the tomb of disease, or the tomb of old age, or the tomb of infirmity, and is restored again to its normalcy, harmony.

As I consciously realize that I am fed from within, that all that the Father hath is flowing into me and through me; even the lost years of the locusts are restored; even the money that has been lost or dissipated begins to come back; even reputations that have been lost are remade.

All things become new out of this infinity because I have stopped looking to man for my good. I have stopped looking to favors or favoritism. I understand now that all that I shall ever need will be given to me from the infinite Source within my being, which continuously fills the ocean with all that it needs, and the air with its birds, and the heavens with all of the suns and moons and stars necessary to completeness and fulfillment of God's plan.