

The Theological Science Society, Int.

TELEPHONE: (847) 462-0410 □ P.O. Box 722 □ Cary, Illinois 60013-0722 □
On the web at: www.Theologicalsciencesociety.org Email: tss.anne@sbcglobal.net

This Being Our Monthly Letter & Chat For July 2021

My Dear Friend and Fellow Member,

It is always a pleasure to sit and converse with as I am preparing our Monthly Chat Letter. There were a number of years when I was still active in ministry in which I could not find an letter that *felt right at the time* – and so I would draw on a recent Sunday talk. This was one of those *Letters* in 2015.

Doctor Carruthers frequently opened his Monthly Chat Letter by suggesting you join him when you have the time to sit and read. “Come in,” he said, “and sit here with me...” *as we discuss whatever his topic was that month*. For me, I imagine myself sitting with you enjoying a good cup of coffee or tea and enjoying a lively conversation. Perhaps, like me you find clarity and your own truth by sharing and listening.

Most of the world is beginning now (2021) to really feel the effects of global warming. Nothing is really typical any more. Here in the USA the western states are getting unusually hot and dry weather, low water tables and little rain. The mid-west where I am is getting on average 3 weeks of generally good temperatures for summer and one week of cool n’ cloudy with some rain. The southern states and up the eastern seaboard is having heavy hurricane and rain conditions. The rest of the world is also experiencing changing weather conditions such as the flooding in Europe and floating icebergs at the ‘Poles’.

I recall that in the 80's and 90's there was a lot of information coming out in metaphysical/new age circles about coming Earth Changes; I even had a map that showed the safe areas in the United States. That was 25 to 30 years ago and today it is called Global Warming.

As we reach and enter into the beginning of a new cycle, one naturally finds confusion and upset such as we are now experiencing. Those of us who have been studying the Ancient Wisdom Teachings through Theological

Science have a strong advantage. We have been taught to be critical thinkers and to think for ourselves. We understand the importance of daily study and meditation. And we understand that our conscious thoughts direct the subconscious mind. This is why Dr. Carruthers always told us to guard our thoughts and – one of my favorites: ‘what comes out of your mouth is more important than what put into your mouth.’

How we think is vitally important - more important in some ways than what we think. Today’s New Thought studies refer to four and sometimes five different levels of consciousness which determine how we think and thus our experiences in life. In this month’s letter I am going to discuss these four levels of consciousness. There are: Why Me or the Mortal; By Me or the Metaphysician; Through Me or the Mystic; and As Me or The Master.

It is vitally important to understand that the level of our thinking can and often does change from moment to moment. When faced with a challenge and the metal hits the road, where is your thinking coming from? Most of us react to the circumstances in our life. Reactions are based on fear of what could happen.

Are you the Mortal, Metaphysician, Mystic or Master? I don’t know about you, but I can pop to Mortal level thinking pretty quickly. When we are reacting and trying to figure it out, we leave no room for Spirit to guide our path. And we frequently move into one of the other levels very quickly.

Did you know that when you launch a rocket into space, 90% of the fuel is used in lift-off because it takes that kind of energy to break free from the gravitational pull? Our lives have a gravitational pull too and it is important for us to be aware of that gravitational pull wanting to keep us where we are.

To free ourselves from that pull and to practice something deeper requires energy in the form of devotion, dedication and some discipline (just like the rocket uses 90% of its fuel in the take-off stage.)

What is your automatic response, where is your gravitational pull, when Life’s Challenges hit? On one end of the spectrum we may crumble and feel wounded, or withdraw and pull the covers over our head and/or react with frustration or irritation and anger.

Theological Science does not promise us a challenge-free life. However, we do offer a way to overcome the challenges – and that level

depends on our level of consciousness. So just notice, how you are reacting when Life Challenges hit?

Where are you in your Relationship with God?

His Holiness, the Dalai Lama says that every problem is a spiritual issue, no matter what the problem looks like. We are often tempted to think, I have a financial issue, or a relationship issue or a health issue. When in fact, what we have is a spiritual issue.

The issue is, we think we are separate from God – separate from abundant good, separate from love, separate from wholeness. It is important to Remember and Turn to God and our spiritual practices when Life Challenges occur. We are not, and cannot ever be separate from these things, because We Are these things. Yet when we engage in casual spirituality, turning to God only when things get rocky, we get amnesia and forget this truth.

Really, we should cultivate our relationship with God on an ongoing, regular basis. This allows us to walk and talk and act and breath from a place of Oneness, regardless of the circumstances and conditions that are in front of us.

Ask yourself: Mortal, Metaphysician, Mystic or Master, where am I in my relationship with the Divine, with Source with God?

Where are you in your stewardship of the Earth?

This relates to your Oneness. You may find it an unusual question to be asking, but it truly is a critical one. It is critical not just to you and your spiritual development. It is critical for not only the spiritual development, but in fact for the very survival, of humankind.

You may be wondering what the condition of the environment has to do with levels of consciousness. In case you haven't noticed, we have an environmental issue or two going on in the world and what did the Dalai Lama say? Everything is a spiritual issue.

It is interesting to note that throughout all sacred texts we are asked to love one another and to serve; to revere Life itself, knowing that all Life is the Life of God. We have been given dominion (to care for not to dominate) the earth; we are the stewards of Creation.

To truly live from a Master's Level Consciousness, we must realize this. Where are you on this topic?

#1) Are you the Mortal who believes it is some else's fault - perhaps the government or large corporations?

#2) Or are you the Metaphysician, trying to force things using your wonderful power of thought.

#3) Or the Mystic, who understands that "it is the Father within doeth the work."

#4) And sometimes, we are the Master who understands I am one with God. The Master recognizes their Oneness is simply part of their being, part of their nature.

The Truth is that earning a Master's degree isn't what matters. What really matters is that we operate at Master's Level Living. Knowledge that is not applied or used is lost.

The average person on the street might say that Master Level Living is the ability TO HAVE things! In fact, the world would tell us that success is based on WHAT WE HAVE. I would never consider myself a minimalist, I like stuff, stuff is nice. But the Truth is, stuff will never bring us true joy and meaning.

Others might say achieving Master Level Living is to be a master in WHAT WE DO OR HAVE DONE. This can be empty too. Particularly when we no longer do what we did that gave life meaning!

Theological Science teaches us to Live life at the Master Level. This means we keep learning and adding to our spiritual tool box. It means we APPLY THE SPIRITUAL PRINCIPLES we learn in our everyday lives. And Life - my life - your life, always gives us the opportunity to learn, hone and develop spiritual principles.

As we grow into Master's Level Living, we become more open and more generous. We become kinder, more patient and more loving, more understanding, more forgiving and more prosperous with the awareness that this is who I am! When we notice it, that's when it has happened.

At this Master's Level of Living, Who I am is one who:

*Fully and completely relies on God, and
One who has learned how to really and truly let go and let God.*

Along the way to a Master's Level of Living there are many times and perhaps many occasions when rather than fully and completely relying on God, rather than learning how to really and truly let go and let God – we might feel like Atlas holding up the world. *We carry whatever the load is every step of the way, that is, until we stop carrying it and let it go.*

We know this by the anxiety level we live in, where we feel upset, where we feel concern, where the rub is. Whatever, wherever that shows up is where we haven't turned it over, where we haven't let go and let God. When we hear "let go and let God," many of us think of it as two things. I'll let go and then I'll let God. That isn't how it works; it is in the letting go that we let God. Only when we let go, can we allow God to move in. It's a very beautiful and kind of tightrope spiritual practice because it comes from a place of perfect balance.

This does not mean you are surrendering your desire for an outcome. It means surrendering your attachment that it has to come either the way you think it should or even to that particular outcome at all. You don't surrender the desire for it, you surrender the attachment that the desire *has to* happen. And so you give it to God.

You do everything you know how to do, you work as diligently as you can, you put your full heart toward something, and you still give it to God, you give it over. The same as we can and often do move from one level of spiritual consciousness to another all in the same day, sometimes same hour we can move in and out of Master Level Living. I believe it is part of the human experience.

If there's any anxiety, you give it to God, because you can't carry it anyway, and none of us have the wisdom of the Infinite when we are focused on our finite world. Only when we let go, do we have access to the infinite Divine Mind from which all ideas and inspiration come. This concept of fully and completely relying on God, and really and truly letting go and letting God really works in our lives.

Recently [*remember this was written in 2015*] I had an appointment with the oncologist. I've been going every 4 months since last April when in

March they took a tumor out of my colon that had the audacity to migrate to the liver. It was removed along with a good portion of the liver last June. But, I can tell you that in those weeks between its discovery and its demise, I was fully focused on the finite world around me. And not liking it! That second surgery was the harder of the two - I really had to surrender – I had to let go of everything. I had to acknowledge where I was - the condition I was in at that time. I fought it, I didn't want to accept it. Somewhere along the way, I made the decision to fully and completely Let go. I did, and this is now old history.

Ernest Holmes wrote: "It is not easy to release our troubles; we are prone to linger with them. But, God is perfect life, and when we enter His light, we are healed."

I let go of all the suggestions and ideas from others of what I should do. And, I thought about what I Wanted to Do about the situation and what my options were. In Letting Go, I relied on God. Infinite Wisdom took over and provided a path and the way to not only re-gain my health but to surpass it and find life.

The way hasn't always been what I expected. And, I have learned that I must Stop, Listen and Pay Attention to what I am hearing. So at the Master's Level of Living, what we have and what we do are well and good, but knowing who we are – that's what matters.

Knowing our Oneness with the Source of All Life is what counts, and that's where letting go and letting God comes in because if we know our Oneness, we can absolutely let go!

Now, I fully realize this is not easy; knowing it is one thing, actually doing it is another. So, I challenge you this month to consciously and deliberately walk that tightrope balance between being absolutely clear about your God-given dreams, hopes and desires and releasing your attachment to how it comes or even if it comes at all.

Simply, Give it to God.

As we recognize our Oneness we are moving beyond the "Why Me" or "Mortal" state of consciousness where I am a victim of life; Beyond the "By Me" or "Metaphysician" consciousness where I realize that I am empowered and not a victim at all. As a matter of fact it is at this By Me stage that we discover the Universal Law that responds to the direct impress

of our thoughts and acts upon them. It is important to not get stuck either in the materiality of it all or in the thinking that I am the one who has to make it happen.

Oneness is also beyond the "Through Me" or "Mystic" level of, "it is the Father within doeth the work" in which we begin to live from a consciousness that God works through me. It is a powerful place to be, but there is still more. The more is the place of "As Me" or "Master Consciousness" where I realize and live from the realization that God walks as me, that I AM a direct and perfect expression of Divine Energy, of Divine Source. The Master Teacher Jesus realized and lived from That place. A place where as he said: "Judge not by appearances but judge by righteous judgment." So, what does this mean exactly?

When we are judging by appearances, we are looking at the condition we don't like and we say: "this is bad" be it a diagnosis, a challenging relationship, an uncomfortable work experience or an economic situation we can't quite see our way through. Yet, if God is present everywhere – and we believe that is absolutely true! God is Omnipotent, Omniscient and Omnipresent - Everywhere Present..... including in the midst of that which I'm not liking, even in the midst of that which I don't want, God is present and that means good is present whether I see it or not.

Righteous judgment says I recognize that, That is the Truth. Many things happen in life that appear destructive. When things look like they are falling apart, they just may be falling together. If we can come to a place of understanding we realize that things are just what they are, without judgement we have found the secret. If, as Jesus said, we 'judge not according to appearances, but judge righteous judgment,' . . . if we can judge in this manner, OUT OF ANY CHAOS WE CAN PRODUCE HARMONY.

We sometimes say, "It's all God, so it's all Good," more as wishful thinking than as a proclamation of Truth. When living and acting from the Master's Level, we say those words as a proclamation of Truth, and actually believe them! At the Master Level we know it's All God, so it is all Good. All! All! Every bit of it! In order for me to actually experience the greater good, I must interact with everything I see as if it were good even when we don't yet see it.

To practice this level of thinking and being, become a voice for the good, not a voice for what's wrong. Don't be a voice for how awful it is.

Don't be a voice spreading fear into your families and workplace and world. Rather, be a place where the voice for good, the voice for hope, the voice for praise can be heard. Try that on, and notice what happens in your life and in your perception of good. You interact with the good and your awareness of Good begins to amplify. As you interact with the good, you recognize more and more and more Good is revealed. When we hold our attention on Good, when we speak of the Good, the Good gets greater, the Good becomes more visible and clear!

So we have just created a Fifth stage. One that goes beyond Why Me, By Me, Through Me and As Me. It's Beyond Me, or the Messenger.

The Messenger is one who chooses not to keep their brilliance, their gifts, insights, spiritual depth and wisdom, nor their abundance and love to themselves, but desires in an unselfish, unconditional way, to give it to the world!

I believe that You, our Chela are all Messengers. And that includes those who have completed our 16 year Course of Training as well as others who for whatever reasons are no longer active members. Once one has been awakened to the Truth, it is a part of their life and their Being. We are grateful for the love and support of our members.

As you re-enact the loving Givingness of God and touch our own Divine Nature, you become part of the solution. I know that The Masters and Brothers continue to hold us in their loving care.

Feeling Their love and truth,

Rev. Ann B. Schmitt