



Christ Enthroned in Man — Introduction

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Chapter 1

“Thy hands have framed me and fashioned me.” “The root of the matter is found in me.”

Affirmation: Jesus Christ is now here, raising me to His consciousness of the superman.
I realize that I am the image and likeness of God, the prism through which Divine Mind
flashes its perfection into expression.

(This exercise should be used in conjunction with the study of the 1st chapter of *The Twelve Powers of Man*, by Charles Fillmore.)

There is a great deal of agitation about the development of the spiritual-minded man and what goes with that development. The general and popular idea is that some force outside of man is going to bring about a new race of men; in other words, that there is to be a miraculous transformation of the human family, a transformation wrought by some outer power through which the higher types of men and women are to come forth.

There is no warrant for this view in the Scriptures or in the experience of the race. Jesus Christ is looked upon as the great leader of a new civilization, and He undoubtedly is. Both Jesus' and John's opening declaration was “Repent ye,” which means “Change your mind.” So all those who are following Jesus are finding it necessary gradually to develop out of a three-dimension consciousness into a four-dimension consciousness, and this is really the transformation named by Jesus “the regeneration.”

The exercises in this book show step by step how to evolve the natural faculties into the spiritual faculties, and this is what is really meant by salvation through Jesus Christ.

In the Resurrection Jesus manifested Himself in His mental (sometimes called “astral” or psychical) body, but with the spiritual mind dominant. He functioned in this psychical realm for forty days before His ascension. Then through the power of His spiritual nature He raised the psychical body to the spiritual body, which is indestructible, eternal, omnipresent Spirit, one with God. In this experience He blazed a new trail in the omnipresent ether, of which we can all take advantage to enter the royal road that leads to a new spiritual state of consciousness to be enjoyed here and now.

When we have accomplished the process of spiritualizing both soul and body as Jesus accomplished it, we shall be with Him in that “place” which He prepared for us. That “place” is properly known as the kingdom of the heavens; a state of mind in which spirit, soul, and body are one. Let us look to Jesus as our Way-Shower and Helper.

“There are also celestial bodies, and bodies terrestrial: but the glory of the celestial is one, and the *glory* of the terrestrial is another. ... it is sown a natural body; it is raised a spiritual body. If there is a natural body, there is also a spiritual body.”

To each individual, all down the ages, has come from the still small voice of Spirit within the admonition “Look unto me, and be ye saved, all ye ends of the earth”; that is to say, “Look to the spiritual powers within yourself for your real good.” Therefore in all the exercises that follow please keep constantly in mind that you are a spiritual being, a god in the making. Let go of all material preconceptions of yourself and dwell continually in the higher dimension, where you see through the eyes of Spirit, hear with the ears of Spirit, and feel with the heart of Spirit.


As we acquaint ourselves with the Almighty and His immutable laws, we think less and less of men and more and more of the greatness of the first great cause, which through Jesus Christ is wooing us to itself. We behold ourselves entering into the inner kingdom of God, perhaps consciously entering at a point just back of the heart and stomach. We see ourselves sitting on a throne and abiding there, our body consciousness being the prism through which His image and likeness is projecting itself more and more into the manifest world.

God, Supreme Being, is the source out of which all creation evolves. God-Mind is an omnipresent spiritual realm composed of creative ideas. Through prayer and spiritual realization man may lay hold of these ideas, weave them into his soul consciousness, and create out of them the ideals of his heart.

The soul is the sum total of man’s thoughts, spiritual and otherwise. Thus man, the masterpiece of Almightyness, has the power to redeem all error thinking and through his words to create his own life, make his own environment. You and I, the offspring of God-Mind, have the wonderful privilege of forming our life of God substance, of instilling into our soul and body consciousness the intelligence and energy of the Father, and of shaping our destinies as we will.

The first step after getting the consciousness that you are a spiritual being in both soul and body is to realize that the real I AM entity within each individual functions continuously in Being. The spiritual center, the abode of the Christ, is in the crown of the head; the conscious mind functions through the front forehead; the center of the subconscious mind is in the heart and the abdominal region.


First, centering attention in the crown of the head where man contacts superconscious mind, affirm:

 The Christ of God is awakening within me.


As you realize this statement remember that “the Christ” is the perfect-Son idea, containing all wisdom and power.

However it is not wise to concentrate too intensely at this point more than a moment or two, at least in the beginning. The power of the word in your realization contacting the superconscious mind naturally causes an outpouring of the Holy Spirit, which is sometimes manifested in a soft, golden light: pure intelligence. Please remember that while the releasing of divine ideas does cause the emanation of a soft, golden light, the emanation of light is useful to man only as he allows it to dissolve the darkness surrounding him and to expand in his consciousness as pure intelligence. In some instances where a great spiritual realization is being released in consciousness the light is white and dazzling “as the sun, as recorded in Jesus’ experience in the Transfiguration, in Matthew 17:2.

Now allow this Christ light to drop to the front forehead, the seat of the conscious mind. Affirm:

 I am aware that the Christ of God is awakening within me.

At first you may be unaware of the soft, golden light that is descending from the heavens of your mind which is really felt and not seen—but presently you will be able to discern this outpouring as an illumination that gives you new understanding. Then allow the Presence, the Christ light, to drop to the center of the head, the pineal gland. Then declare:

 The Christ of God through faith is awakening within me.

In all the exercises that follow remember that it is well for the conscious mind, which functions in the front forehead, to be awake to all that is going on and to take cognizance continually of each step in the spiritual unfoldment.

In this connection also please note that the nose is a highly sensitive and intelligent organ. It really symbolizes discernment, and it seems to possess a keen penetrating ability. Be sure the illumination of Spirit is penetrating into this organ and that your discerning powers are quick, keen, energetic.

From that high vantage point, the crown of the head, you now allow the soft light of Spirit to flow down, down, penetrating and permeating every function and cell of soul and body, down even into the hands and feet. You consciously follow it down into the

feet and even beneath the feet, the heels especially receiving your attention. Here you dwell for some time, fully aware of the flow of Spirit as pure illumination, awakening in you a greater degree of intelligence from the crown of the head to the soles of the feet.

With your attention centered in the feet, realize that the windows of your soul are open towards the heavens of your mind. In the words of Ella Wheeler Wilcox,

“Let there be many windows to your soul,
That all the glory of the universe
May beautify it. Not the narrow pane
Of one poor creed can catch the radiant rays
That shine from countless sources. Tear away
The blinds of superstition; let the light
Pour through fair windows broad as Truth itself,
And high as God.”

Then know that you are saturated in this holy light, the light of divine intelligence, and that you are even wrapped about in it, as in a mantle, from head to feet. This outpouring is known as the descending spiritual current.

By this time you will have discovered that there is also an ascending current coming up from the earth. In its original essence this ascending current was pure substance of Spirit; now however it is tintured with the race thought that each person must handle. It offers much protection if you realize continually that the descending current of Spirit does make its way entirely through the body temple; that in fact we live in it, move in it, and have our being in it, and that it extends beneath the feet; that it contacts the ascending current at various points and tempers and harmonizes all the undisciplined race thoughts of hate, fear, jealousy, lack, and the like. Practice of control of these forces will give you an insight into the truth that you have the power to use every problem in which you are involved as a steppingstone to higher achievements. The descending spiritual current and the ascending earthly current, contacting each other at different points in soul and body consciousness, form centers of consciousness, the most important being those in the region of the heart and stomach; and another being the center at the base of the brain, the medulla, the zeal center. Minor points of contact are located at other centers that are the seat of the different faculties or powers of man.

The activity of divine intelligence in the spiritual flow from above transforms the error beliefs of the race contained in the earthly flow from beneath into constructive forces, and at the same time gives the individual a richer and broader understanding of life in the manifest realm.

The now, transformed constructive flow from beneath continues its upward course however, continually contacting the never-ceasing spiritual flow from above. Now

consciously you ascend with this upward current to the point that we have already designated as the great distributing nerve center back of heart and stomach.

You will find that at this point you have a firm grip on the power of the word and that the Christ is setting up a throne of dominion here. In truth this is the point where the Lord's body begins to become manifest (Bethlehem, "house of bread"). Dwelling consciously here, call down from the heavens of your mind all the powers: faith, strength, wisdom, love, and so forth. Realize or affirm that these twelve powers (perfect ideas in God-Mind) are entering the soul consciousness and are organizing themselves as substance at the very center of being. Then realize that their substance is being established in the breast and through the whole soul and body being. You are thus laying the foundation of the new Christ body or temple of God, with its twelve precious stones which represent the intellectual perception of man's Spiritual body. At this point affirm and realize this invocation :

✍ I am now in the presence of pure Being, immersed in the Holy Spirit of life, love, and wisdom. I acknowledge Thy presence and power, O blessed Spirit. In Thy divine wisdom I now erase my mortal-limitations, and from Thy pure substance of love I bring my world into manifestation according to Thy perfect law.

After you have repeated this invocation continue to realize that you are in the presence of the substance of pure Being and that you are immersed in the light of Being; that this light from on high saturates you from the crown of your head to the soles of your feet.

Then in order that you may receive an even greater outpouring of the Holy Spirit, repeat the Lord's Prayer as follows:

"Our Father who art in heaven,
Hallowed be thy name.
Thy kingdom come.
Thy will be done in earth, as it is in heaven.
Give us this day our daily bread:
And forgive us our debts, as we also have forgiven our debtors.
And leave us not in temptation, but deliver us from evil:
For thine is the kingdom, and the power, and the glory, for ever. Amen!"

These words of Jesus' connect the soul directly with the celestial realm. With the Holy Spirit paramount in consciousness, the vision is quickened and you discern that you dwell consciously in your physical body, your soul body, and your spiritual body; that these three bodies must be merged in one in order to bring into manifestation that imperishable body which was demonstrated by Jesus Christ.

In conclusion, resolve that from this time on you are conscious of your I AM power and dominion, that henceforth you will consciously direct your life in the light of Spirit, that

your heart and your head are working together in all wisdom and power. You will perceive by this time that you are gaining a firmer grip on the power of the word in the palms of your hands and in the soles of your feet between the ball of the foot and the heel. This tends to place you on a firm foundation and to give you a greater consciousness of the unfolding processes going on during the rearing of the permanent dwelling place of Spirit.

Man is indeed the masterpiece of Almightyness. With the throne of the Lord set up in the heart of his being, with the mantle of the Holy Spirit wrapped about him, and consciously working with the one creative power of the universe, he is free to build for himself not only a perfect soul but also an indestructible body temple.

“Verily I say unto you, that ye who have followed me, in the regeneration when the Son of man shall sit on the throne of his glory, ye also shall sit upon twelve thrones, judging the twelve tribes of Israel. And every one that hath left houses, or brethren, or sisters, or father, or mother, or children, or lands, for my name’s sake, shall receive a hundredfold, and shall inherit eternal life.”

As the marsh-hen secretly builds on the watery sod, Behold I will build me a nest on the greatness of God.—Lauier.

(Note: In classwork, when meeting once a week, the group should spend about four weeks on each chapter of *The Twelve Powers of Man*, by Charles Fillmore. This exercise should be used with the first chapter and be repeated at each meeting during the month.)

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