



---

## Christ Enthroned in Man —8— Understanding

### Christ Enthroned in Man — Understanding

#### Chapter 8

Affirmation: Jesus Christ is now here raising me to His consciousness of divine understanding, and all my mental activities are spiritual.

(This exercise should be used in conjunction with the study of the 8th chapter of *The Twelve Powers of Man*, by Charles Fillmore.)

For ages the soul of man, confined in the prison of sense consciousness, has intensely desired a higher and a better life than that which is compassed by the five senses. The struggling soul has craved an understanding heart, has prayed above all things to be led out of the darkness and the wilderness of the five-sense life into a new life, into something worth while. For ages the only answer to this craving has been the hope of heaven after death, with the proviso that man accept the worm-of-the-dust theory and bow to pain and suffering as conditions placed upon him by God.

By meditation and by the innate logic of his mind, which is really a process of cleaning the windows of his mind so that he continually sees a little more clearly, man has become conscious of his unity with the great source of almightiness, and has learned that through this unity he may be led into the light here and now. In other words, divine understanding is today awaking in the heart of man.

Solomon, the wise king, said,

“Incline thine ear unto wisdom,  
And apply thy heart to understanding.”

For one to incline the ear to wisdom is to bend one's mind toward the universal mind of wisdom until one sets one's thoughts into action in a manner that will enable them to move in unison with Divine Mind. Just as the sunflower always keeps its face turned toward the sun, just as the trailing vine runs toward the light, so the inner forces of the soul must be turned toward the divine. To apply the heart to understanding means to work diligently and earnestly for the purpose of gaining a knowledge of the laws that govern life, and to strive to operate those laws.

Divine understanding is the perceiving power of the mind. Divine understanding is the eyes of its twin faculty, divine will. Divine will is the governing, directing power of the mind. These spiritual faculties operate through the front brain and are represented by the apostles Thomas (understanding) and Matthew (will). These powers working together have the ability to perceive in the invisible realm of thought, and to direct and bring the inner light from the unmanifest to the manifest world. They connect the inner world of thought with the outer world of manifestation.

In the beginning of spiritual unfoldment divine understanding may seem to be operating in a dim light; to be clouded, indistinct, indecisive. But within each one of us is a spiritual law of light (understanding) that, if we industriously affirm it, will develop in us the power to use the attributes of God and to understand their place and their work in the Deity. Spiritual understanding enables the consciousness to see and to feel spiritually. Spiritual understanding gives clear insight into everything, it remolds the mentality, and inspires the will to direct, to act, and to control.

At the beginning of a new year we often make new resolutions, but we do not always live up to them. What is the stumbling block? We have been sincere in making the resolutions, but the old mental conceptions formed by limited understanding resist the new understanding, the new inspiration; they try to hold their ground. This resistance causes a letting down in consciousness. It takes patience, perseverance, industry to remold the perceptive and directive powers of the mind. But while the process may be slow, it is sure if we keep on. Our problem is to gather enough energy, power, love, wisdom, and pure light within to enable us to breathe divine liberation into the soul, into the very flesh; to arouse sufficient power to lift up the whole consciousness until we see with an understanding heart.

In these days we hear much about the garden of God; it is a theme for song writers and for poets. The song "In the Garden" reminds us that Jesus walks with us and talks with us and tells us we are His own. What is this wonderful garden of God where the Christ dwells? It is a place in the outer world? Have we ever analyzed it scientifically? Do we know just where this garden is? John, Jesus' beloved apostle, tells of his wonderful vision of the resurrected Jesus in the garden of God. According to Ferrar Fenton's translation, the passage reads: "He [Jesus] ... pointed out to me a river of living water, sparkling like crystal, flowing in the center of its broad-way out from the throne of God and of the Lamb; and a tree of life, producing twelve crops, with the river on both sides. Each month yielded its own crop; and the leaves of the tree were for the healing of the nations."

This wonderful garden of God must be the whole body temple, and all the glorious things that John saw there must have been the outpicturing of his spiritualized soul thoughts; for the soul occupies the body temple, and its emanation is called the aura. Jesus symbolized the indwelling Christ in action.

“He ... pointed out to me a river of living water, sparkling like crystal, flowing in the center of its broad-way.” This river of living water is produced by the flow of spiritual thoughts through the soul. The ebb and the flow of spiritual thinking produce a fine essence of life, which flows through the nerves. This essence of life also courses through the blood. The river flowed “out from the throne of God and of the Lamb.” All things come from the word, and the throne denotes the establishment of the spiritual word within the soul, through which authority is given man to exercise power and dominion. “A tree of life, producing twelve crops ... and the leaves of the tree were for the healing of the nations”: the picture given in this passage represents the soul’s energy and life in the nervous system. There are two great branches to this tree of life: the sympathetic nervous system and the cerebrospinal nervous system. The great ganglia of the sympathetic system regulate the functions of respiration, circulation, and digestion, the nerve centers near the heart and the stomach being the central stations. This nervous system makes us feel joy or sadness, health or illness. The cerebrospinal system consists of the brain and the spinal cord, with branches to various parts of the body; it gives us the power to move.

This wonderful tree of life brings forth much fruit, symbolizing the unlimited power of Spirit to increase.

For a regenerative exercise in the silence, first take up the one given in Chapter I. Then still allowing the Presence to dwell at the point designated as the solar nerve center, declare that your body temple is the garden of God, that Jesus (the indwelling Christ in action) is standing in the midst directing and controlling the ebb and flow of your spiritual energies. Hold this thought:

☑ The Christ of God is active in me; the breath of the Almighty gives me understanding. I am transformed by the renewing of my mind.

Next allowing the Presence to ascend to the front brain, to the understanding and the will center, meditate upon this thought:

☑ Divine understanding is awakened in me, and I am divinely guided in all that I do. I see spiritually, I feel spiritually, I know spiritually.

Then allow the Presence to drop down into the feet, holding this prayer:

☑ My feet are placed on the firm rock of divine understanding. I am shod in sandals of pure gold. I am governed, guided, and directed by the wisdom and the power of the indwelling Christ.

While the will and understanding faculties in the front forehead contact the mind, the feet represent the understanding and guiding power that contacts materiality.

Next allow the Presence to rise to the point designated as the great solar nerve center back of heart and stomach, and feel the spiritual flow from head to foot; realize again that your whole body temple is the garden of God and that every spiritual center in this garden is imbued with the perfect understanding of Jesus Christ. Close the drill by softly repeating the Lord's Prayer. The Christ of God in the midst of you is mighty to heal, to guide, and to uplift. By this time you will have discovered that the unfoldment of the spiritual faculties is one of the most advanced of metaphysical developments and cannot be pushed. However when one has learned how to harness and use these powers, one would not go back to the old methods any more than one who has learned the advantage of harnessing and using electricity would go back to coal oil and the old ways of living. A student who is working earnestly along the line of faculty unfoldment may become aware of growing pains. If the growing pains are too severe, it is sometimes best to cease the exercises in the silence for a period of time. After the student has thoroughly digested the inspiration already received and realizes that he is well poised and centered in the new light, the development may be continued.



[Download PDF of Christ Enthroned in Man — 8](#)



---

**Source URL:** <https://www.truthunity.net/books/cora-fillmore-christ-enthroned-in-man-8>