



**MEDITATION NO. 1:
I ALONE AM**

DEAR FRIEND:

Do you truly want to come speedily and eternally into your own—that which you came here into manifestation to express?

Then meditate earnestly and persistently day after day on the below—ten minutes or more on the first part, until you realize its Truth:

In the ONE MIND there is the consciousness only of wholeness, completion, and perfection. In it there are no ideas of lack or limitation of supply of any kind.

To every center of that Mind—and every human mind is such a center—there flows naturally every needed idea, even as air rushes into a vacuum, or as the blood carries to every cell of the body everything needed for their growth and sustenance.

Remember, that One Mind is in YOU—IS YOUR MIND—as there is only One Mind.

Also remember, by your realization of this great Truth, and making it the dominant fact in your consciousness, are you truly One with your Father—the Impersonal Life, the Great I AM THAT I AM. For it unites your consciousness with His Consciousness, He who is your REAL SELF, and Whose Mind is the ONLY MIND (of course it does, for you are then *in* His Consciousness); and therefore YOU ARE all that He is, and ALL THAT HE HAS IS YOURS.

Once believe this—once KNOW it, and you will be free from ALL lack and limitation FOREVER.

Then after trying to realize intensely the Truth of the above by thus meditating and letting it soak into your subconsciousness, let the following flood your consciousness for ten minutes more:

Be still, my child, and know I AM your Life, your Health, your Strength, your Understanding, your Supply, your Power, your Love.

I AM all these things—all these ideals you are seeking to be and to have.

Oh, my child, can you not see you can have none of these apart from Me—can get none without getting Me,—can get them nowhere else but from Me, your Real, your ONLY self, who am all these things Now—and therefore YOU also are these things NOW, AND FOREVER MORE.

SEE this, beloved, and know the Truth of your Self.

Come unto Me all ye who are weary and heavy laden, and I will give you rest.

Can you not realize that this life in you, any portion of health or strength or power or love or understanding that you have, is not of yourself, but is of ME, who am all these things IN you.

Then why not have done with your foolish, anxious striving to be that which you are now, always were, and always will be, in supreme fullness and perfection? Why not then let go completely and let Me, your Real and Perfect Self, have full sway in your consciousness, *letting no thoughts therein you know are not My thoughts?*

That is all You need to do—I will do the rest.

Beloved, if you abide thus in Me, and let this My Word abide in you, everything your heart seeketh will surely come to pass, in blessed richness and abundance.

—revised from
The Way to the Kingdom

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