

## **144,000: 39 – Be Still & Know**

From imagination, we move into the **power of understanding-illumination** that is imagination's complementary partner. Understanding expresses via our 5 physical senses that gather information about the third dimension, and via our analysis of this data and the info that comes to us by way of our psychic senses. The corresponding color is a light yellow to a light orange.

To foster I Am or Christ understanding, the first step is to be still. Turn within to Father-Mother God, who guides you to lie down in a green pasture, beside the still water, where He-She restores your soul. Nearly all illness begins when you get caught in the drama and difficulties of mortal life, whereupon you lose your center. So, pull back, let go, be still, and know God-the-Good. Have faith that in I Am consciousness you already know how to heal yourself and others.

In a **dream on March 18, 2006**, I entered the first church that Charles and Myrtle Fillmore had established in founding Unity. Inside this quaint structure, upon settling into a state of stillness, I discovered a hidden door. Walking through it, I climbed a stairway to a room in the church's steeple, which others had told me did not exist. It was the Fillmore's private office where they also had held staff meetings and classes for children. In bookcases lining the walls were their unpublished writings, particularly those of Charles, about the 12 powers and the light body. Preparing to study this treasure trove of cosmic information, I felt Hilarion/Charles Fillmore's presence. He said that in time I was to share this experience and information with others.

**Visualization:** See yourself entering into the silence within a pyramid of light whose four sides are a couple feet away from your physical body. Take sufficient time to let your mind calm down and clear, such that you feel centered and balanced. Think of the pyramid as being your church or congregation of spiritual thoughts, where you come as a cosmic child to learn about God.

When you are still, look around and see an opening or doorway, which is your third or all-seeing eye at the region of your forehead and the center of your brain. Via this passageway, rise a foot or two above your head into the apex or capstone of the pyramid, wherein you enter the upper room or brain of your light body. This is like unto the steeple of a church, which lifts up to God.

Look around the room that glows with light yellow to light orange light. Its walls have bookcases whose texts make up the Book of Life, within which is the answer to your prayers, the source of your knowledge, and the font of your illumination and understanding and enlightenment.

Where shall you start reading? Begin by asking for, and being guided to, the very tome that contains the information that you humbly yet confidently seek. Know that our Father-Mother God wishes to give you the wisdom of the ages, such that you may live your life abundantly.

Be in touch with the mind that was in Charles and Myrtle Fillmore. Hear the still small voice of Christ Jesus and Mary. Believe that all the previously hidden and incomprehensible teachings of the light body are now at your fingertips for you to see, to touch and to comprehend.

Be still and know that you are one with the Mind of God. Be still and know that Hilarion/Charles Fillmore, Sananda/Jesus and other masters are illuminating you. Be still and be healed.