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L E C T U R E

"THE LIFTING UP I AM"

-by-

MR. CHARLES FILLMORE,

-at-

U N I T Y A U D I T O R I U M

913 Tracy Avenue, Kansas City, Missouri,

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We are all at once fundamental to the unity of all things. This is founded on a proposition that there is one Universal Source of everything that appears. But, if we look out into the world, we see duality; and if we study our own characters, there again we see duality, - the inner spiritual man, the outer material man.

Some of us haven't taken this into consideration as fully as we should. We have become so absorbed in the material man, and his affairs, that the inner spiritual man has been lost sight of. But no one can be well balanced unless he knows somewhat of his spiritual nature; not only knows about it theoretically, but has some practical acquaintance with it.

So, we recommend to our people that they find the Spirit in themselves, if they are not already acquainted with it; and, if they have an acquaintance with it, then keep cultivating it; and the more you cultivate it, the stronger it becomes.

Now, this is the real object of prayer - is to acquaint yourself with the spiritual side of your being. You can pray in a petition, or you can pray in an affirmation, or you can pray with a strong impulse of the soul. All these are avenues to the great Universal Mind; but you can't reach the Source of things without first cultivating the spiritual side of your nature. You can't understand God; you can't feel God, because you must have something to feel Him with; and you feel Him with

your Spirit.

Now, Jesus gave us some very strong affirmations of Spirit, so strong and high that we have thought they were the attributes of a God; they didn't belong to an ordinary man's life; didn't have anything to do with it, and they have been ignored. But he said, "keep my sayings - follow me". Now, one of those statements was, "I am the resurrection and the Life". We have thought that he referred to his mission among men; that he was sent especially to help men out of death into Life; and that those words belonged to him. But, we have found that those words, taken into our spiritual nature, have a peculiar lifting-up effect. They throw us into a new mental and spiritual world, one that we didn't know existed at all,

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because of our constant-concentration-upon the material things,  
the material world.

Now, if we take this statement of Jesus, "I am the resurrection and the Life", drop it, or drop the attention from the without to the within, think about yourself as a spiritual being, close all the avenues to the outer, all at once you will feel something that you never felt before; and you will realize <sup>with</sup> ~~how~~ your mind there is power in I AM, when it uses strong, high statements.

Let us put ourselves in touch with the Great Universal Father, by taking the words of the son, given by Jesus Christ, "I am the resurrection and the Life".

(S i l e n c e .)

(Responsive Service).

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The lesson this morning has been named, "The Lifting Up I AM". The text is the healing by Jesus of the daughter of the ruler of the Synagogue, Jairus, by name.

The I AM is not easily described. A simple statement is self-identity. Being simply knows that it is. The offspring of Being, man, knows that it is I AM; and from this center proceeds an infinite number of relative conditions. But the center is always I AM. Descartes, the great French philosopher said, "I think, therefore I am". We would transpose that, because I Am comes before thinking. I Am is a relative condition. "I Am, therefore I think"; and through my thinking I make all these outer conditions; I make every relative environment; I make this body.

I read in one of the material magazines - that is, a magazine that gives the material side of life its whole attention, that a remarkable condition had been found in one of the life germs. That is, that it had the power of multiplication indefinitely, and that one germ, at a certain stage of its development, divided itself into two, and those each one divided themselves into two, and they kept on multiplying. And the article said that there was no real separation between these increasing numbers; that they all seemed to have the full powers of the original germ. It wasn't that they gave birth to offspring, but that all that entered into the original germ entered into each one. And it occurred to me, why, there is an exact type of Being manifesting itself. There is

an illustration of how this Great Mind of the Universe gives itself to all of its creations, and yet there is no separation - they are exactly like the original parent, the original I AM.

Now, if we can realize that. If that identity which said to Moses, "I Am hath sent thee", is here - never could be anywhere else, always present - and in all ~~xxx~~ of its fullness in every one of us, and that every time we say "I Am", we are identifying ourselves with that, in its broadest, fullest, freshest sense, or with its absence. Now, through your I Am, you can lift up or you can bear down. When we speak of the lifting up I Am, we mean that I Am that sees the absolute, that sees spiritually; that sees and walks right over the

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limitations of material conditions. All of this material universe has been created by a limited concept of I Am Powers. We are rising to an understanding of this, and we are saying, "Why, let us get rid of all limitations; let us educate; let us invent; let us heal; let us make health, joy and harmony dominant instead of these lower, ignorant, limited conditions.

That is exactly what we are doing when we realize the Omnipotence of man, of the I Am. Now, you will find that in all the walks of your life, you are either lifting up your consciousness, or you are depressing it. You are giving it the spiritual freedom of your word, your thought, or you are doing right the opposite. Now, which brings you the greatest profit? Why, you say at once, the lifting up. I must

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see the overcoming power, in order to go forward. I mustn't allow discouragement or defeat or sickness or weakness or lack or any of these things - any power in my world - if I want to succeed, because the minute there is competition among men, it is only those that have genius, that have ability, that get on in the world. Those are standards that men have universally recognized.

Now, what is the quick short-cut into success? How can you raise yourself far above the average man? By using the lifting-up power of your own I Am.

Now, I Am uses all the faculties of the mind. I wouldn't ignore any of them. I wouldn't say to you that all that is necessary for you to do is to sit down in the silence

and say to yourself, I AM. What are you? You must describe  
yourself to yourself.—You must say, if you want more life,  
"I Am Life". "I Am the Resurrection and the Life". Why,  
do you know that the average individual is full of dead peo-  
ple! You will find Lazarus somewhere down in your subcon-  
sciousness, asleep. The young man with his natural strength,  
his power, his energy, his force - it may be that you have let  
him go to sleep.

Well, what will resurrect him? Why, the conscious-  
ness, first, that "I am all-powerful, and that there is no  
lack of Life; that Spirit is everywhere present". When I get  
hold of that as the central focal point of my I Am, and begin  
to send down into my subconsciousness those thought currents,  
I come to a new realization. I see that eternal youth was

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stamped upon me in the beginning, and that is the resurrect-  
ion of Lazarus. that is the masculine, or <sup>the</sup> positive side of  
your subconsciousness. Then there is another resurrection,  
and that is the feminine side of your being. That is Jairus'  
daughter, <sup>is</sup> He the ruler of the synagogue. That is your spirit-  
ual nature. The spiritual nature in man is always connected  
with the finer forces, the feminine, and some of us are asleep  
in those fine spiritual aspirations, the love elements. The  
material conditions of the world crowded into us and we have  
said, "O, I have got to look out for number one; I must watch  
every man, because they will take advantage of me. I must be  
critical; I must look to the evil side, because I may fall  
into evil ways."

Do you know what that does? That puts to sleep that little maid. She is really of the age when she should have wisdom. She was twelve years of age, the text says. That means that she has been endowed with all the powers of the man; but she is dead. When Jesus, the I Am is called, and he knows that it is but a sleeping condition, they laugh him to scorn. "Why," they say, "she is dead". He says to the little maid, "Little Damsel, rise up". That is all you have to say to these sleeping powers within you. It isn't some hard strenuous power that you have to exert, but simply, "Rise up!" And the work is done. So simple, so easy.

Now, this lifting up of the man - because that is what it is, within and without - is the great object of Life.

Men are fast changing their ideals as to the real success of Life. Up to the present time, we have had an ambition for money, but men are getting tired of the fulfillment of those ambitions, for from millionaires we have gone to billionaires, and yet it hasn't brought us happiness. Others have had an ambition to succeed in some of the higher avenues of Life. But here again, just at the point of great success, the dissolution sets in. Some of the thousand diseases, some of the results of the ignorance of the I Am, sweeps it all away; leaves man without the enjoyment of the fruits of his efforts.

Now then, we are searching here, there and everywhere, for the fulfillment of a higher ambition. What is that? Why, to make a perfect body; to make a consciousness,

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an enduring I Am; one-that can-enjoy the fruits of its work. And, I assure you, that the most pleasure out of your existence will come in the furtherance of this search. And this is brought about by finding out all the laws that pertain to Life. Don't confine yourself to mere spiritual development. That is but the start. You will find that, <sup>as</sup> you reach out and out, that you meet a multitude of laws, and a multitude of conditions; that they are all subject to the I AM powers, every one of them; and the real lifting-up power of the I Am is through seeing the righteousness of the law, that is, discerning ~~the~~ it mentally, and, through your mental appreciation, making it real.

The power of the mind is being more and more recog-

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nized, more and more used, by people in every avenue of Life. Why, even the hardware stores are now sending out postal cards with high affirmations upon them. Mottos are being hung on our walls everywhere, inspiring us to something higher and better, calling our attention to the power of words, the power of thoughts. Why all this? Because the Spirit is moving from within; it is moving and impelling men, in spite of their materialism, to exercise the power of Spirit.

I was amused at the expression of this Spiritual Power a few nights ago, by a lecturer, who made it part of his lecture that he didn't have any concept of spiritual forces. The lecture was on diet, and he was a most brilliant man. His intellect had been cultivated to the very highest point. But

he said some people believe in the power of mind, of Spirit,<sup>10</sup> of these higher forces, but I want you to understand I know nothing about those things. My whole work is given to experimentation. I know only what I can prove. If you can give me a piece of material food, let me take it into my laboratory, why I will give you the result; but beyond this I know nothing. He said it is all in the food anyway; it is what you eat that makes the man, and he gave some illustrations.

Now, he said, he was called to see a dear old lady, a friend of mine - by the way, this gentleman is a lawyer, not a doctor, and he is not in harmony with drugs, because, as he said, his experiments have shown him that there is nothing in them. But he was called in to see this dear old lady, he said, seventy-five years of age, and found her flat on her

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back, unable to move hand or foot; and she wanted his advice as to what she should do. She heard of him, and how successful he was, in advising people. And he said to her, "Well, what is the matter with you?" And she whispered, "The doctors say I have palpitation of the heart". "Now", he said to her, "my dear friend, the heart is moved upon by the blood. What is the matter with you is lack of blood". He said "Your lips are blue; there is no blood in your veins. Of course your heart palpitates -can't do anything else". He said to her, "What are the doctors giving you?" "Why", she said, "Digitalis, there are the bottles". He said there were a whole row of bottles on the window. He said, "Yes, I could see that your system is full of it; there is no room for anything else".

"Now", he said, "are you getting ready to die?" He said she didn't answer for a while. Of course all the people were gathered around her, and she was really expecting to die - I could see that as he told the story - and he said to her, "Are you getting ready to die?" That seemed to wake her up, and she said, "No, no, I want to live, of course".

He said, "The next step is to get rid of all these drugs. What I want to know is are you going to depend upon these doctors and these drugs?" "Why", she said, "I want health, and they haven't helped me so far"; and he said, "They never will, and if you want me to help you, I want to put these drugs out of the window". And he went and pushed all those bottles out of the window; and he said, "We are ready

for the next step". He took out of his pocket some milk tablets - I understand he lived upon these milk tablets himself. "Now," he said, "you need some food", and he mixed some of the milk tablets up in some water and said, "open your mouth". "Oh," she said, "I couldn't bear it, my stomach will not bear it". He said, "I will guarantee your stomach will bear it - open your mouth and take this food; open your mouth and we will take it". And he said she took the whole glassful of milk before he got through. "Now", he said, "I want you every day to take food, and to put your mind upon food, and quit your drugging and getting ready for death"; and he said, "do you know, inside of three days that woman was sitting up, and in two weeks she was running a sewing machine,

and she is comparatively a well-woman to-day.

Now, as he told this story, I watched, of course, the metaphysical side of the proposition. I saw that he was giving that woman a good treatment from start to finish, at the same time he was claiming that it was all in the food, as though he didn't know anything about the spiritual part of the proposition at all - didn't deny it, of course, but he was using it all the time. He first got the idea of death out of her mind, took exactly the step that a metaphysician would take.

This illustrates how the power of the Spirit is getting in its work, even with the most material mind. You can't

do a thing in this day without Spirit. That is the Truth. And if men would open themselves to the fuller understanding of the Spirit, why they could resurrect, they could raise the dead, they could do mighty things. But you must know somewhat of the law, before you can fulfill all the teachings of Jesus Christ. You must know that there is a power in I Am that lifts man above all material conditions.

Now, we use the lifting-up-power of the I am in all of our affairs. Everything that comes up is given the positive, the good, as we call it, in our conversation, in our thoughts. We try to see ourselves as offending instead of defending. We try to see ourselves walking right over the waves of negation, the waves of failure; and in this we help

ourselves and the race to higher things.

Now, some very simple lessons are often necessary. You begin right where you are; you begin in the members of your own family, a lifting up, speaking the encouraging word. You know that people in this age, who are what we call kickers, are becoming more and more unpopular? They are. We are cultivating, as a people, the bright side of life. We are cultivating the healthy side, we are cultivating the beautiful side, the good side. Why, you like those friends who encourage you and see the good in you, much better than those who are so candid, so brutally candid sometimes as to call your attention to your defects, your failures, and cast you down. I wouldn't say that we shouldn't observe sometimes our weak spots, and speak a strong word that will lift them

up; but we should be very careful how we let the word of criticism, the word of the discernment of error, go out in the world in which we live.

What men need in this day more than anything else, is lifting up, is a realization of the good - because we are every one of us inherently good.

I remember a story I once read of a man who had a reputation in his town of always speaking a good word for everybody, and a certain man died in that town whom nobody liked. His name, we will say, is Smith. And, after the funeral, a little bunch of men were gathered down the street, discussing him, and every one of them gave him a slam; and it finally became the turn of this man who always spoke good. And in-

tuitively they all turned to him and wondered what good he could say of Smith. Smith didn't have a single good point in his character. And he did not speak for a moment, but finally he said, "Well, Smith had the best set of teeth in his head of any man I ever saw". (laughter). He was just bound to find something good, and he did.

Now, that tendency in the mind to see the good can be cultivated until you will see good everywhere. And, do you know, it is a great joy to be able to discern only the good? How it will uplift you! How, when you meet your friends, you can say, "Why, how nicely you look this morning; how joyous you look; how your eyes shine"; or "what a happy feeling you give out"! Isn't that much better than to have a grouch, than

to see the error side, to see the error? Why certainly! It helps your friends, it helps yourself.

We get, as families, into certain ways, and hold and depress members of the family who are not right up to a certain, may be, human standard. In the last year a young lady came to this town from the country, an invalid. She had been an invalid from her birth, and the doctor told her mother that the baby was so delicate that she never would be able to do any work; and do you know they brought that girl up, without having her do a solitary thing, and she would sit in a chair from morning to night, and she lived until she was nineteen years of age under that depressing family thought, weak, sick, depressed, couldn't do anything.

Finally she decided to visit an aunt in this town, and, do you know, from the very first day in her new home, she began to take on new life, and inside of one year she was as healthy and strong as could be. She learned stenography, and is to-day a successful worker, perfectly healthy.

What brought that about? Why, freedom from that depressing I Am environment, and the transformation of a new I Am power. All of her friends in the New Thought encouraged her. Why, they said, "There is nothing the matter with you at all. All you want is expression. Bring out your powers. You are strong". And they fed her on the right kind of Foods too. She didn't live on hog and hominy, but she lived on good vegetarian food. They had a good deal to do with her

development, but not all. The real issue was in mental freedom, with an understanding of the law of the power of man gave her.

Now, this understanding, this law, this power, is inherent in every one of us. Remember that the great I am, the Lord - which, in the original is Jehovah, and back of that the original meaning is I AM - that is given as a memorial unto all generations, has been passed down throughout the ages as a spiritual fact, in the minds and hearts of every one of us. "I Am the resurrection and the life; I Am the lifting-up power; I Am the riches; I Am the health; I Am the All-Good manifest in the world."

Take that home to yourselves, and you will resurrect, you will lift up, not only yourself, but the whole

creation. "I, if I be lifted up, draw all unto me".

11:34 A. M.

12:07 P. M.

W. R.