

# Extra-Biblical Concepts in the *Jesus Calling* Series

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The *Jesus Calling* Series appears to draw from sources outside of Christianity for many of its ideas and metaphors:

- 5<sup>th</sup> Dimension
- Attention Bridge
- Between Trapezes
- Bubbling Thoughts
- Carrying the Calm
- Golden Cord
- Light-Bearers
- Living on Two Planes
- Maximizing Your Potential
- Mind Like Water
- Monkey Mind
- Multiple Brain Tracks
- Negative Thought Patterns
- Positive Focus
- Present Moment Awareness
- Self-Forgetfulness
- Thought Forms
- Treasure House, Gold Mine Within, I Am
- True Self

These twenty-one terms are expanded below with quotations from Buddhism, Hinduism, Theosophy, New Thought, New Age, Psychology, Neuroscience, Hypnotism, mythology, classic poetry, psychic literature, inspirational literature, and the *Jesus Calling* Series. Quotation marks are generally omitted for readability.

## Abbreviations for the *Jesus Calling* Series

<i>Jesus Calling</i>	JC	<i>Jesus Calling Devotional Journal</i>	JCDJ
<i>Dear Jesus</i>	DJ	<i>Jesus Today Devotional Journal</i>	JTDJ
<i>Jesus Lives</i>	JL	<i>Jesus Calling Morning &amp; Evening</i>	JCME
<i>Jesus Today</i>	JT	<i>Jesus Always</i>	JA

## 5th Dimension (New Age)

You will be required to have a certain energy level to move to the **fifth dimension**. This energy boost is being made available to you through the grace of Sananda-Jesus. . . . Your heart chakra is beginning to open, and this will be the key to your transformation.<sup>1</sup>

According to ascension teachings, the earth and all beings living on the earth are in the process of shifting into a whole new level of reality in which a consciousness of love, compassion, peace and spiritual wisdom prevails. This has been called the **Fifth Dimension**.<sup>2</sup>

The shift into the **5th dimension** is happening . . . Are you willing to follow the guidance of your Higher Self, your guides, angels and to co-create with the light of the Divine that continues to stream onto the planet?<sup>3</sup>

### ACTIVATING YOUR 5th DIMENSIONAL HEART CHAKRA with MASTER JESUS:

*As you are walking along you become aware of a brilliant light making its way toward you. And as this light draws closer you recognize it to be the Beloved Master Jesus who greets you with great joy and welcomes you into the world of Shamballa. Master Jesus takes you by the hand and asks you to walk with Him to the Emerald Temple. . . . When you are ready ask permission from the energy, consciousness and presence of the Emerald Temple to enter into your body, so as to receive your initiation into the 5<sup>th</sup> dimension. If permission is granted the doors will open.<sup>4</sup>*

I want you to consider a **fifth dimension**—My Presence in your life. . . . Open your heart to the fifth dimension—the most exciting one of all: My Presence with you.

*(Jesus Calling: 365 Devotions For Kids, May 24)*

There are actually more than four dimensions in this world where you live. In addition to the three dimensions of space and the one of time, there is the **dimension of openness to My Presence**. This dimension transcends the others, giving you glimpses of heaven while you still reside on earth. (JC May 24)

How far are you willing to follow Me? (JCDJ Sep 16)

I, the Creator of the universe, have deigned to co-create with you. (JC Dec 11)

Shimmering sunshine awakens your heart, gently reminding you of My brilliant Light.

*(JC Apr 14)*

I welcome you warmly, with open arms! (JA Nov 27)

Visualize yourself holding onto My hand as you walk. (JA Aug 28)

<sup>1</sup> New Age – David K. Miller, *Connecting With the Arcturians*, p. 214.

<sup>2</sup> New Age – Vidya Frazier, "Ascension into the Fifth Dimension," <http://vidyafrazier.com/what-is-the-fifth-dimension/>

<sup>3</sup> New Age – Ask-Angels.com, <https://www.ask-angels.com/spiritual-guidance/ascending-into-the-5th-dimension/>

<sup>4</sup> New Age – Michelle Eloff, *The Galactic Free Press*. <http://soundofheart.org/galacticfreepress/content/activating-your-5th-dimensional-heart-chakra-master-jesus>

## "The 7 Signs That You're Entering The **5th Dimension**" (New Age)

by Jafree Ozwald, *Enlightened Beings*, <https://www.enlightenedbeings.com/5th-dimension/>

### **1) DAILY LIFE WILL BE BUBBLING MORE OFTEN WITH FEELINGS OF GREAT JOY, LIGHTNESS, LOVE AND WONDER**

I am creating something new in you: a bubbling spring of Joy that spills over into others' lives. (JC Jun 13) there should be a lightness to your step that is observable to others. (JC Jan 03) living in the joyous wonder of self-forgetfulness. (JL p. 150)

### **2) HEAVY NEGATIVE ISSUES YOU'RE CARRYING WILL RELEASE EASIER AND MOVE THROUGH YOU MORE QUICKLY**

Many problems vanish instantly in the Light of My Love, because you realize you are never alone. (JC Apr 09) you are learning to release and receive. (JC Nov 07)

### **3) YOU WILL PHYSICALLY EXPERIENCE THE WORLD AS BEING MORE BEAUTIFUL WITH YOUR SENSES**

Things that most people hardly notice, like shifting shades of sunlight, fill you with heart-bursting Joy. (JC Dec 28) How precious are My children who are awed by nature's beauty (JC Jul 30)

### **4) TIME WILL FEEL FLUID, ETERNAL AND ILLUSORY; You will move like water from one event and life experience to the next.**

As you delight in My nearness, time seems to slow down, enhancing your enjoyment of Me. (JA Feb 03) You are well aware of My powerful hand working in your life experiences. (JT p. 92)

### **5) YOU'LL CONSTANTLY HAVE UNEXPLAINABLE SYNCHRONISTIC EXPERIENCES AND "MIRACULOUS" MANIFESTATIONS WILL HAPPEN REGULARLY.**

You see miracles happening all around, while others see only natural occurrences and "coincidences." (JC Sep 02) I am unfolding miracles all around you. (JCDJ Dec 21)

### **6) YOU WILL KNOW AND FEEL DIVINELY GUIDED BY SOMETHING HIGHER THAN YOUR OWN MIND/IMAGINATION; As your mind begins to quiet, you will be able to hear your guidance from the other dimensions.**

Quiet your mind in My Presence. Then you will be able to hear Me (JC Jul 31)

### **7) YOU CAN ACCESS THE MIRACULOUS POWERS OF YOUR TRUE MULTI-DIMENSIONAL BODY**

make use of the massive Power source within you—the Holy Spirit. (DJ p. 227)

## Attention Bridge *(Hypnosis)*

The process of hypnotic induction serves several purposes: 1. It provides a concrete stimulus on which clients can focus their **attention**, serving as a **bridge** between the “normal waking state” and the focused experience of hypnosis.<sup>5</sup>

If you’re struggling with a self-centered idea that recurs again and again, try connecting it to a favorite scripture or a brief prayer. This forms a **bridge** for your **attention**—away from yourself and toward Me. For example, praying “I love You, Lord” can quickly direct your focus to Me. (JA Jan 21)

## Between Trapezes *(Inspirational Literature)*

Blanke, an executive coach and motivational speaker, is the author of an inspirational book,<sup>6</sup> *Between Trapezes: Flying into a New Life with the Greatest of Ease*. . . “The great thing about **trapezes**,” says Blanke, “is that you can’t hold on to two of them at the same time. You have to let go of the old one in order to reach out and grab the new one. In **between** letting go of the old one and grabbing the new one, you’re not holding on to anything. And that’s where all the possibilities are—in **between**. That’s where you’re open to new possibilities. That’s when you learn to fly.”<sup>7</sup>

I am always doing something new in your life. So try to keep an open mind when you encounter things you have not seen before—or even imagined. Do not recoil from the unfamiliar without even taking time to determine whether it might be from Me. Consider the **trapeze** artist: She must leave the safety of the swing she is on in order to move toward her goal. As she abandons the security of where she was, she will be briefly in flight—until she connects to the next **trapeze**. At times you may feel as if you’re “in flight” when you experience newness that feels uncomfortable. The temptation is to just criticize the changes and cling to the familiar. (JA Jan 18)

## Bubbling Thoughts *(Buddhism)*

In zazen we begin to develop a relationship with who we really are. We learn how to relax and simply observe our thoughts as they **bubble up and fade away**. Instead of reacting to our thoughts with clinging or rejection, we learn to let them go.<sup>8</sup>

I have built into your brain the amazing capacity to observe your own thoughts. (JT p. 176)

Sit quietly with Me, letting all your fears and worries **bubble up** to the surface of your consciousness. There, in the Light of My Presence, the bubbles pop **and disappear**. (JC Nov 09)

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<sup>5</sup> Hypnosis – Michael D. Yapko, *Trancework: An Introduction to the Practice of Clinical Hypnosis*, 2012, p. 302.

<sup>6</sup> Inspirational Literature – <https://www.amanet.org/training/articles/savoring-the-possibilities-of-life-between-trapezes.aspx>

<sup>7</sup> Inspirational Literature – Gail Blanke, *Between Trapezes: Flying into a New Life with the Greatest of Ease*, 2004.

<sup>8</sup> Buddhism – Dennis Genpo Merzel, *The Path of the Human Being: Zen Teachings on the Bodhisattva Way*, p. 53.

## Carrying The Calm *(Buddhism)*

Coming out of the Buddhist tradition of meditation, mindfulness is a way of **carrying the calm**, centered feeling of meditation with you into the rest of your day.<sup>9</sup>

As you advance in this discipline, you gradually learn to **carry the stillness** with you wherever you go. (JC Oct 30)

## Golden Cord *(Mythology, Romanticism)*

Zeus summoned an assembly of the gods on the highest crest of many-ridged Olympus. Zeus himself addressed them:

Hear me, all you gods and goddesses . . .  
Take a **golden cord, hang it from heaven**.  
Let gods and goddesses, all together,  
grab hold of one end of it and pull.  
You'd not drag Zeus, the highest counsellor,  
down from heaven to the ground, never,  
no matter how hard you tried to do it.<sup>10</sup>

Hope is a **golden cord connecting you to heaven**. This cord helps you hold your head up high, even when multiple trials are buffeting you. . . . without the cord of hope, your head may slump and your feet may shuffle as you journey uphill with Me. (JC Jul 27)

Hope is like a **golden cord connecting you to heaven**. The more you cling to this cord, the more I bear the weight of your burdens; thus, you are lightened. (JC Jan 08)

I give you the end of a **golden string**  
Only wind it into a ball.  
It will lead you in at **Heavens** gate  
Built in Jerusalems wall.<sup>11</sup> — William Blake

Hope is a **golden cord connecting you to heaven** . . . It's good that you cling to My hope-cord as a lifeline (DJ p. 198-99)

## Light-Bearers<sup>12</sup> *(Theosophy, Latin)*

If the light of pure Theosophy is kept burning clear, it will be the saving light of the whole world. That must be. But the question is, who will be the **light-bearers**?<sup>13</sup>

I desire each of My followers to be a **Light-bearer**. (JC Jul 23)

I am pleased that you are My **Light-bearer**. (JCDJ Jul 23)

"**light-bearer**" is a translation of "Lucifer" from Latin: Old English, from Latin Lūcifer, **light-bearer**, from lūx light + ferre to bear<sup>14</sup>

All my children, filled with My Spirit, are well equipped to be **Light-bearers** (JA Nov 17)

<sup>9</sup> Buddhism – "Mindfulness," <https://www.sahajan.com/blogs/lifestyle/mindfulness-unlocking-the-key-to-happiness>

<sup>10</sup> Greek mythology – Homer, *The Iliad, Vol. 8*, translated by Ian Johnston, Richer Resources Publications, lines 4-6, 22-27.

<sup>11</sup> Romanticism – William Blake, "Jerusalem: To the Christians," *The Complete Poetry & Prose of William Blake*, p. 231.

<sup>12</sup> Warren B. Smith, *The New Age Implications of Jesus Calling*, <https://www.lighthouse-trails-research.com/blog/?p=16568>

<sup>13</sup> Theosophy – "Questions and Answers," *Theosophy*, Vol.VIII, November 1919, No. 1, p. 25.

<sup>14</sup> Latin – "Lucifer," *Dictionary.com*, <http://www.dictionary.com/browse/lucifer>

## Living on Two Planes (Psychology)

The night before we embarked from Marseilles I had a dream which, I sensed, summed up the whole experience. This was just as it should be, for I had accustomed myself to **living** always **on two planes simultaneously**, one conscious, which attempted to understand and could not, and one unconscious, which wanted to express something and could not formulate it any better than by a dream.<sup>15</sup> — *Carl Jung*

As a Christian, you **live on two planes simultaneously**: the natural world, where adverse situations abound; and the supernatural world, where I reign supreme. (JA Apr 12)

## Maximizing Your Potential (New Thought)

**Maximize Your Potential Through the Power of Your Subconscious Mind** . . . Dr. [Joseph] Murphy was a proponent of New Thought . . .

When you live in harmony with your Creator's intentions for you, you can **maximize your potential** and enjoy your life more. (JT p. 212)

The New Thought concept can be summed up . . . You can become what you want to be.

I work ceaselessly to help you become all I created you to be. (JL p. 210)

. . . New Thought becomes a recurring, expanding awareness of the creative power within; of mind-principle; and of our Divine **potential** to be, to do, and to express more of our individual and natural abilities, aptitudes, and talents.<sup>16</sup>

Since . . . you are made in My image, you have a wealth of creative powers within you. (JL p. 76)

The combination of your natural abilities and My supernatural empowerment is very effective. (JA Jul 11)

## Mind Like Water (Japanese Zen)

A Japanese Zen concept taught in karate: Mizu-no-Kokoru—A **mind** (spirit) **like water**. The perfect calm which the mind or spirit can find, producing a non-aggressive state and a feeling of "passive" resistance. Whoever possesses Mizu-no-Kokoro is thus sensitive to all impressions, just as water is sensitive to the slightest breath of wind, and his or her Ki is in harmony with all beings.<sup>17</sup>

Make your **mind like a still pool of water**, ready to receive whatever thoughts I drop into it. (JC Aug 05)

I am like a supersaturated cloud, showering Peace into the **pool of your mind**. (JC Jan 19)

<sup>15</sup> Psychology – Carl Jung, *Memories, Dreams, Reflections*, 1989, p. 242.

<sup>16</sup> New Thought – Arthur Pell, Ed., *Maximize Your Potential Through the Power of Your Subconscious Mind Vol. 1*, Intro, pp. xiii-ix.

<sup>17</sup> Japanese Zen – Louis Frederic, *A Dictionary of the Martial Arts*, 1998.

## Monkey Mind (Buddhism)

Coping with the **Monkey Mind** — a meditation term indicating an “unsettled; restless; capricious; whimsical; fanciful; inconstant; confused; indecisive; uncontrollable” mind — is one of the biggest obstacles to meditation and mindfulness practice in Buddhism.<sup>18</sup>

Buddha described the human mind as being filled with drunken monkeys, jumping around, screeching, chattering, carrying on endlessly. We all have **monkey minds**, Buddha said, with dozens of monkeys all clamoring for attention. Fear is an especially loud monkey, sounding the alarm incessantly, pointing out all the things we should be wary of and everything that could go wrong.

Buddha showed his students how to meditate in order to tame the drunken monkeys in their minds. It’s useless to fight with the monkeys or to try to banish them from your mind because, as we all know, that which you resist persists. Instead, Buddha said, if you will spend some time each day in quiet meditation — simply calm your mind by focusing on your breathing or a simple mantra — you can, over time, tame the monkeys. They will grow more peaceful if you lovingly bring them into submission with a consistent practice of meditation.<sup>19</sup>

You also need a quiet place for meditation, and it’s best if you can be certain that there won’t be any disturbances.<sup>20</sup>

The **mind** is the most restless, unruly part of mankind. (JC Apr 21)

your **mind** spinning with so many plans and possibilities that you become confused and exhausted. (JT p. 244)

Your thoughts play hopscotch—jumping from one problem to the next, then turning around and jumping back again. (DJ p. 217)

Your **mind** leaps from problem to problem to problem, tangling your thoughts (JC May 25)

Your **mind** shuttles back and forth, hither and yon (JC Jul 09)

You have a restless **mind**. It skips and scampers about continually (JT p. 250)

Ask the Holy Spirit to calm your mind (JT p. 96)

As you slow down your breathing, you will find your thoughts becoming more manageable. (DJ p. 184)

The more of Me you absorb, the more peaceful you will be. Breathe Me in with each breath. (JA Mar 30)

Beginners need a quiet place in order to still their **minds**. (JC Oct 30) detach yourself from the disturbances around you. (JC Aug 26)

<sup>18</sup> Buddhism – Josephine Nolan, “Meditation Techniques for People With Unsettled Monkey Minds.” *Buddha Weekly*. <https://buddhaweekly.com/meditation-techniques-for-people-with-unsettled-monkey-minds/>

<sup>19</sup> Buddhism – B. J. Gallagher, “Buddha: How to Tame Your Monkey Mind,” *Huffington Post*, 3 Sep. 2011. [http://www.huffingtonpost.com/bj-gallagher/buddha-how-to-tame-your-m\\_b\\_945793.html](http://www.huffingtonpost.com/bj-gallagher/buddha-how-to-tame-your-m_b_945793.html)

<sup>20</sup> Buddhism – Kamalashila, *Buddhist Meditation*, 1992, 2012.

## Multiple Brain Tracks (Neuroscience)

Higher brain functions are the operations of the brain that stand at the pinnacle of evolution and are largely unique to humans. Verbal communication, the ability to “think in the future,” and the capacity to hold **multiple tracks** of complex information “on-line” at the same time, are examples of higher mental functions that are subserved by various structures in the **brain**.<sup>21</sup>

The human mind is the pinnacle of My creation, but so few use it for its primary purpose—knowing Me. (JC Sep 29)

You can learn to stay conscious of Me while you are engaged in other matters. The magnificent **brain** I gave you can function on **several tracks** at once. (JA Jul 09)

## Negative Thought Patterns (Psychotherapy)

Cognitive behavioral therapy (CBT) is a talking therapy that focuses on changing **negative thought patterns** to effect changes in behavior. . . . CBT works on changing negative thought patterns into healthy ones that result in positive, constructive behaviors.<sup>22</sup>

If you practice thankfulness consistently, **negative thought patterns** will gradually grow weaker and weaker. (JC Nov 25)

Change your **thought patterns**: Replace every **negative** with a positive by choosing to trust and thank Me. (JCME May 09)

But the good news is that everyone can learn how to combat **negative** thinking. As a cognitive behavioral therapist, I've seen firsthand what happens when people learn how to change their **thought patterns**. . . . Once you identify a BLUE thought, the goal is to replace it with a true thought.<sup>23</sup>

Which **negative thoughts** do you need to “lasso” and bring to Me? I am ready to replace them with My blessing of Peace. (JCDJ Jan 29)

As positive **speech patterns** replace your **negative** ones, the increase in your Joy will amaze you. (JC Aug 03)

## Positive Focus (Psychotherapy)

Positive CBT uses the same behavioral experiments as traditional CBT, but with the **positive focus**. . . . When they pay attention to their positive thoughts or beliefs, the chances that clients will find confirmations for these positive approaches increase.<sup>24</sup>

As your thinking goes, so goes your entire being. Let Me be your **positive Focus**. (JC Feb 12)

<sup>21</sup> Neuroscience – Tranel D., G. Cooper, and R. L. Rodnitzky, “Higher Brain Functions,” *Neuroscience in Medicine*, p. 621.

<sup>22</sup> Psychotherapy – “Aaron Beck,” *Good Therapy*. <https://www.goodtherapy.org/famous-psychologists/aaron-beck.html>

<sup>23</sup> Psychotherapy – Amy Morin, “The Beginner’s Guide to Changing Negative Thoughts,” *Psychology Today*.

<sup>24</sup> Psychotherapy – “Positive Cognitive Behavioral Therapy,” *Activitas Nervosa Superior Rediviva Vol. 58 No. 1*, p. 27.

## **Present Moment Awareness** (*1<sup>st</sup> Step of Beginning Zen, Psychology*)

### "Introduction to Buddhist Practice"

*The Zen Practice Foundation*

"Buddhism provides a specific technique for building the foundation of happiness upon which all of the rest of Buddhism is supported. . . . We learn a happiness-building technique in step one of Beginning Zen. It's called **Present Moment Awareness**. . . .

If we skip **Present Moment Awareness**, we have no foundation to support the steps that result in awakening to 'the highest happiness.'

. . . we begin **Present Moment Awareness** meditation by instructing our mind to:

1. Forget the past;
2. Drop thoughts of the future; and
3. Experience only the **present moment**.

. . . we can't move on to the second step until we have mastered sitting in **Present Moment Awareness**. . . .

**Present Moment Awareness** is the indispensable first step to those deep levels of meditation."<sup>25</sup>

### "How to Do Present Moment Awareness Meditation"

*Sophie Henshaw, Doctor of Psychology*

"The **present moment awareness** meditation is simple and easy to use at any time of the day. It is very effective in helping you overcome anxiety and depression . . . If you extend your practice to a month or longer, you will be retraining your thinking patterns from **past-** and **future-**focused to **present moment-**focused . . . you will consistently feel more relaxed on an ongoing basis . . . The aim of the **present moment awareness** meditation is to achieve a calm, clear, alert mind . . . We aim to let go of all inner chatter and emotional arousal to become empty . . .

Silently repeat clearly and with full attention the following phrase three times: 'Now is the time to be aware of the **present moment**. I let go of the past and the future.' . . .

This first stage of meditation is called '**present moment awareness**' . . . Watch your thoughts arise and pass, without getting caught up in them or feeling that you have to act on them."<sup>26</sup>

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<sup>25</sup> Buddhism – *How to Practice Zen*, <http://www.howtopracticezen.org/beginning-zen/present-moment-awareness/>

<sup>26</sup> Buddhism/Psychology – <http://psychcentral.com/blog/archives/2013/10/28/how-to-do-present-moment-awareness-meditation/>

## Present Moment Awareness *(Jesus Calling Series)*

*Let Me teach you how to spend more of your time in the **present**. (JA Nov 20) You cannot change the **past**, so start with the **present moment** (JA Mar 09) Draw your mind back from the **future** to the **present moment**, where My Presence lovingly awaits you. (JA Mar 20)*

The <b>present moment</b> is where I meet with you, beloved.	(JA Jan 01)
The <b>present moment</b> is the point at which time intersects eternity.	(JA May 01)
In the <b>present</b> is where you can encounter Me.	(JCME Jun 01)
It is in the <b>present moment</b> that you find Me ever near you.	(JL p. 06)
It is in the <b>present moment</b> that you find Me ever near you.	(JA Jul 25)
It is in the <b>present moment</b> that I walk close to you, helping you carry your burdens.	(JC Feb 27)
Start at the <b>present moment</b> —accepting things exactly as they are . . .	(JC Jan 22)
Seek to live in the <b>present</b> —with Me!	(JA Mar 11)
Seek to live in the <b>present moment</b> , where My Presence awaits you continually.	(JA Jan 10)
I draw near you in the <b>present moment</b> .	(JA Jul 08)
Keep your mind on the <b>present</b> journey, enjoying My Presence.	(JC Feb 01)
direct your focus to the <b>present</b> and to My Presence with you.	(JT p. 326)
Then, come home to the <b>present moment</b> , where you can enjoy Peace in My Presence.	(JC Nov 09)
I am waiting for you in this <b>present moment</b> .	(JCDJ Sep 22)
you can relax and enjoy the <b>present moment</b> .	(JC Jun 18)
draw your mind back to the <b>present</b> and take refuge in My Presence.	(JL p. 64)
But you can find Me only in the <b>present</b> .	(JC Feb 03)
keep your thoughts focused on the <b>present</b> as much as you can . . .	(JA May 01)
Keep bringing your mind back to the <b>present moment</b> .	(JC Sep 22)
I train you to enjoy My Presence in the <b>present</b> .	(JL p. 202)
you must concentrate your efforts on the <b>present moment</b> .	(JC Apr 30)
Though I am unlimited by time, it is in the <b>present moment</b> that I meet you.	(JC Jun 27)
However, to feast on Me you must live in the <b>present moment</b> .	(JL p. 152)
So leave them in the future and come home to the <b>present</b> . . .	(JC Sep 22)
Lift up wide-open arms, seeking My Presence in the <b>present moment</b> .	(JT p. 298)
Return to My Presence, which always awaits you in the <b>present moment</b> .	(JC Apr 24)
The fog is a protection for you, calling you back into the <b>present moment</b> .	(JC Nov 16)
Let Me teach you how to spend more of your time in the <b>present</b> .	(JA Nov 20)
I am training you to keep your focus on My Presence in the <b>present</b> .	(JC Sep 30)
praying continually: simple, short prayers flowing out of the <b>present moment</b> .	(JC Feb 22)
direct your thoughts to something that appeals to you in the <b>present</b>	(JL p. 122)
Your focus should . . . be . . . on how you can please Me in the <b>present moment</b> .	(JL p. 276)
Beloved, I want to teach you how to spend more of your time in the <b>present</b> .	(DJ p. 224)
Since I hold the future far beyond your reach, plant your mind in the <b>present</b> . . .	(JCME Jun 18)
leave those thoughts where they are . . . and come quickly back to the <b>present</b> .	(JL p. 122)
Take charge of your thoughts by reminding yourself of My Presence in the <b>present</b> .	(JCME Jun 20)
If you're stuck in the past . . . My Presence lovingly draws you back into the <b>present</b> .	(JA Apr 16)

## Self-Forgetfulness *(Buddhism, Spiritualism)*

Zen is not “attained” by mirror-wiping meditation, but by **self-forgetfulness** in the existential *present* of life here and now.”<sup>27</sup>

To study the way of the Buddha is to study the self, and to study the self is to **forget the self**; and to **forget the self** is to be enlightened by all things.<sup>28</sup>

The life of each one is the life of the whole and the only royal road to happiness is through **self-forgetfulness**.<sup>29</sup>

you need to learn the art of **self-forgetfulness**.  
(JA May 18)

**self-forgetfulness** grows through focusing on Me. (JL p. 290-91)

**Self-forgetfulness** is a delightful way to live!  
(JA Jan 21)

Self-acceptance is the path to **self-forgetfulness**, which is the royal road to Joy!  
(JA Feb 09)

## Thought Forms *(Theosophy, Psychic Literature)*

The phrase of **Thought-Forms** was developed by Annie Besant and C. W. Leadbeater in their 1905 book *Thought Forms: A Record of Clairvoyant Investigation*, although the concept was present in early Theosophical literature.<sup>30</sup>

A woman in a relaxed, meditative state is likelier to receive **thought-forms** and to send them effectively; **thought-forms** can be consciously directed.<sup>31</sup>

A **thought form** is a structured interdimensional energy form intentionally created to carry out a specific task for which it has been programmed. It is created by you with the co-operative efforts of the universe.<sup>32</sup>

Wait quietly in My Presence while My **thoughts form** silently in the depths of your being. (JC Sep 21)

As you spend time in My Presence, My **thoughts** gradually **form** in your mind. My Spirit is the Director of this process. Sometimes He brings Bible verses to mind. Sometimes He enables you to hear Me “speak” directly to you. These communications strengthen you and prepare you for whatever is before you on your life-path. (JC Dec 04)

As My **thoughts** gradually **form** in your mind, you may find it helpful to write them down.  
(DJ p. 221)

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<sup>27</sup> Buddhism – Thomas Merton, *Mystics and Zen Masters*, 1967, p. 25.

<sup>28</sup> Buddhism – Zen master Dogen (1200-53), a famous verse from the *Genjōkōan* chapter of the *Shōbōgenzō*, as rendered by Steve Odin, *The Social Self in Zen and American Pragmatism*, 1996, p. 6.

<sup>29</sup> Spiritualism – Frank Crowell, *Man—God’s Masterpiece*, 1916, p. 189.

<sup>30</sup> Theosophy – “Thought-Forms,” *Theosophy Wiki*, <https://theosophy.wiki/en/Thought-Forms>

<sup>31</sup> Psychic Literature – Diane Stein, *All Women Are Psychics*, 1988, p. 180.

<sup>32</sup> Psychic Literature – “Thought-Forms: How to Program and Use,” <https://www.themystica.com/thought-forms-program-use/>

## Treasure House, Gold Mine Within, I Am *(New Thought)*

Infinite riches are all around you if you will open your mental eyes and behold the **treasure house** of infinity within you. There is a **gold mine within** you from which you can extract everything you need to live life gloriously, joyously, and abundantly. Many are sound asleep because they do not know about this **gold mine** of infinite intelligence and boundless love **within** themselves. Whatever you want, you can draw forth.<sup>33</sup>

So the **gold mine within** means that your power in life lies in your thought. However, to operate this gold mine you need a contact with God. . . . Your contact with God lies in recognizing your identity, the '**I am**.' . . . When you particularize, or individualize, Divine Power by using '**I am**' constructively, then you will get health, prosperity, and abounding happiness, for you will have identified yourself with God—the **gold mine within**.<sup>34</sup>

With your eyes thus opened, you can help yourself to whatever you need from My **treasure house**. (JC Nov 27)

But there is a **gold mine** of Peace deep **within** you, waiting to be tapped. (JC Feb 20)

The contents of your thoughts have an enormous influence on your health and well-being. (JL p. 232)

As you live in close contact with Me (JC Jan 23)

I want your identity as My beloved to be front and center in your mind. (JL p. 298)

When you look in the mirror, say to yourself, "**I am** my Beloved's." Repeat these four words throughout the day and just before you fall asleep. (JA Aug 17)

When you awaken each morning, say to yourself: "**I am** not my own. I belong to Jesus." (JA Apr 14)

say to yourself, "**I am** blessed and thankful and on my way to Glory!" (JT p. 198)

## True Self<sup>35</sup> *(Psychoanalysis)*

**True self** (also known as real self, authentic self, original self and vulnerable self) and false self . . . are psychological concepts often used in connection with narcissism. . . . The concepts were introduced into psycho-analysis in 1960 by Donald Winnicott. Winnicott used **true self** to describe a sense of self based on spontaneous authentic experience, and a feeling of being alive, having a real self.<sup>36</sup>

The closer to Me you grow, the more fully you become your **true self**—the one I designed you to be. (JC Dec 30)

I approve of you—your **true self**, the one I created you to be. (JA Jun 01)

Relax . . . being . . . authentic with Me. (JC Oct 19)

Relax and be real with Me (JCDJ Jul 10)

<sup>33</sup> New Thought – Joseph Murphy, "The Treasure House Within You," *The POWER of Your Subconscious Mind*, 1963, p. 3.

<sup>34</sup> New Thought – Emmet Fox, *Stake Your Claim: Exploring the Gold Mine Within*, 1952, Kindle edition, pp. 37-38.

<sup>35</sup> Warren B. Smith, *The New Age Implications of Jesus Calling*, <https://www.lighthouse trailsresearch.com/blog/?p=16568>

<sup>36</sup> Psychoanalysis – "True self and false self," *Wikipedia* [https://en.wikipedia.org/wiki/True\\_self\\_and\\_false\\_self](https://en.wikipedia.org/wiki/True_self_and_false_self)

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