



ESTABLISHING LOVE'S DAY

by Virginia Stephenson

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“Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee.”¹

There comes a moment in our spiritual unfoldment when we are touched by the Spirit, and it is the Spirit that gives life, that awakens us from the dream of material sense into the light of a new day. Each morning on awakening, we must open our consciousness to the Spirit so that the glory of the Lord rises in us, the glory of the Lord being the creative activities of Light and Love.

As we turn within and realize “Thy light is come,” this gentle beam of living Love dissolves in us all fear, all apathy and inertia, enabling us to rise in the consciousness of God’s presence and the power of His peace. This Light illumines our mind, and It gives us the capacity and the spiritual discernment to establish Love’s day.

“Do not separate your spiritual life from everyday living. Establish God as the law unto this day.”

With spiritual discernment we can look through appearances to the unseen activity of Love and bear witness to the truth that this *is* God’s day. Without the touch of the Spirit, we are easily deceived by appearances and find ourselves manipulated by the events of the day and the beliefs of this world. Unless we are awake, world beliefs operate subliminally and affect our human experience.

Because you are awake, you can choose to serve God this day. Then this is your foundational principle: *“Love the Lord thy God with all thy heart and mind and soul, and love thy neighbor as thyself.”²* Put God first, and then everything else will come into alignment with God’s plan for you. Do not separate your spiritual life from everyday living. Establish God as the law unto this day.

When you first awaken and before you get out of bed, acknowledge:

“This is the day which the Lord hath made; We will rejoice and be glad in it.”³ This is God’s day, Truth’s day, Love’s day, filled with joy and gladness. My peace and My joy fill this day with the glory of God, releasing the creative activity of Truth and Love in my consciousness.”

Once this realization is established in your consciousness, it becomes your hidden manna, and you live in a spiritual atmosphere where no evil can occur. Through such contemplative activity, your day unfolds joyously with originality and spontaneity. After each contemplative meditation, always remember to let your mind be still and receptive to the Christ-activity by maintaining a listening attitude.

When your day is established as God’s day, grace unfolds with love and understanding, because you are no longer under the vanity of human thinking. Love governs your day with joy, and It knows no limitations or routine, regardless of your work or service. Love

makes all things new as you acknowledge throughout each day: *“He performeth the thing that is appointed for me⁴ ... He goeth before me to make the crooked places straight⁵ ... He will perfect that which concerneth me.⁶”*

This gentle Presence in the midst of you is the Light of this new day, and, therefore, you live this day in the joy of spiritual awareness. Christ Jesus said, *“Ye are the light of the world.”⁷* You are living in the sunshine of His love, and this Light is ever-present, working in you and through you, illumining your understanding. Therefore, there is no darkness in this day—no sorrow, sickness, lack, or sin. Your life is governed by God, Who created you in His image and likeness, giving you dominion over this day so that you may rejoice and be glad in it.

“The Christ mind is the only mind, and since this is your mind, the Light that emanates from God illumines your mind this day with peace and understanding.”

In this day your mind is ever new and fresh, because in your meditations, the Spirit enables you to release the past so that you carry no burden of yesterday. You are living in obedience to the command: *“Be ye transformed by the renewing of your mind.”⁸* You recognize that there is only one mind and that it is infinite, unconditioned, and pure. This mind is your mind, and in it there is no ignorance, no condemnation, no judgment of anything or anyone. This mind is an instrument for God. When you are aware of this truth, you do not react to appearances but are ever responsive to Spirit through your faculties of Soul.

The unconditioned mind is a clear transparency for the Christ-light to interpret everything spiritually instead of materially. There is no conflict, confusion, or indecision when the Christ is the interpreter. When you are living in this state of spiritual awareness, you cannot be influenced subliminally or manipulated by so-called human laws, events, or personal opinions. The Christ mind is the only mind, and since this is your mind, the Light that emanates from God illumines your mind this day with peace and understanding.

Christ Jesus speaks to us and says, *“If therefore thine eye be single, thy whole body shall be full of light.”⁹* Since your vision is single, since you are loving God with all your heart and mind and soul, even your body is full of light. You recognize only the one infinite Being, and God the Light thereof. Every organ and function of body, bone, marrow, and skin are reflecting this inner Light, for the light of Love is omniactive. As you see body as the image of Love, as incorporeal instead of corporeal, a higher and more beautiful awareness of body unfolds. By grace, the illumined mind continuously discloses and reveals the spiritual idea of body in the Light of this new day.

Those who are aware that God is the Soul of man lose their capacity to be sinful or sick. The body alone cannot support such intrusions as sin and sickness. For these conditions

to operate, they have to be accepted into human thinking and nurtured by agreeing that they belong to man.

However, the moment that you accept the truth that body is the expression of Soul and mind the instrument of God, then no discord of any kind can enter either body or mind to “defileth or maketh a lie.”¹⁰ You have recognized that there is no one to support the beliefs of material sense. Your power is in the Christ-realization, the spiritual vision that beholds the true identity of man as the offspring of God. Your illumined vision impersonalizes the erroneous appearance, seeing it as a temptation to accept a mental concept as spiritual reality. In this God-awareness, nothing can adulterate your perfect, clear perception of immortal Being.

“Consider your work as a way of giving. It affords you the opportunity to create an atmosphere of peace and joy through which your God-given talents flow and to give your attention to the needs of your fellow man.”

This day God reveals the work you are to do. You start with whatever is at hand, knowing that work is a way to serve in love. Work gives us the opportunity to love our neighbor as our self. Do not think that you are working for a living; rather, consider your work as a way of giving. It affords you the opportunity to create an atmosphere of peace and joy through which your God-given talents flow and to give your attention to the needs of your fellow man.

Work is the harmonious unfolding of Consciousness: “My Father worketh hitherto, and I work.”¹¹ Who is performing that which is appointed you to do? The Spirit of God in you is the performing and perfecting Presence and Power, giving you the unlimited opportunities to serve this day with joy and understanding.

You may think that you have nothing to give, no service to render. Lift up your gaze! You who are alert and aware that the glory of God is upon you will find many opportunities to release the hidden splendor by consciously knowing the truth and maintaining your inner peace. If you are seeing people with problems, including members of your own family, you have a job to do. You are about your Father’s business when you are seeing only His Son.

Take five-minute intervals during the day when you will have no interruptions and practice lifting up the Son of God in man. When you are completely convinced that God is the only Cause and Creator and that man is the expression of God’s own Being, you will never look at anyone with yesterday’s vision.

Many years ago, I went through an intensive period of this practice of right identification in my family circle. Each day I took the opportunity to recognize the Christ as the true identity of each member of the family. This wasn’t always easy to do, but since it is

God's will and His good pleasure that we love one another spiritually, the capacity to do this work is given to each of us by grace.

"To withdraw from the world is to take the slow train to your destination. The fast train is to worship while you work."

Every day when I came to the breakfast table, I would look at each member of my family and silently realize: "This day you are a new creature in Christ. What I saw yesterday is gone; today is my opportunity to consciously recognize in you the Christ-self." In this way there were no conceptual holdovers of yesterday's successes or failures. Every day I prayed, "Father, open my spiritual vision that I may see your child as You see him." Gradually my vision cleared, and I saw the beauty of Being unfolding day by day in newness of Life.

As we see this principle of recognition work in our consciousness, we widen our circle, first to embrace our community and then the whole world in this Christ-like vision of one Power and one Presence. In this way, we can give to the world the *"peace of God,"* always remembering that this is a sacred work and that it must be done in secret.

There is a wonderful story about an initiate who went to a holy man and asked him which was the quickest way to God-realization: "Is it in fasting, is it in going away to a mountain and sitting in meditation all day, or is it in serving with joy one's fellow man?" The wise guru said, "To withdraw from the world is to take the slow train to your destination. The fast train is to worship while you work."

This is good advice. It doesn't matter so much what work you do; what is important is the attitude with which you do it and the atmosphere you maintain. Whether you are a housewife, businessperson, gardener, or artist, if your attitude is loving your neighbor as yourself and you are at peace with your Self, then you are on the fast train.

Each day be willing to serve all whom you meet, because in serving man, you are serving God. Silently salute the Christ-self in everyone, acknowledging his or her dignity as the child of God. When you are committed to recognizing the true identity of the son of man as the Son of God, you are about your Father's business. You are working in such a way that your divine legacy as God's child is fulfilled.

When you acknowledge that *"it is God working in you both to will and to do His good pleasure,"*¹² you are under no strain and no pressure. You are being carried by divine Love and therefore feel secure, integrated, and whole in this relationship of oneness. In this atmosphere of wholeness, you are not manipulated by the sense of time. Time cannot dominate your day when you know that it is a man-made construction of thought, a convenience but not a reality.

If you awaken with the thought, “Oh, I have so much to do today and so little time,” you hypnotize yourself by accepting the material sense of time. Make the correction right then and there by realizing: *“one day is with the Lord as a thousand years, and a thousand years as one day.”*¹³ The Christ-activated consciousness that you are knows no restrictions of time or space. Do not let your mind wander, worrying about an hour from now or returning to the past. Free yourself from the belief in time and realize: *“Now are we the sons of God.”*¹⁴ Live in the eternal Now, where you flow with Life without stress or strain.

We have been conditioned by time to hurry, yet Love is never in a hurry. Because God’s love is reflected in all you do, you have *“the patience of the saints.”*¹⁵ You are learning what it means to *“wait upon the Lord,”*¹⁶ and you rest assured that His will is being done in His way, in you, through you, and as you. You are resting in Omnipresence, realizing that God is Omniaction, and in this awareness is contentment.

“We have been conditioned by time to hurry, yet Love is never in a hurry.”

You may think that you do not have enough strength to perform the work given you to do, but remember, you are not depending upon your strength. *“They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”*¹⁷ God’s strength is infinite, and His strength is fulfilled in your weakness. The risen Christ spoke to Paul as he does to us today, saying: *“My grace is all you need; power comes to its full strength in weakness.”*¹⁸ So this day, your yoke is easy and your burden is light, because you abide joyously in the Spirit.

No sense of age can enter this day. God knows nothing about age; God is eternal, changeless Being. The “I” that is one with God is without birth and without death. When you see through appearances to that purity of Being, then all your tears are wiped away. The joyous experience of living in the *“new heaven and the new earth”*¹⁹ unfolds to your awareness and for those who are drawn to your consciousness.

When Jesus asked his disciples, *“Who do men say that I the Son of man am?”* they said, *“Some say that thou art John the Baptist: some, Elias; and others, Jeremias, or one of the prophets.”* He said unto them, *“But whom say ye that I am?”* And Simon Peter answered and said, *“Thou art the Christ, the Son of the living God.”* And Jesus answered and said unto him, *“Blessed art thou, Simon Barjona: for flesh and blood hath not revealed it unto thee, but my Father which is in heaven.”*²⁰ This realization was not from Peter’s human mentality but was a revelation from the Father, divine Consciousness.

“Thou art the Christ” is the revelation of man’s true identity. Having been ignorant of this truth, we have clothed ourselves and others in mortality, accepting an appearance of a beggar, a sinner, a sick person, or an old person. Yet, regardless of appearances, Christ is

enthroned in all being, awaiting our recognition. Those who have this God-realization have the healing consciousness.

Jesus, having the true vision of “I,” said to Peter, *“I will give unto thee the keys of the kingdom of heaven: and whatsoever thou shalt bind on earth shall be bound in heaven: and whatsoever thou shalt loose on earth shall be loosed in heaven.”*²¹ What a tremendous responsibility and opportunity is given to you to realize the oneness of God and man! You can loose the material sense that binds man by realizing that God and man are one in Being. Man has no life of his own; it is the Father (Life) expressing as the son (life.).

You can free all children in this way and loose them from the constriction of being a toddler or a teenager. We can release each other from being senior citizens, thinking we are “over the hill,” no longer useful contributors. These are all limiting classifications of material sense. Put the recognition of the Christ as individual being first, and then you won’t have a two-year old or an eighty-year-old; you will have released each one into eternal, limitless Life, here and now.

“Infinity is the nature of God’s being; therefore, infinity is the nature of your being, and nothing less can express God.”

This day reveals the infinite nature of Being. *“I am come that they might have life, and that they might have it more abundantly.”*²² Infinity is the nature of God’s being; therefore, infinity is the nature of your being, and nothing less can express God. The conscious awareness of this truth dispels the sense of lack or limitation. You are abundantly satisfied, for the supply of your day is infinite Love, eternal Life, immortal Truth. The fear of lack disappears automatically as you change your concept of the nature of individual being. This change of consciousness enables you to see through the appearance of lack to the reality of God as infinite Being unfolding individually, by grace, from a boundless basis.

In this day there are no problems—opportunities, yes, to prove that God constitutes individual being. Truth knows no problems, so when problems are presented to your awareness, you can turn within to the spirit of Truth and let Consciousness reveal the answer. Consciousness, being omniscient, reveals harmony where conflict appears to be, order where disorder appears to be, infinity where lack appears to be. Truth unfolds in individual being, *“not by might, nor by power, but by My Spirit,”*²³ as an activity of grace. Daily realize:

“My mind is not a battleground; it is a transparency for Truth and Love to reveal harmony. Problems cannot enter my mind or body this day, because Christ is omnipresent and omniscient, governing my experience. This realization of Truth in my conscious awareness is the power of elimination to everything unlike Itself.”

When you are no longer concerned with problems, because Christ is governing your life, other people are drawn to you for help with their problems. Instead of thinking that you have too little understanding to be helpful, remember that *“His understanding is infinite.”*²⁴ Do you need anything more than the assurance that the Kingdom of God is within you to experience the *“peace which passeth all understanding”*²⁵? Turn within to the Christ, relaxing all mental effort, and watch the miracle of grace as the Light dispels the clouds of sense, revealing harmony.

“Let us extend ourselves beyond the limited circle of those we know and love and lift everyone out of the limitations of material sense into the circle of Eternity.”

Everyone who has a grain of truth will be called upon to witness the efficacy of that realized Truth. Each realization of truth builds the consciousness of Truth. One who realizes that in God’s presence, harmony *is*, constantly witnesses the performing power of Truth and Love, and others, seeing the fruitful life, are attracted to the Light.

Since Truth is infinite, there are no limits to your realizations of Truth. Into this consciousness you admit no human concepts of persons, places, or things. However, this doesn’t mean that the thought of someone cannot come into your consciousness, even though the person hasn’t written to you or called you on the telephone. Sometimes a name will just pop into your consciousness, asking for admittance. When this happens, take five minutes to sit down and realize to yourself:

“Whom am I admitting into my consciousness? Who is my sister, mother, father, brother, child, husband, wife? Who is this in the guise of a person with a problem? Who is really knocking at my door of awareness? Am I admitting a good human being, a sinning mortal, a sick mortal? Or am I admitting only the Christ? My integrity demands the truth. This person that I am beholding is God’s child. The I of this person’s being is the unfettered, unconditioned, pure Christ-being, just as I am, for there is only One.”

Each day is our opportunity to do this protective work by establishing Love’s Day, not only for ourselves, but for our family and all those who come into our orbit. Let us extend ourselves beyond the limited circle of those we know and love and lift everyone out of the limitations of material sense into the circle of Eternity. *“To know Him aright is life eternal,”*²⁶ so let us know Him aright by seeing only the One. As we realize that God’s grace falls on *“the just and the unjust,”*²⁷ and that *“God’s grace is our sufficiency in all things,”*²⁸ we are lifted out of the limitations of human concepts into the Light of a new Day, and we live in the world peacefully and joyously as a benediction.

*“This is the day which the lord hath made; We will rejoice and be glad in it.”*²⁹

ENDNOTES

- ¹ Isaiah 60:1
- ² Matthew 22:37, 39
- ³ Psalm 118:24
- ⁴ Job 23:14
- ⁵ Isaiah 45:2
- ⁶ Psalm 138:8
- ⁷ Matthew 5:14
- ⁸ Romans 12:2
- ⁹ Matthew 6:22
- ¹⁰ Revelation 21:27
- ¹¹ John 5:17
- ¹² Philippians 2:13
- ¹³ 2 Peter 3:8
- ¹⁴ 1 John 3:2
- ¹⁵ Revelation 14:12
- ¹⁶ Isaiah 40:31
- ¹⁷ Ibid.
- ¹⁸ 2 Corinthians 12:9
- ¹⁹ Revelation 21:1
- ²⁰ Matthew 16:13-17
- ²¹ Matthew 16:19
- ²² John 10:10
- ²³ Zechariah 4:6
- ²⁴ Psalm 147:5
- ²⁵ Philippians 4:7
- ²⁶ John 17:3
- ²⁷ Matthew 5:45
- ²⁸ 2 Corinthians 9:8
- ²⁹ Psalm 118:24