



## **Three Steps To Light**

*An Insight By Dr. William Townsend*

*Jesus of Nazareth, the Christ, was very aware of the people to whom he ministered. Being the excellent teacher that he was, he offered to those who followed him three steps which are still applicable in our day and age. These steps, when practiced, will place you upon the same path he walked. Once upon this path you will be invested with the same light, wisdom and power that he embodies and taught. We find these set out in the King James Version of the Christian Bible, in the Book of St. Luke (9:23):*

*"and He said to them all,  
if any man will come after me,  
let him deny himself,  
and take up his cross daily,  
and follow me. "*

*Let us now interpret this scripture with a new thought. This thought permits us to use the three steps that will bring us to the consciousness and the experience of the Christ.*

*The first of the three definite steps that Jesus offered is:*

### **Step One "Let Him Deny Himself"**

*You are probably wondering, "What is the self that I am to deny?"*

*. The false ego self! This is the self you are to deny. The God-other that so many of us fall into the trap of worshiping and the moment we do, find ourselves to be idolatrous in the eyes of God. Remember the admonition of the Lord God Almighty, in Exodus (20:1-6):*

*And God spake all these words, saying,  
I am the Lord thy God,  
which have brought thee out of the land of Egypt,  
out of the house of bondage.  
Thou shalt have no other gods before me.*

*Thou shalt not make unto thee  
any graven image, or any  
likeness of anything that is in  
heaven above or that is in the  
earth beneath, or that is in the  
water under the earth.*

*Thou shalt not bow down  
thyself to them, nor serve  
them: for I the Lord thy God  
am a jealous God, visiting the  
iniquity of the fathers upon the  
children unto the third and  
fourth generation of them  
that hate me;*

*And showing mercy unto  
thousands of them that love me,  
and keep my commandments.*

*Do not permit the ego self, the I spelled with a small letter "i" (not capitalized to denote deity) to become your God, the motivator for all that you do, or you will no longer be following the Christ Principle of Life which is Oneness. You will be on the path of duality, division and dichotomy which is a pathway of death and destruction, there being no Oneness in it.*

*I believe that the word "iniquity" should have some interpretation because often, unless we are students of the Bible, we are not readily acquainted with some of the words used.*

*The word "iniquity" comes from inequality, or lack of balance. We know in our lives, even in this day, that our physical body can be out of balance for many reasons, perhaps chemically, or there are muscles overpowering other muscles and creating a stress or tension in the body. Mental stress can bring about lack of balance of thought, and certainly this is applicable to the emotions as well.*

*In this scripture we are told that God's Presence, through inheritance, will perpetuate the inequalities of the parents upon the children. This has struck fear in the hearts of multitudes and puzzled many who question such action of a loving God. But we must recognize that the scripture does NOT say that the Intelligence we call God is going to prohibit the child from achieving its healing and returning to the balance that God really desires for each and every one of us. We are not trapped without hope in a cage called heredity, unless we wish to be!*

*For this awesome decree is followed, in the very next verse, by God's blessed promise to show "mercy unto thousands of them that love me and keep my commandments."*

*Therefore, all that is necessary is for us to recognize this inequality and then take the action, within our mind, to begin to love God as the source of our creation, our supply, our light, our love, and to readily keep the commandments which are set out for the fulfillment of a good, beautiful, healthy and creative life.*

*Having achieved this we will then experience a Union with God once again. That is to say, we will become re-ligioned (this is what the word "religion" means) with "That" which in our ignorance of paying homage to false gods we have separated ourselves from in our mind, the ONE!*

*As Emerson says in "Spiritual Laws": "Let us take our bloated nothingness out of the path of the divine circuits."*

*Now we come to the second step that Jesus gave us in regard to the cross:*

### *Step Two "And Take Up His Cross Daily"*

*I have come to the conclusion over many years of practice and observation, that there is a great deal more meaning to the Christian Cross than is readily perceived. The thought of Christ crucified on the cross is horrible for most people to contemplate.*

*As it is written, Christ died for our sins. He became a focal point where the Energy of the Universe was brought to bear upon humankind in such a way that, through Jesus, man learned of his Oneness with the Deity that Jesus called his Father; his Oneness with Jesus himself, and his Oneness with his fellow man.*

*In that Union there can be no separation, dichotomy or fragmentation. Thus, we can no longer experience division from the Source of Life Itself, which premise of division renders to us a feeling of separation, of hopelessness, of futility, and in extreme cases, despair.*

*The Christian Cross is a symbol of the Tree of Life, and as such becomes a mandala which is one of the oldest art forms known to mankind. The mandala has been used for centuries by many cultures and religions as a centering device in meditation to bring the student to a unification within himself, and thus with God, through Jesus, the Christ.*

*I believe that the Christian Cross is the symbol of the power to cancel error from the experience of each one of us. This happens when we recognize and understand the truth that we have power in our spoken word, even as Jesus, the Christ, demonstrated power within his word.*

*To demonstrate the power in your word, you may say, "Not so," or "Not this," when error crosses your mind. When mistakes accost you in life you may say with the Zen Buddhist, "Niti, Niti, Niti," which means, "not this, not this, not .this," and give no place in your mind or in your experience to the error. In taking this action you have withdrawn your power from it and thus are no longer subject to the error.*

*Jesus, the Christ, was a master teacher. He believed in, practiced and used the power of his spoken word to achieve healing in people's lives as he ministered to them. What a perfect example for us of the power of OUR spoken word! As our Way Shower, Jesus demonstrated this power. It logically follows that we, too, can exercise our power of cancellation by using our spoken word to dissolve any experience of error in our lives.*

*Also, let us recognize that the cross symbolizes a crossroads in our lives and in our thought. At that precise intersection point there are four decisions you can take. Actually five! You may continue in the direction you have been going, moving straight ahead. You may turn left or right. You may turn around and go back down the path that you have come to reach the intersection. Or finally, you may remain in the intersection and move in no direction.*

***DON'T GET STUCK AT THE INTERSECTION POINT!** Make the decision to move in a direction into a new experience of life. The mighty Power of the Universe will support you in this, for it cannot do otherwise.*

*Jesus Christ, our Way Shower, relied and depended upon the power of his word, when spoken, to achieve the healing desired on the part of the petitioner. The power he invoked flows through each one of us from the Presence which Jesus called his Father. It may be used today, by you and by me, as we speak our word to achieve the healing we seek. Jesus said in St. John (14:12):*

*"Verily, verily, I say unto you,  
he that believeth on me, the  
works that I do shall he do  
also; and greater works than  
these shall he do."*

*You may now ask me, "But how does it work? How can I channel through me this Energy, this Life Force of God to bring healing into the reality of my experience?"*

*First, recognize there is a need, a desire, a wish to be fulfilled. Then formulate your words to see the end or final product of what your desire may be. In this action, the conscious and subconscious areas of your mind come into agreement on what will be your most perfect demonstration. And the power of your word, whether written, thought or spoken, brings it forth on this plane of expression.*

*Thus we move from the alpha state or the conceptual state of mind; the generative idea state of mind, to the finished product, the bottom line, the effect of the causal action of the mind.*

*Visualization is the key word here! You must first mentally SEE this healing, this correction of whatever the situation, from an error to a blessing. See this as a joyful reality in your life.*

*Let your imagination play with it ... taste it, smell it, feel it ... know it in all its nature. For the more care to detail that you put into your visualization, the more explicit you are ... the finer will be the detail of the finished product, or healing, as it materializes in your life.*

*A prayer is the formation of words in such a manner as to help you do this. In prayer work a clear cut, clean mental picture is developed of what you wish to experience. You then accept this picture through the power of your affirmation.*

*In bringing this picture to life, emotion is the essential, the magic ingredient! You must want and believe in the reality of this thing you desire so deeply that you already feel the experience of it. Your total willingness to receive and accept it will then open the emotional energy centers within your physical body temple, and within your mind, to charge your mental picture with all the reality of life.*

*This is what is meant in the Bible when it refers to the Holy Spirit of the Holy Breath of God. For as this was applied to specific situations, life was literally breathed into those situations so that the people were able to experience them as reality.*

*In the Biblical account in Matthew (14: 17-21) of the story of Jesus Christ feeding five thousand people with five loaves and two fishes, we have a perfect illustration of such a demonstration being made in reality.*

*In all the stories of the ministry of Jesus of Nazareth, our Christ, you will find in them no account of where he ever doubted his ability to fill the needs of the people who came to him, no matter in what shape or form their needs happened to be.*

*Nor should you ever doubt your ability to do likewise! Recognize that when your mind is trained and filled with understanding of the way the power of the word works, you may take this same power and apply it in your life so that it will be a blessing to all people and to yourself in all situations.*

*Again quoting the scripture in Mathew (8: 13), our great teacher declared:*

***“and as thou has believed,  
so be it done unto thee.”***

*This is the most profound statement ever made regarding the action of the Universal Presence of God as Law, in man, by any person on the face of the earth.*

*To illustrate this: When you find out the truth of a situation, the way the person involved has actually been thinking about it, how he really believed it to be (if he be honest with you), you find invariably that his experience of the situation is exactly according to his belief about it and it doesn't vary one iota either direction, plus or minus.*

*For prayer work to be effective, your belief must be based on a rock-solid conviction that the Divine Law works! You must KNOW that through the power of your word, the creative Life Force of God will take your mental picture, energized through the intensity of your emotion (which indicates how much you really care about having it as an experience) ... then will demonstrate it for you.*

*But if you vacillate, if you swing from side to side one moment believing and the next moment doubting, you are in effect "praying two directions at the same time." Thus, your experience will not change.*

*You may not make a perfect affirmation and finish the affirmation by saying, "I certainly hope it works," and expect anything to change in your life! Because what you have just demonstrated is exactly and precisely your belief which is that you doubt anything will actually change. You doubt that the Power of the Law of God, spoken through your mouth, will really work upon the situation to heal and bless you and those you love.*

*Remember that God always says, "YES!" to you, in accordance with your gut level belief about what the outcome of your prayer will be. So speak your word in love, BELIEVING, that your healing (and any other blessing you desire) may be yours even in this day!*

*Having thus learned how to cancel error by the power of your spoken word, which is the symbolic action of the Christian Cross, and how to create joyful, beautiful life experiences also by the power of your spoken word ... let us go now to the third step that Jesus, the Christ, offered us:*

### **Step Three "And Follow Me"**

*Again, there is a question to consider: "How do I follow the Christ? By what thought or method, or with what mechanical action?"*

*My suggestion here is to take and use the same method you have just learned, the power of your spoken word. Do this by affirming perfection in every area of your life, but specifically in the area you are concerned with in this NOW moment of your experience.*

*Jesus of Nazareth, the Christ, not only spoke his teaching but he lived it by precept and by example. I believe that as he symbolized, embodied and demonstrated the potential perfection of every man, he was and is our Way Shower and that we, too, might emulate him by AFFIRMING the positive, the creative, the constructive, the perfection of any and every situation that we might be faced with in our lives.*

*In this way we will be following the Christ, the Perfection, the Saving Power which takes us literally out of darkness, out of limitation, the privation of the good, the sickness, the disunity of mind and emotion ... takes us to a place of LIGHT -- a place of understanding and wisdom, of compassion and love.*

*Such was the perfection that Jesus of Nazareth demonstrated, calling himself the Son of Man that we might more readily relate to him and endeavor with all of our ability to emulate his life, the life of creative service to our fellow man.*

*I believe that the word, "Christ," like the word, "Buddha," denotes a rank or degree of spiritual mastery. By following their example we, too, may gain our spiritual, mental and physical mastery.*

**To achieve this, start now to use the three steps offered to us by Jesus, the Christ:**

- Step 1: Deny your false ego self.**
- Step 2: Cancel error from your life experience by the power of your spoken word.**
- Step 3: Affirm the Truth of your Perfection, your Oneness with the Source of all Truth, Light and Love.**

*By taking these three steps as set out by our Master Teacher, and applying them in your daily life to every situation that confronts you, you will become the master of the situation rather than being subject to it. This releases you from every adverse condition so that you may maintain your total freedom.*

*Enjoy your freedom! Start now on the path of Light!*

*GOD'S LOVE KEEPS YOU ON THAT PATH. In this you may rejoice and give thanks that it is now so.*

**Also by Dr. Bill Townsend, *The Body Bible*. Available soon electronically from the Sedona Light Center. 928-284-5566.**