

108 - Secrets of Self-Discovery

By Gil Boyne

As you go deeper you are becoming more deeply impressed with the wonder of your own being. You are thankful that you exist. You know that you are a human being, and humanity is the highest expression of life on this planet. You are now developing a high sense of appreciation of yourself, and you are beginning to recognize that you are truly wonderful.

As you look deeply within yourself you can recognize a point of life which says, "I am. I exist. And I can look within myself." Now, that power which is aware of itself is called "spirit." That single awareness may be defined as your spiritual self. It is self-knowing, and it is self-directing.

At the point where you are aware of yourself you recognize that you have a desire to live, to exist, and to express yourself. You desire to be happy and to be free. There is no limit to the desire to live and to live forever--to live richly, abundantly, gloriously. Your desire takes many forms, but as any desire is answered you find that desire expanding. The more you get, the more you want. This makes your desire infinite in nature. It's without end.

Desire operates through all of nature. Life continuously desires to express and to experience itself. The plant desires to bloom. The tree desires to grow. The bird desires to sing. And the desire within you, a human being, actually is the desire of life to express. And so desire is as endless as life itself.

At the place within you where you desire there is also a belief which says, "There is an answer to my desire." You believe that given time and opportunity you can arrive at the answer to any desire.

Everything you do is in response to a desire. Your belief directs you in whatever you do. And there is no limit to where that belief can lead you. You may not be using it fully, but it is there. This positive belief in life is a condition of your mind.

Now, at the point where you think, where you experience desire, and where you express your belief you have a faculty called "imagination." You have the ability to make plans--pictures--in your mind. Your imagination is your plan-making department, and it is totally under your direction. There's no limit to your ability to use your imagination, for it's an infinite faculty. Some people do not use it very efficiently, but it's always there to be used. You can take an idea or

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the memory of an experience and join it with other ideas and memories and come up with a new idea. You have the power to associate ideas and to think them through to a logical conclusion.

As you look within yourself you also find a faculty called "inner guidance." Many times you've had a hunch or an inspiration which you knew without reason and without previous experience to be the truth, and when you moved out in that direction you discovered it to be right. There is within you a level or a faculty of your mind which leads you to be at the right place at the right time, to say the right word and do the right thing in the right way. As you recognize and fully trust this faculty and as you learn to be true to it and use it, there is no limit where your inner guidance can lead you and so it, too, is an infinite faculty.

Now, conscience is defined as an inhibiting mechanism or a mind faculty within you which would keep you from doing the wrong thing. It can keep you from hurting yourself or being untrue to the life principle within you. And this larger concept of conscience is an infinite faculty as well.

As you look within yourself you discover the quality of intelligence and even wisdom which is the creative use of your intelligence. While none of us experiences this quality as much as we might like, there's no limit to our experiencing wisdom. Infinite intelligence and wisdom is in within each one of us.

And also there is love. Now, many of us love the wrong person or the wrong thing, for people may express their love impulses in the wrong direction. Yet every one of us must love someone or something. The ability to love is limitless. We can experience love without limit and we can choose how and in what direction we will express it.

Within you is the quality of peace. It's always there ready to be experienced. And there's no limit to the peace which you can express.

Within you is the quality of beauty. Some limit their expression of beauty and some express it in a great and wonderful way. However much you may express beauty, there's never a limit on your further expression of it.

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There is also the quality of joy and happiness. When we're not experiencing joy it's not because there's no joy for us to express or experience; it's only that joy is not being expressed through us. Joy and happiness are always available without limit.

And so as you look within yourself you find infinite, never-ending qualities of intelligence, wisdom, peace, beauty, joy, happiness--in fact, everything that you want to experience.

Also within you are all of the faculties by which these qualities can be expressed such as awareness, desire, faith, imagination, reason, and guidance. These life qualities which you want to experience in your life and the faculties for their expression make up the very being which you are. These faculties and these qualities are you. These immortal, never-ending faculties and qualities are incarnated within you. In fact, they are natural to you. They make up your real self.

As you grow in understanding of yourself and in your ability to use these faculties and express these qualities of life, you expand into an experience of infinite life. Since your belief is without limit, your imagination is without limit, your reasoning powers are without limit, and since the love, peace, power, beauty, and joy within you are without limit, you can now consider yourself to be a limitless being.

In addition to the faculties and qualities that you've discovered within, you have the ability to choose and to decide. You can choose whether, how, and to what extent you'll use those faculties. And you can choose what and how much of those infinite qualities you'll express. This means through your ability to choose and to decide you can build the personality and the character you choose to build. Not only have you the inner power to choose, you also have the power to act in accordance with your choice.

These are all mental faculties and spiritual qualities to be used, expressed, and experienced by you as you grow in understanding of yourself. All of these qualities together with the faculties through which they may be expressed are awaiting your use. The only limit placed upon the expression and experience of this inner storehouse is the limit which you, yourself, place upon it.

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Now, each of these ideas has made a vivid, deep, and permanent impression on your subconscious mind. And each day in your daily life you become more and more aware of the full, powerful, creative expression of these ideas.

Trance Termination

Now I'm going to count from one to five, and then I'll say "fully aware." At the count of five, your eyes are open, you're fully aware then, feeling calm, rested, refreshed, and relaxed.

All right.

One. Slowly, calmly, easily, and gently you are returning to your full awareness once again.

Two. Each muscle and nerve in your body is loose and limp and relaxed, and you feel wonderfully good.

Three. From head to toe you're feeling perfect in every way--physically perfect, mentally perfect, emotionally calm and serene.

On **number four**, your eyes begin to feel sparkling clear, just as though they were bathed in cold spring water.

On the next number I count, eyelids open, fully aware, feeling calm, rested, refreshed, relaxed, invigorated, and full of energy.

Number five. You're fully aware now, eyelids open. Take a deep breath; fill up your lungs, and stretch.