

## THE HIGHER MENTAL BODY – YOUR CHRIST SELF

The Higher Mental Body\*, also called the Christ Self, of each one of you, is your **Discriminating Selective Intelligence**. As far as most are concerned that is all they know. The Higher Mental Body, however, is much more than that. Now remember your Higher Mental Body is a form of Blazing Light, wholly perfect. Notice, (see the Chart), your Higher Mental Body rests in between your human form and the "Presence". The Higher Mental body is the key, the way, to gain self mastery, to manifest Christ Perfection.

The Higher Mental Body knows what your individual thoughts and feelings are, what degree of discordant quality you have drawn about you or still hold about you. It knows everything about your past, and present. It knows or can access anything in the past and present anywhere in the universe. Because of the Higher Mental Body, understanding of what and where you are, it adjusts what you call forth. For instance, if you call for the power of bringing forth things from the universal energy, i.e. the power of precipitation, the Higher Mental Body knows if you could properly handle such a great power and the attendant energy. It knows if you are harmonious enough, loving enough, stable enough to handle this responsibility. If you are not then it does not release this power into your outer use.

The Higher Mental body is absolute master of the outer and inner world. It can create anything from the universal energy of the universe, it can dissolve anything on any level (physical, mental, aetheric, emotional), it can even make your outer self invisible, levitate, translate (move your outer body instantly from one local to another, etc.. All this if you have achieved Harmony and what you ask for is constructive. The Higher Mental Body is your key to total mastery of all energy, consciousness, and vibration.

Your Higher Mental Body always knows. If you were to decide on some great achievement and you did not know outwardly exactly what you wanted to do, then call; " 'Mighty I AM Presence,' send me forth like a rocket into the Achievement that I should have, and hold my attention so fixed upon that goal that it never wavers for a minute. No matter what comes before me, still that Focus is there". Your Higher Mental Body will guide you to your Achievement, because that is calling the Wisdom and Power and Love of your "Presence" into Action that could produce only that which would bless everybody concerned".

On the other hand, the Higher Mental Body doesn't care how positive you get. It won't be bossed around or bullied, but It will release all the Intelligence and Energy you want if you are firm enough about it and stay focused on your goal. Your Higher Mental Body, being your Discriminating, Selective Intelligence, knows every requirement necessary, knows exactly what to do when you make a Call. And if you will be firm in refusing to let appearances have power over you, then you will keep from re-qualifying this Perfect Energy, and It will flow forth quickly in response to your Call and produce Perfect Harmony in the body and in your world, and then the Achievement will manifest.

If the human in its lack of understanding has a wrong motive back of the call, then the Full Power of the Discriminating Intelligence in your Higher Mental Body knows of it immediately.

\* Note: This essay is a condensation of selections taken from thousands of discourses by the Ascended Masters that have information on the Higher Mental Body.

It will set into action those currents of energy, which annul whatever the mistake might have been, and bring perfection out of that which might have been a human mistake. This is the Power and Greatness of the Presence of which you will have the use and thus prevent all mistakes in the future, if you can but realize it.

Your Higher Mental Body knows ALL requirements and will release INSTANTLY from the Presence, EVERYTHING that you require, to produce Perfection in your world, if you will but keep your feelings harmonized LONG ENOUGH.

Direct the Higher Mental Body via the Mighty I AM Presence to stand guard over the feeling world, mental world, etc. Tell your Mighty "I AM" Presence to prompt the outer every time some disturbance tries to reach in and find action. Use the Violet Consuming Flame to dissolve the disturbance. You can talk to your Higher Mental Body just like you would to a friend, direct It, ask questions. With a set of related questions you can find out nearly anything you want to know. With twenty (20) directed questions you can find out anything about any particular topic. It can help you design and build anything constructive. Your Higher Mental Body has access to the entire universe.

Your Higher Mental Body, which is releasing and supplying the energy to your human form, never gets tired, never gets weary and It is always alert. The Higher Mental Body is always on guard. In this way, it is easy to handle all conditions that exist and give the assistance, because the Higher Mental Body is not limited in the Rays of Light It can project forth. It is not limited in the quantity and Power of the Life which goes through in that Ray of Light. This is the individual Supremacy and Power of Light.

The Higher Mental Body is the Arranger of Life. As you give attention to your "I AM" Presence, your Higher Mental Body, knowing all that is required for you and what to do, releases Help in answer to your Call. The Higher Mental Body is the Power, the Intelligence which acts at the Direction of the "Presence". An unascended person's "I AM" Presence knows nothing about your troubles down here, but your Higher Mental Body does. After a person makes his/her ascension the Presence, the Higher Mental Body, and you (purified) then act as One.

YOUR HIGHER MENTAL BODY IS THE DETERMINING FACTOR IN WHAT TAKES PLACE IN YOUR LIFE AND WHAT CAN BE DONE FOR YOU! THERE IS NO OTHER AUTHORITY! The Higher Mental Body receives that Authority from the "Presence." Now follow this closely! Your Higher Mental Body goes to the "Presence" when It wishes to have Directions, i.e. authority for you in the human octave. The Higher Mental Body ascends to the "Presence" and talks to the "Presence" the same as someone would stand and talk with you.

Therefore, try to see how practical all of this is. If you will understand and realize your Higher Mental Body is the spokesperson, is the dispenser of Power and Energy to you, but It never acts of Its own Self. It acts through the Direction of the "Presence," ascending into the Octave of the "Presence." That is why the "Presence" never knows one single thing about what is to be done down here, about your troubles and all the conditions; because the Higher Mental Body never refers to the "Presence" any discord down here, but It says to the "Presence": "Now what can be done for these conditions that are required?" It is a condition of the activity of energy governed by the vibratory action set up, but It neither refers to your personality or to the existing conditions which It wishes to have remedied.

If you ask your Higher Mental Body to stand guard over you, prompt you, and make you alert to every condition, and cause you to understand what is necessary on the spur of the moment, you will soon be acting in perfect accord with all your "Presence" requires to dissolve and consume conditions and set yourself free from them. Call on the Law of Forgiveness, and ask that they be dissolved.

Your Higher Mental Body is a Body of Blazing Light, Purity, and Perfection from whom you can have the answer IMMEDIATELY to every call you make as soon as you stop generating inharmony within your feelings. It would naturally flow forth and cleanse and purify, but when you understand your "I AM Presence" and then make earnest determined call. You DO NOT have to wait for the Natural Activity of Life to act in Its gentle way. You can release Its Greater Power for you, at your call, the Power of Life MUST respond! It cannot fail you in a single instance!

The "Presence," through the Higher Mental Body, has provided the Light Pattern through the atomic structure of your body. That is the Real You, not the covering; because, unfortunately, you have covered it with great density; otherwise your Light would shine through! If you get harmonious this perfect pattern can manifest and you stand forth in eternal youth and beauty.

As a general activity, every morning when you get on your feet after awakening, raise your hands to the Presence, and charge your body with the limitless energy you require for the day. Call the Higher Mental Body to sustain that energy in whatever you need for the activity of the day; and you will never be tired in the world. There is not a thing in this world of human creation which can say No to your Presence, not one thing! That Presence is the Authority of the Universe, as well as your world; and when you give It the chance, the Authority to act in your world, It will do it! It will establish Eternal Youth and Beauty in your form! Don't yield to anything else!

Once mankind comes to understand that the Higher Mental Body is the All-power of the Presence, you will know that your Higher Mental Body can come right here and make Itself visible to you at any time It chooses. It can enfold you in Its Presence and make your physical body an Invincible Power against anything in the outer world! I have seen it done time and time again! Your Higher Mental Body can speak to you, just like someone talking to you, when the obstruction in your feeling world is sufficiently cleansed and purified.

Your Higher Mental Body is your Christ Self and provides a way for you to manifest Perfection. Call to It, Talk to It, Command it to clear your limitations out and manifest Its Christ Perfection in you and your life.