

Application #1A – Truth Recognition

This tool illustrates the effect truth has in your mind. This entry continues from the previous element – the introduction. It elaborates on the definition of the ‘laboratory’ or the area of application of this series. In addition, this exercise introduces to you how truth affects your mind, when Truth is present in your mind.

Exercise 1A – Truth recognition, ring that bell!

Be advised, this exercise is the beginning of the first chapter and opens up I AM A I text; consequently, this exercise is orientated to somebody reading that text.

However, this application is relevant to any spiritual or philosophical treatise/dissertation that you read/hear; and, that treatise/dissertation has truth in it. The effect will be the same; therefore, this exercise would be applicable then.

A mystic works with metaphysical laws just as a technician works with physical laws. The laboratory for the exercises in these applications is you-behind-the-eyes or you-between-the-ears – your mind. Here is an example of how this will work.

To paraphrase a quote from the Buddha, you are not to believe anything you read, hear, or see in writing unless something deep down inside you quietly responds and says; "Yes, that's true." It does not matter if you think it may lead to some kind of divine revelation or come from a Divine source. Do not believe it unless something quietly *responds* deep inside you – a quiet yes. Quietly means; there is no emotional content. Emotion may occur after the 'event', and the 'event' itself occurs without emotion.

Truth, being the laws of Creation, is at the very core of our being. When we hear a symbolic reference to it, our mind makes the connection to Truth and something deep inside us responds. This can be looked upon as a form of sympathetic resonance.

Now and then, I AM A I will refer to this quiet *response* as ‘truth ringing’ or ‘truth bell’ inside you. If any information from this text comes along and that bell does not immediately ring, let it go for now. You may however, want to set the information aside on a shelf within you and wait; do not make any judgments. It could be your perceptions are not open enough for that Truth to enter.

‘Higher’ Truths will not be perceived unless some ‘lower’ truths are perceived. For example, it is recommended to teach basic math operations (+, -, ÷, x, etc.), before you teach trigonometry. After an individual learns the requisite math operations, then trigonometry is possible.

If you choose to use this information in its originally intended class format, get a notebook. The inside of the notebook cover should be divided into four parts. Each quarter has a different label. One label would be In, one label would be Out, one label would be Mine, and one label would be After.



Figure 1-1 Keeping Record

What do these labels mean? Please refer to Figure 1-1. Whenever that 'truth bell' rings within you from something inside a book, you would make a slash mark under In. If you heard something outside the

book that rang that bell, you would make a mark in the Out box. When you realize something inside yourself, by yourself, and the bell rings; then you would make a mark under Mine. After was for when you were done with the book and the notebook may become a journal.

It is understood that what you are being asked to recognize is ever so subtle. And...there are some indications that this event has been occurring consistently:

- When continually hearing truth, the consciousness change in the hearer can be interesting. This consciousness change expresses itself in different ways. One way can be the listener agrees with every word spoken, perhaps accompanied with a sense of peace and wholeness; and, is unable to remember what was said.

This consciousness change can occur to such a degree; that even though the listener agrees with everything being said, they will not be able

to remember what was said. They may just have an idea of the general context. They only know; they agreed with what was said.

- ❑ A reading symptom of truth presence in the mind that appears is similar to hearing the truth. You are absorbed, agree with everything read, and cannot remember what is being read.

In both cases, higher priority mental operations (cognition and knowledge) are taking precedence over lower priority mental operations (memory).⁹ The truth ringing mechanism can interfere with the reading mechanism.

- ❑ Another reading symptom is when reading truth, the consciousness change can become like a rain on the face analogy. A light rain on the face may feel refreshing, and yet, most people can only take so much of it. Too much rain can feel overwhelming.

One problem with this last example of reading truth is a tendency to put the book down. Usually, this is done to absorb what has been read. If I A M A I is doing its job right, you may be setting the book down on a regular basis. This, in turn, can make that book slow reading.

The main idea of this exercise application is to get you to be familiar with the truth-ringing concept; that an event occurred within you, to feel it, and to learn to recognize it.

For you, the reader, a goal of the exercise may be achieved if you had a pad of paper and a pencil next to you as you are reading a spiritual or philosophical text. Every time you read anything in the text and there is a resonance or response within you, make a hash mark on the pad. By the time you reach 10 to 15 marks, you may have an idea or a feel of this response mechanism to truth. This exercise's purpose will be achieved as long as you recognize 'something' occurred.

It may not be important to know or to indicate what the concept or the thought was. Just that you recognized it happened. You can write it down if you want. However, within an oral class format it could become counter-productive to learning; it splits the focus.

The main intention of this application is to get you to recognize your own mechanism, how you respond to truth, or how truth affects you...deep inside. The response is the important concept; that which keyed the response is of lesser importance for this application.

⁹ I A M A I, Chapter 4

When this exercise series is used as a personal self-help, the Out and Mine boxes are equivalent to keeping a journal for anything. (In addition, it is recommended that you keep a journal or notebook for this set of exercises; however, it is not absolutely necessary.)

Because you probably will not be walking around with a notebook, the Out box may not be marked until you come back to the notebook. ("I heard something 'heavy' today.") For this exercise, only 5-10 hash marks are required in the Out box.

Again, the idea here is to recognize an event occurred inside you. A later exercise will cover Mine. *Application 4* will introduce to you how you can perceive your own truths and possibly 'ring your own bell'.

Again, this exercise is applicable to any writings and/or dialogue or monologue that has truth within it.

This application is to:

- **Accumulate 10 - 15 hash marks in the In box.**
- **5-10 each in the Out box and the Mine box.**
- **After 20 hash marks, you could stop because you may be somewhat familiar with this quiet sense.**

To summarize this exercise, your mind is the 'lab' and you are asked to recognize an event occurred in the 'lab'. Do not accept any theory from this text (or any other source) unless there is a quiet response inside you. This also means do not summarily reject the idea either. The idea is to cultivate a 'watching and waiting' attitude to the text and your response to that text.

