

THE DISCOVERY OF  
SELF-MASTERY

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The goal of self-mastery is obtainable for human mortals who are sincerely God seeking. The achievement of personality unity through increasing spiritual dominance of the Thought Adjuster is the way we evolve into self-control. It is a process as finite mortals, being of time and space, that is obtained through evolution. The discovery of self-mastery is an onward process. As individuals, we experience the amazing discovery of self. We are all unique personalities. Let us as unique persons make the beautiful discovery of self-mastery. It is possible to achieve self-mastery during our sojourn on Uranita.

"The consciousness of a victorious human life on earth is born of the creature faith which dares to challenge each recurring episode of existence when confronted with the awful spectacle of human limitations, by the unfailing declaration: Even if I cannot do this, there lives in me one who can and will do it, a part of the Father-Absolute of the universe of universes. And that is "the victory which overcomes the World even your faith"." (Page 59)

To become master of the self requires unification of the personality through the balance of the physical, mindal

Unless otherwise note, quotations herein are from The Urantia Book.

and spiritual engeries. The balance of these engeries enables a person to achieve unity of the personality. The personality is harmonious and can be very creative and expressive. The self is able to live the daily life in a positive way when the three engeries are in tune, allowing the self to be receptive to our Thought Adjusters. Being in closer contact with the indwelling Spirit allows us to be of more service to our fellow man. We are becoming less self-centered and less self-contained. The balanced and unified personality is able to make wise decisions and complete them in actions.

"The possibility of the unification of the evolving self is inherent in the qualities of its constitutive factors: the basic energies, the master tissues, the fundamental chemical overcontrol, the supreme motive, the supreme goals, and the divine Spirit of Paradise bestowals the secret of the self-consciousness of man's spiritual nature."

"The purpose of cosmic evolution is to achieve unity of personality through increasing spirit dominance, volitional response to the teaching and leading of the Thought Adjuster. Personality, both human and superhuman, is characterized by an inherent cosmic quality which may be called "the evolution of dominance" the expansion of the control of both itself and its environment." (Page 1229)

As a mortal personality journeys in the evolution of time and space, the being is becoming cognizant of the evolving self. The attainment of the seven psychic circles are necessary for the growth of awareness. We proceed from the seventh to the first circle in the attainment of self. The Adjuster is always near us as we are advancing the circles of achievement. The accomplishment of the first psychic circle is possible personality unification; the balance of the material, intellectual and spiritual engeries.

We as finite creatures are becoming masters of the self internally and also masters of the external environment. The self-mastery process is done from within the mind arena through the guidance of the Thought Adjuster; and the external environment procedure in developing mastery is through the help of the guardian seraphim by promoting circle-making decisions by stimulating the mortal mind through his environment.

"The psychic circles are not exclusively intellectual neither are they wholly morontial; they have to do with personality status, mind attainment, soul growth, and Adjuster attunement. The successful traversal of these levels demands the harmonious functioning of the entire personality, not merely of some one phase thereof. The growth of the part does not equal the true maturation of the whole; the parts really

grow in proportion to the expansion of the entire self-the whole self-material, intellectual, and spiritual." (Page 1209)

As a finite being, I find one of the most difficult parts of the material self to balance is the emotions. Certain of the lower emotions such as fear, anxiety, jealousy and etc. can cause the physical organism to go out of balance. The negative emotions cause chemicals to be released within the body which effect the smooth running of our internal systems. The more control we have over our negative emotions, the more control the self has. As well as the internal, the external surrounding environment has an effect on our electro-chemical organism. The positive emotions such as laughter, love, joy, peace and etc. definitively have a chemical effect on our being as well as the negative emotions. The positive emotions allows the physical organism to function more freely, where the negative emotions tends to act as a breaker within the mortal personality and does not allow the organism to function properly.

"Your transit<sup>ed</sup> and ever-changing emotions of joy and sorrow are in the main purely human and material reactions to your internal psychic climate and to your external environment." (Page 1192)

The increasing unification of the personality is becoming God conscious. This takes place on the following three levels I have mentioned earlier:

1. Intellectually - The quest for knowledge.
2. Philosophically - Sense of moral duty.
3. Spiritually - The religious experience.

The God awareness of the self results when the personality experiences a higher consciousness. The mortal being is in harmony with his indwelling spirit. A person in synchrony and in communication with the Father is becoming neither self-centered and neither self-contained as the Father. As a finite being, the balanced personality is able to be of service to the Universal Father and to the brotherhood of mankind. We are becoming masters of the self; we are able to be of service to our fellow brothers. We as finite beings are truly advancing to perfection by doing the Father's will; sharing our being with the Father, and in turn sharing the divine love of the Father with our fellow mortals.

Jesus said, "Your secret of the mastery of self is bound up with your faith in the indwelling spirit, which ever works by love. Even this saving faith you have not of yourself; it is also a gift of God and if you are the children of this living faith, you are no longer the bondslaves of self but rather the triumphant masters of yourselves, the liberated sons of God." (Page 1610)

Our individual Thought Adjusters are leading us through our time and space journey to the highest attainment we can make in this mortal life by becoming aware of the Father. If only we would be more willing and cooperative with their divine leading, we as mortal beings could be progressing toward self-mastery.

The Thought Adjusters come to indwell our mortal minds when we make our first moral decision. Before they come to indwell our minds, they are issued a personality forecast on Divinington. There they study for a period of time our genetic background before the actual indwelling of our mortal minds.

What a beautiful gift. The Father has shared a part of himself to be a part of us. What a great day when we receive our individual Adjuster, our own personal pilot. He is our pilot, ever leading us to God consciousness. We certainly would never have the opportunity to strive for mastery without the faithful guidance of our Adjusters.

The Adjusters help guide us into understanding awareness of our own personalities. Our Thought Adjusters have studied our personalities on Divinington before the indwelling of our finite being. He knows us even before we ourselves do. Our Thought Adjusters are able to communicate

with our personality (our unique individual self) directly when we have obtained the first psychic circle. Why is this communication possible here on the earth plane? It would seem to me as a finite being when we break through the first circle and have communication with our Adjuster, we are more God conscious if we so choose. If we have our engeries balanced and in harmony (spiritual, physical, and mindal), these engeries are unifying the personality, then we as finite beings can be masters of the self. With mastery of the self on the mortal earth plane, the calling of the Father to higher levels of advancement would be evident to the mortal personality.

It would appear to me as a finite being, once you have completed the first circle, you would be ready for Adjuster fusion. The circles are completed, the mortal development is over on this sphere (our finite beginning). The Adjuster has led the mortal being to the preparation for fusion through personality unification. On we go to higher levels on the mansion world toward becoming more conscious; toward becoming more spiritual.

From what I can tell from my own personal experience, the self-identification conquest of the mind attunement with the Adjuster is a difficult process. It appears to me, we are led into difficult situations to help us master the circles



of attainment. The difficult process of mastery is balancing the engeries to where the personality is unified and communication with the Adjsuter is possible.

I am most balanced when I feel the presence of the Father. I experience love. The love within is so over flowing. It cannot be self-centered or self-contained. It is to be expressed to my fellow man. You just want to give, be of service to someone in need as they might chance to pass by. Being more God conscious makes one less aware of the self and more aware of other persons. You~~r~~ are becoming more aware of the brotherhood of man. It seems to me the personality is becoming balanced when you are able to do the Father's will and your perfection as a finite mortal is being expressed through the God awareness; something more than just a mere mortal state.

When I was younger, I slowly discovered the belief in evolution. I was becoming conscious of my human evolutionary existence. I little realized during the earlier part of my life I had evolved from an animal backround up to the highest species on earth. That <sup>realization</sup> ~~recognition~~ has helped me immensely to be more patient with myself and my fellow man. To realize we are finite beings of imperfection on the journey to perfection, with our perfect guides from Paradise, we are able to master our evolutionary existence, as mortal beings to progress to a higher level to the next level, the morantia plane.

We have to be spiritually receptive to the guidance of the Thought Adjuster. We can either accept or reject by our free will decisions to be guided by our faithful Adjuster.

Jesus was 31 years old when he mastered his human mind and completed the seven circles of achievement while on Mount Hermon. He experienced the circle achievements and God consciousness as a human mortal. The life of Jesus is the beautiful example to each one of us as individuals that we to may have self-mastery.

I think by reading The Life and Teachings of Jesus from The Urantia Book certainly may enhance us an individual; to realize he was truly human and had human experiences just as we do. He did not have a life of ease. He too, had many disappointments to face as a time and space finite being. He achieved and gained his personality unity as we mortals have to achieve ours. How amazing to be able to do this by age 31. His determination, work, actions, decisions, efforts are what made his unity of personality possible.

I know he did this by his own will of personality. I would think he learned much through his human experience by his mutual contact with his fellow mortals. He was not an isolated personality. His contact with his mortal companions also helped his achievement of personality unity. He was a keen observer of his fellow man and he understood them through study and mutual association. He learned so much by

being with and a part of society. To become master of oneself requires the mutual contact with our fellow mortals. The mastery of the self is not done alone. By mutual contact our character is developed and we grow as individuals by being with other individuals. An isolated personality will certainly never progress to the actual presence of the Father.

As a young child, I knew Jesus was a beautiful and loving person. I have always had the greatest respect for him. I can remember a friend once asked me if I could be like someone, who would I most like to be like? My reply was Jesus. I know why I responded <sup>with</sup> that answer, because he so dearly loves us. I am pleased that I have had this recognition early in my life. I have sorrow for those who have such a difficult time spiritually accepting and recognizing that we do have a heavenly Father, as Jesus so faithfully lived in his earth life as an example to all personalities for all worlds that we are the Sons of God; and that by living faith we can overcome this finite existence and go to higher planes of perfection.

"The indwelling Thought Adjuster now led Jesus to forsake the dwelling places of men and betake himself up to Mount Hermon that he might finish his work of mastering his human mind and complete the task of effecting his full consecration to the remainder of his lifework on earth."

(Page 1492)

"Jesus spent the last three weeks of August and the first three weeks of September on Mount Hermon. During these weeks he finished the mortal task of achieving the circles of mind understanding and personality-control. Throughout this period of communion with his heavenly Father the indwelling Adjuster also completed the assigned services. The mortal goal of this earth creature was there attained. Only the final phase of mind and Adjuster attunement remained to be consummated. (Page 1493)

"Jesus became absolutely assured of his nature and of the certainty of his triumph over the material levels of time-space personality manifestation." He fully believed in, and did not hesitate to assert, the ascendancy of his divine nature over his human nature." (Page 1493)

The main development<sup>2</sup> in self-mastery is doing the Father's will. I surmise there are steps one goes through in becoming aware of a deeper understanding of what the Father's will is all about. I have heard many people ask the question, "What is the Father's will?" We each have to learn what the Father wants us to do. We have free will as mortal beings. Our decisions and by our actions determines the effect of will. The more of an understanding we have of the Father, the more we are able to effect the Father's will. When we are sharing our life with the Universal Father and are being receptive to

his love, we are uniting our will unto the Father's will. Through this union of love the united function of will is so overflowing, it is shared and given to other persons. How beautiful for the Father to share himself with us and in turn what joy it is to be able to love and share our personality with others.

The greatest of all spiritual realities is love. When we are sharing this love with our fellow man, we are spiritually able to be in the highest reality. Our total being is able to cope and deal in life situations and difficulties on higher levels of function. I believe the fruits of the spirit are able to be manifested in the personality. Our strength of personality is unified through the divine cooperation with our Thought Adjuster.

The attainment of self-mastery is not instant. It is a slow but sure process. If each of us is going to make the Paradise journey, self-mastery is necessary. It is the only way attainment to perfection is possible. Mastery is an onward manifestation of the personality in his journey back to the Perfect Being. What a challenge to become master of the self! We as finite beings, have the opportunity to go through life on a progress to perfection. Only through the

journey in this life or in the future life can we achieve the Father by cooperation with the Father. We are on an amazing journey!

Our amazing journey begins with our birth. We come into this life through the will of our earth parents. We develop and grow through their guidance in our early childhood. Their guidance and love has an effect on our lives as we are maturing into adulthood. How important to be a parent. What an honor to bring a child into the world. We have an opportunity through our mortal birth to advance from our finite beginning to perfection.

Our heavenly Father has endowed us with many gifts: Our personality, our Thought Adjuster, the Spirit of Truth, the Holy Spirit and even the Urantia Book are some of the tools we use to help us in our earth struggle, journeying on to higher levels past this earth plane to our next level, the morontia plane.

Our life we live on Urantia is a difficult one; but through our struggles we overcome our difficulties and grow into stronger and more stable persons. Some of our difficulties are what will make us future teachers of tomorrow, allowing us to be of service to our heavenly Father and to our Fellow beings.

We as individuals are on an everlasting journey to perfection as imperfect and finite beings. We make our decisions by our action of will. Our will determines whether we will make the amazing journey to the eternal life, through the mastery of self - God consciousness.

"The doing of the will of God is nothing more or less than an exhibition of creature willingness to share the inner life with God--with the very God who has made such a creature life of inner meaning value possible. Sharing is Godlike---divine. God shares all with the Eternal Son and the Infinite Spirit, while they in turn, share all things with the divine Sons and spirit Daughters of the Universe."

"This choosing of the Father's will is the spiritual finding of the spirit Father by mortal man, even though an age must pass before the creature son may actually stand in factual presence of God on Paradise. This choosing does not so must consist in the negation of creature will--"Not my will but yours be done"--as it consists in the creature's positive affirmation. "It is my will that your will be done." And if this choice is made, sooner or later will the God-choosing son find the inner union (fusion) with the indwelling God fragment, while communion of the personality of man and

the personality of his Maker, two personalities whose creative attributes have eternally joined in self-willed mutuality of expression--the birth of another eternal personality of the will of man and the will of God. " (Page 1221)