

NOTHING CAN HURT SOUL

Whatever you do, **never allow any thought to come in that can harm you in any way, because you are Soul. You are eternal—and nothing can hurt Soul.**

If you fix this strongly in your consciousness, you build the outer protection so that nothing can come through. You have to know and understand that this is one purpose of the word that you use. You create a spiritual foundation where you become so strong that no matter what comes up, you instantly remember to chant your word. By doing so, you open yourself to the full help of Spirit that is already around you and available to you. What it does is open the flood-gates of your understanding.

This is why we speak of the circles of initiation. If you are an initiate of the Second Circle, it opens you to the circle of awareness which corresponds to the degree of help you are able to accept from Spirit. When you get to the Third and Fourth, correspondingly you reach a greater circle of awareness of the help you can accept from Spirit, which is already there. This is what is meant when the Master says, "I am always with you."

Your word helps you to open in finding the best doctor, dentist, or nutritionist you can. That's how we do it here in the physical world.

That's what I do too. In the year before I got this job, I really didn't have time to study health matters, and I didn't exercise. Eventually I found that I had to catch up on my nutrition and exercises, because this physical body has to be a good vehicle. We keep it in the best shape we can.

There are times you're strong and times you're weak. When you're weak, you figure out how to get your strength back up, how to work with what you have, and how to get the most mileage out of yourself.

—Sri Harold Klemp

**Remember to
chant your
word.**
