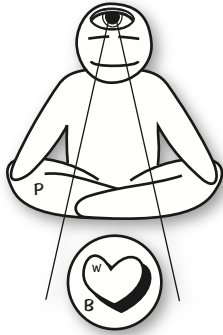


One of the most misunderstood aspects of higher spiritual teachings is the activity of *worship*. It is often dismissed as a traditional religious practice that is not relevant to modern students of Truth. However, this is not the case.

## My Worship Requires My Full Attention



Worship is the activity of giving our full attention to something. In a traditional religious sense, the subject of our worship might be some sacred person such as Jesus, Buddha or Mother Mary. In a higher spiritual sense, what we worship might be the divine essence or state of consciousness that traditional religious figures exemplified. However, in a very ordinary sense the focus of our worship can be any real or imagined object, condition or circumstance in our lives that we give our full attention to. The fact of the matter is that we all have things that we worship, from movie stars to cosmic mysteries. The only question becomes: "What are we giving our attention to?"

## What I Worship I Will Become



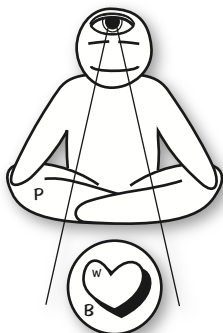
We set ourselves into agreement with anything that we give our attention to, whether it is something desirable or not. By giving something our attention we are *agreeing* that it is a *reality* in our lives. Since agreement is an aspect of love, and love is the 'awareness of oneness,' it follows that:

*'What we worship we will become.'*

This simple statement is known as the '*Law of Worship.*' It basically describes how we absorb, and are absorbed by, whatever we give our full attention to. This is indeed an extremely profound facet of life, for it enables us to change what we are by choosing where we will place our attention.

## I Can Choose What I Worship

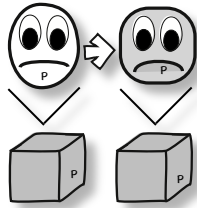
I Am That...



What sets us apart as human beings from all other creatures is the ability to direct our attention where we choose. Consequently, we have the means to change ourselves into whatever we want to be in terms of the quality of our life experience. In this regard, it is important to realize that we are diminished whenever we give our attention to that which is less conscious than we are. However, we can also be resurrected and '*made new*' by placing our attention on that which is greater than ourselves, which is the Divine. Therefore, it is important to remember that our attention will go where we *intend* it to. So, if we set intentions to express the '*divinity within us,*' our *attention* will be directed to reveal the presence of God in our lives.

It is important to realize that there are two distinct facets, or faces to the Law of Worship. One will lift us up in consciousness, and the other will pull us down into the lower regions of our being. Consequently it is imperative that we understand the functional distinctions between these two faces.

## 1) What I Worship Outside of Myself I Become

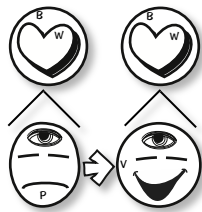


*"Be not conformed to this world, but be transformed by the renewing of your mind, that you might prove what is that good, and acceptable, and perfect, Will of God."*  
-Romans 12:2

Esoterically, that which lies below us in consciousness, always appears to be outside of us, in the world of our senses. Therefore, when we Worship what is below us in consciousness, we are drawn into its nature, and we start to become like what we have Worshiped. Consequently, when we only worship the World, we conform ourselves to the nature of the World, which always exists at a lower state of being than our own Higher Wisdom Self, which is Divine. More importantly, when we Worship that which is below, and outside of us, our Will becomes subordinate to the will of what we have Worshiped. This in turn, will always produce a diminished expression of Life, simply because we have limited our view of Life by entering into a lower state of being.

The appropriate way to interact with that which is below us in consciousness, is to teach it to Worship us. We do this, not for our sake, but for its sake, so that whatever is below us in consciousness might be *'lifted up'* into a higher state of being, as described below.

## 2) What I Worship Inside of Myself Becomes Me



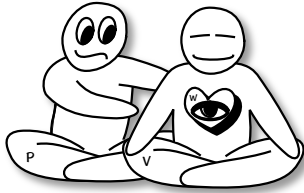
*"The One served by inward beholding gives for our former nature Its own Nature"*  
- Emma Curtis Hopkins

Esoterically, that which lies above us in consciousness, always exists within us, as our Higher Wisdom Self, which abides in the Kingdom of God that is within us. (Luke 17:21). When we Worship that which is above us in consciousness, we draw It into our being, and It begins to express Its Nature through us, and Its Good Will becomes our own. Consequently, when we give our full attention to the Divinity that lies within us, which is Christ, we will always produce a more abundant expression of Life. This is because, we will have an expanded view of Life from a higher state of being, through which our Heavenly Father can do His mighty works, from the *'inside out of us.'*

Therefore, it is important to remember, that *'the solution to every human problem is to stop worshipping the problem, and worship God instead,'* and the only place that we can find the Consciousness, or Light of God in this world, is in our very own Heart, and in the Hearts of our Neighbors. This is why Jesus told us that we must first *"Love God,"* who exists at a higher state of consciousness within us; and then we must *"love our neighbors as ourselves,"* for this is where we will find the Light of God in this world. (Luke 10:27)

The Law of Worship states that 'we become what we worship.' However, this process of becoming does not happen all at once. It takes place in three distinct stages as described below.

## 1. Aspiration – 'I Want To Be Like...'



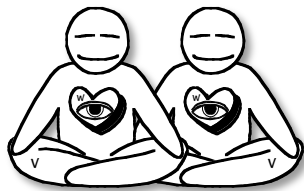
The beginning stage of worship is when we *aspire* to be like someone else. It might be someone that we personally know, or it could be a prominent individual within our modern culture. Ideally, it would be some great historical person of archetypal significance, such as Jesus or the Buddha. What takes place is that the '*divinity within us*' recognizes itself in the countenance and character of someone outside of ourselves who seems to be somehow better or greater than we are. In turn, we are *inspired* to become like them. This phenomena is often referred to as '*hero worship*,' and is an integral part of our own spiritual evolution.

## 2. Imitation – 'I'm Trying To Be Like...'



Once we aspire to be like someone whom we admire, we then begin to duplicate their nature. At a superficial level we might simply mimic their dress and demeanor. However, at some point the power of our worship will cause us to emulate the noblest qualities of their character. In other words, we imitate their nature with a view towards duplicating or exceeding the qualities that we admire about them. This is when true change comes about within ourselves.

## 3. Identification – 'I Am Like...'



Identification is a psychological term that essentially means '*to become identical to something*.' In essence, it is the experience of Love, which is an '*awareness of oneness*' with the object of our attention. In this sense, the Law of Worship is the mechanism of Love, for the ultimate outcome of worship is to '*forget about ourselves*' and become like the one whom we are worshipping. The fastest way to come into this state of being is to *affirm* that we are *like* the object of our worship from the beginning stage. The other essential activity that quickens the process of identification is to forgive whatever resentments we hold towards those who seem to be unlike the person that we worship. This is extremely important since the '*dark side*' of the Law of Worship will just as easily cause us to become what we hate, for nothing *binds* our attention to something quite like hatred.