

## *Minister's Letter*

### Minister's Letter

February is the LOVE MONTH. And, since Love is an attribute of God, we know that Love maintains and sustains us all year long in all our experiences.

The Legend of St. Valentine may or may not be totally factual, but it is a lovely story concerning a Christian Priest who lived in Rome in the third century and who was jailed and put to death for performing Christian marriages, which were banned by the King. But, before he died, he wrote to each young couple he had wed sharing his unconditional love and his faith in God.

Valentine's Day emphasizes romantic love; however, we know that is only part of the expression of love we see everywhere. Even our Valentine cards are given to all people we love. So, we are also talking about Divine Love, the Self-Givingness of Spirit that is blessing us in all our relationships unconditionally and all-including, which also includes self-love.

The following Spiritual Mind Treatment was written by Rev. John Scott from the Kingston, Jamaica Center for the February 2014 issue of *Creative Thought*.



Please accept it as my Valentine to you:  
LOVE IS MY REASON FOR BEING

God is Love. It is the one Divine activity in the Universe and It is everywhere equally and evenly present. Created in the image and likeness of Love, I understand myself to be the living embodiment of Its gentle beauty and selfless goodness. Love is my reason for being.

Today, I am lifted into the consciousness of pure Love and my every action reflects a deep inner knowing that this cohesive energy unites me with all of Life. Burning like an eternal flame in the sanctuary of my heart, Love warms and welcomes all whom I meet, healing everything unlike itself in my world. Giving It full and free expression, I allow It to radiate from my grateful heart, blessing all, honoring all, loving all, as It returns to me in a ceaseless flow of unlimited joy.

Deeply in tune with the Universal energy which expresses through me as perfect Love, I surrender to Its awesome beauty and release my word to the Law of Mind, grateful that with Love as the way of my heart and the heart of my way, every day is truly Valentine's Day. And so it is.

*Blessings of Light, Love and Peace,*

*Rev Lynn*

Sequim  
Center for Spiritual Living

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Kathy Purcell, R.Sc.P.

Sequim Center for Spiritual Living  
Sunday Services  
10:00 a.m. Currently on Zoom  
Pioneer Memorial Park, Sequim  
For information contact:  
Rev. Lynn Osborne  
iamlynnosborne@gmail.com  
or visit us at  
www.cssequim.org



*I set my bow in the clouds  
and it shall be a sign  
of a covenant between me  
and the earth. – Genesis 9:13*

## EDITOR'S ESPRIT

Dear Friends,

Blue and I were on our morning walk the other day and the word *University* popped into my mind—an institution of higher learning. Actually, it was the first letter—**U**—the stuck out. Immediately afterward, the word *you* popped into my mind. Before I could ask why, the answer came—You have the ability for higher learning. And the education can come not just from reading books or articles, or from watching TED talks. You can learn from everyday things, everyday interactions, everyday situations.

My mind flashed back to the late 90s. My 13-year-old Labrador/Golden Retriever, Gingher, crossed the rainbow bridge the day after Thanksgiving. At that point in my life, I hadn't had anyone close to me pass away, and it was before our Sequim Center for Spiritual Living was started. Even though we had a second dog, the loss of Gingher hit me hard.

During my time of grieving, I was talking with a friend and she said something that changed my mindset. She said that when love leaves you in one area of your life, it shows up somewhere else. Wow! After that, I still missed Gingher, but I started looking for love in other places—in all places. The result was I found it! Love was all around me. This new thinking helped me to not only see love in new places, it helped me recognize the love Gingher and I shared was still there. Love is eternal; it is our essence. When we look through the prism of love we see the many facets of it. We are each individual, but part of the whole. We disperse the light of love out to the world.

Perhaps these thoughts came to mind because we are in February, the month that brings us Valentine's Day. It is a month we focus on love and caring. It doesn't have to be heart-shaped boxes and roses. Though those can be symbols of love, there are other simple ways to express it.

A week ago, I was heading to the entrance of Costco. I noticed a young woman disinfecting the carts. I got close enough for her to hear me and I said, "Thank you for helping keep us safe." She looked up at me somewhat startled, smiled (I could tell by her eyes), and said thank you. That was a simple act on my part, but it dispersed the light of love, and in the process, it brought joy to the Costco employee.

In this time of seeming uncertainty, there is one thing that is certain and consistent—Love. It connects all of us. While we are dispersing love, we continue to learn. Our University is the Universe, filled with endless loving possibilities. As we learn we move to a higher level of consciousness and even more love shows up in our experience.

Light and Love,  
Kathy Purcell, *Editor*

**"Every man feels instinctively that all the beautiful sentiments in the world weigh less than a single lovely action." ~Author Unknown**

## I BELIEVE IN LOVE

by Rev. Deb Nygaard

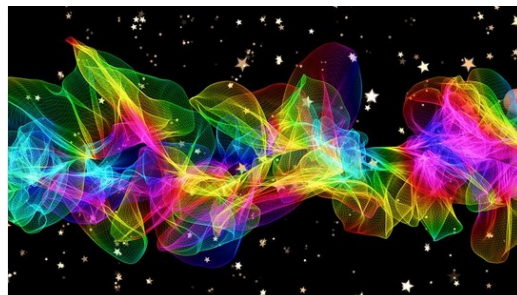
I Believe in Love

“The love for my own self is inseparably connected with love of any other being.”  
Erich Fromm- The Art of Loving.

The highest God and the innermost God is one God. God is Love. Love is God.

This Essence is in all of creation from the tiniest particle to the Universe and beyond. It is everywhere present, all knowing, and all powerful.

This Presence is me and I am this Presence. Being a creation of One Mind, all the attributes of It are in me. I am an inter-being of Love connected to all through All.



I think, do, and act from Love, through Love and in Love. I know that everyone and everything is connected through this undeniable Essence. The more I love myself the more Love flows out into the Universe. My atmosphere touches those around me and they know they are loved. This Love that flows through me is the Essence working through me.

With a heart full of gratitude, I let go and let God with faith that this word is already so.

And so it is.

“Each person has an ideal, a hope, a dream which represents the soul. We must give to it the warmth of love, the light of understanding and the essence of encouragement.” ~*Colby Dorr Dam*

### ANNUAL CONGREGATIONAL MEETING

All Members and non-members are invited to our  
**ANNUAL CONGREGATIONAL MEETING (DATE TO BE DECIDED  
AT THE FEBRUARY BOARD MEETING—WATCH YOUR INBOX)**  
via Zoom following our morning Service. We will be sharing our Annual Reports with the congregation. We hope you will join us to celebrate the accomplishments of the past year and welcome the abundance around us with open arms and open hearts.



# APPRECIATION

## VOLUNTEERS:

Mary Ellen Bartholomew  
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 JoAnn Fisher  
 Rev. Victoria Kelley  
 Kiefer Klein  
 Deb Nygaard  
 Kathy Purcell  
 Diann Roll  
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 JoAnn Fisher  
 Victoria Kelley  
 Rev. Michael Laakso  
 Rev. Deb Nygaard

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 Dot Bristow  
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 Rev. Victoria Kelley  
 Ruth Messing  
 Deborah Nygaard  
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## FLOWERS:

Ruth Messing  
 Sally Parry

## ZOOM:

Terry Barrett  
 Mary Ellen Bartholomew

## MEDITATION:

Terry Barrett  
 Diann Roll



*“Love recognizes no barriers.  
 It jumps hurdles, leaps fences,  
 penetrates walls to arrive at its  
 destination full of hope.”  
 ~Maya Angelou*

*Thank You!*

## SPECIAL THANKS

Many thanks to **Rev. Michael Laakso, Terry Barrett, JoAnn Fisher, and Rev. Victoria Kelley, R.Sc.P.** for doing the Morning Messages in January and starting our year with the SOM Basics.



## INCOME & EXPENSE REPORT

	<u>NOV 20</u>	<u>DEC 20</u>
Income	\$3,170	\$3,261
Expenses	\$2,899	\$3,181
Income minus Expenses	\$271	\$80
Attendance	128	129

## CELEBRATE LIFE!

### FEBRUARY

3 Laura Anderson  
 12 Liz Lohmann  
 17 Louis Foldoe  
 24 Ruth Marcus



### MARCH

3 Kira Kersting  
 3 Cathy Hathaway  
 8 Dwight Bartholomew  
 10 Joy Barrett  
 11 Carla Jordan  
 17 Susan Pennington  
 20 Robert (Spider) Medsker  
 22 Pam Bedford  
 22 Roger Maes  
 24 Connie Jenkins  
 29 Tom Cunningham

### APRIL

29 Barbara Baker

## MISSION STATEMENT

*To Serve and Support each other  
in Living from Spirit.*



## VISION STATEMENT

*We are a growing spiritual community  
expressing Love and Oneness with all.*

### SOM CLASS— TREAT YOURSELF TO LIFE

Tuesdays, 4:00 pm–6:00 pm

Via Zoom

Co-Facilitated by: Rev. Deb Nygaard and

Rev. Lynn Osborne

Suggested Love Offering \$10

### COURSE IN MIRACLES

Future meetings to be announced soon.

Sequim Center for Spiritual Living  
is “Open at the Top.”  
We welcome members of the  
community to join us.  
For membership information,  
please contact Rev. Lynn at 681-7451

*“Love is a force more formidable than any other. It is invisible—it cannot be seen or measured, yet it is powerful enough to transform you in a moment and offer you more joy than any material possession could.” ~Barbara de Angelis*

## SEQUIM CENTER FOR SPIRITUAL LIVING WORKSHOP AGELESS MIND



You are invited to attend a free workshop on how we can spiritually feed the Spirit within, continue the God given joy we have been given and teach our brain to resist the aging process. Do not succumb to modern America’s stereotypical vision of aging.

Held on Zoom February 27<sup>th</sup> at 11:00 am-2:00 pm with a break for a virtual lunch and socializing. Materials and Zoom link will be supplied and we look forward to your attendance.



To register please email or text Rev. Victoria Kelley, our facilitator. [Victorialkelley@aol.com](mailto:Victorialkelley@aol.com)  
425-785-1788- cell.

## WHAT'S IN A WORD?

Sometimes we read or hear a word or phrase, and something quite different than the typical meaning comes to mind. This column is a place to share what's in a word for you. Below are three examples. If you have any meaningful words you would like to share, we welcome you to submit them to Kathy Purcell.

**CEMENT / SEE MEANT**—If we don't **SEE** the Good **MEANT** for us, we can change our thoughts and **CEMENT** the Good by claiming It now.

**ANNOUNCE / AN OUNCE**—If we **ANNOUNCE** and accept what we desire, we will no longer see **AN OUNCE** of what we do not want.

**BATTLE / BAT ALL** —The Universe is supporting us for our highest and best. If life seems to be a **BATTLE** we can **BAT ALL** false thoughts away and experience our Good.

<b>B</b>	<b>C</b>
<b>A</b>	<b>N</b>
<b>N</b>	<b>O</b>
<b>O</b>	<b>U</b>
<b>U</b>	<b>N</b>
<b>N</b>	<b>C</b>
<b>C</b>	<b>E</b>
<b>E</b>	<b>M</b>
	<b>E</b>
	<b>N</b>
	<b>T</b>

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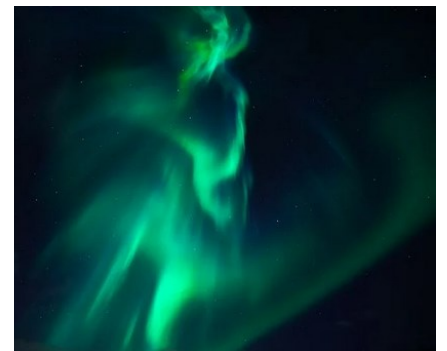
“Love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is done well.” ~*Vincent vanGogh*

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## CLASS ON REVEALING WHOLENESS

This class is offered by Science of the Mind and was facilitated by Revs Lynn Osborne and Deb Nygaard. It is interesting to do Zoom classes—sometimes confusing, but always enlightening. There were eight students attending, which was challenging at times, but so much wonderful energy shared by our group.

The group first explored the spiritual principles of Oneness, Spiritual Law, and Heaven as well as investigated the interactions of spirit, mind, and body. The book by Dr. Lisa Rankin, M.D., *Mind Over Medicine*, studies the healing power of the body that defies basic medical tenets accepted by mainstream medical practices. The class also explored material presented by Dr. Joe Dispenza that looks at the functioning of the body and mind in energetic terms. It is interesting that modern-day science is now confirming what Ernest Holmes set forth in the Science of Mind text. Like the folks living by the SOM principles have understood right along, this wisdom is there to be used for a life well-lived.



While we are somewhat restricted by the current pandemic, meeting online provides an opportunity to delve deeper into this fascinating aspect of our spiritual philosophy as well as enjoying the company of follower explorers.

~Glenda Totten-Hatch

## HAPPY BOOKER RECOMMENDATION

### *BRAIDING SWEETGRASS*

*By Robin Wall Kimmerer*



This is not a Review as usual. I just received the book yesterday ordering it out of curiosity. Several groups are reading this for discussion. Not sure if it's with a study guide that is available. When I received "Braiding Sweetgrass," I immediately started getting acquainted with it. As I started my journey, a feeling of gratitude came over me as I realized this book is a treasure. After reading the first story, I hugged the book knowing it is truly a keeper.

"The author is a mother, scientist, decorated professor, and an enrolled member of the Citizen Potawatomi Nation. Elizabeth Gilbert wrote that Robin Wall Kimmerer "takes us on a journey that is every bit as mythic as it is scientific, as sacred as it is historical, clever as it is wise."

What a great time of the year this is to curl up with a great book. It's cold outside and still gets dark early, the soil and most plants are taking their winter naps and won't need tending.....not yet but soon.

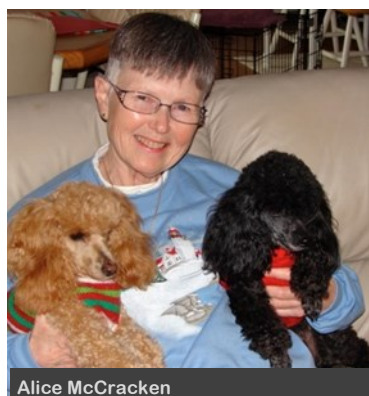
This book is "A HYMN OF LOVE TO THE WORLD," Elizabeth Gilbert

HAPPY VALENTINES DAY

Happy Reading!  
JoAnn Fisher

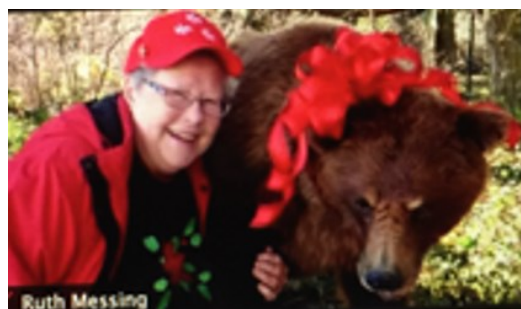
## The Contest Winners

Each winner received a \$25.00 prize! Thank you to all participants.  
~submitted by Rev. Victoria Kelley



Alice McCracken

**Best Zoom Background**



Ruth Messing

**Funniest Zoom Background**

## A MESSAGE OF GRATITUDE

Dear Congregants of Sequim Center for Spiritual Living,

Did you know that your church—and especially Lynn—have been our longest and among the most loyal supporters over the years? I well remember the note/letter I received from Lynn fifteen years ago about the possibility of your church (didn't you have a different name at that time?) stepping forward and sponsoring a family. It was the first year of the work we've named Holiday Joy. You'll be interested to know that in these 15 years Holiday Joy has gifted over 6,000 victims of domestic violence/sexual abuse. When you consider all the hours spent on selecting and buying, then wrapping, and finally delivering them . . . well, it's a number that takes a negative or static trajectory of pain and distress, and boldly has changed it. From what I know about you people at this church, I think this must be part of your mission statement . . . taking people where they are and loving boldly and fully with a welcome hug into God's ever-creating world. I giggle a bit because I picture the Universe nodding at you in the way a stately cedar bows to a planted garden below.



Charity and her four children were the fortunate ones to be sponsored by you. I can only guess at the shift in Charity's heart for her to see that her children would be wide-eyed on Christmas morning. It's really heart-wrenching for me to see mothers who work so hard on behalf of their children to keep everyone on an even keel and will often write on their wish lists to forget them and to merely focus on the children. Of course, sponsors ignore that request and try to create some surprise/gift for the moms.

It was absolutely delightful to take that call from Sally Harris and to hear that you would again sponsor a family. She and Al were so careful in doing everything well and I loved the fact that their love of cats guided them to a family with a cat. How's that for little Christmas miracles?

On behalf of Healthy Families of Clallam County, I thank you for your extreme generosity. In the grants that Becca Korby, the director, writes for funding (their main source of income), she is often asked to show community support and she uses hours, money donated for Holiday Joy. Imagine your part of that total number!

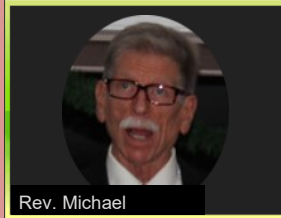
Sincerely,  
Beverly Hoffman  
Volunteer Coordinator for Holiday Joy

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*“Everyone can be great because anyone can serve. You don't have to have a college degree to serve. You don't even have to make your subject and your verb agree to serve . . . You only need a heart full of grace. A soul generated by love...” ~Dr. Martin Luther King, Jr.*

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JOY

LIFE

LOVE



Diann Roll

Rev. Victoria Kelley

Glenda

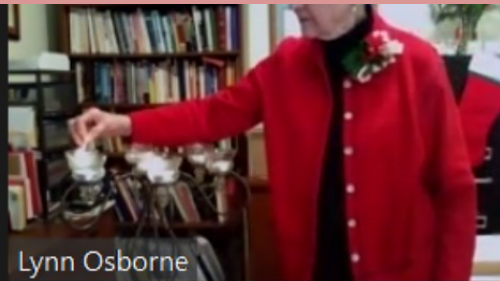
Terry Barrett

PEACE

POWER

BEAUTY

LIGHT



Lynn Osborne

Rev. Victoria Kelley

Al



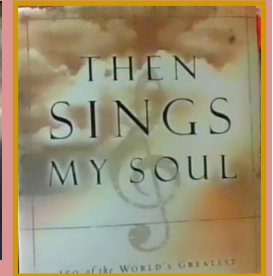
CANDLE LIGHTING SERVICE

December 24, 2020



Jean Kipper

ME Bartholomew



JoAnn

Laura Anderson



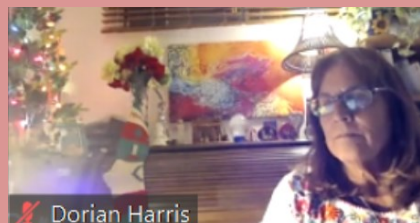
Mary Huston

Kathy Purcell

ME Bartholomew

Sally Harris

Ruth Messing



"If you have knowledge, let others light their candles at it." ~Margaret Fuller

Dorothy's 2nd Fire

Dorian Harris

Alice McCracken

## SOCKS AND SHOES

A little boy about 10 years old was standing before a shoe store on the roadway, barefooted, peering through the window, and shivering with cold. A lady approached the boy and said, “My little fellow, why are you looking so earnestly in that window?” “I was asking God to give me a pair of shoes,” was the boy’s reply.

The lady took him by the hand and went into the store and asked the clerk to get half a dozen pairs of socks for the boy. She then asked if he could give her a basin of water and a towel. He quickly brought them to her. She took the little fellow to the back part of the store and, removing her gloves, knelt down, washed his little feet, and dried them with a towel.



By this time the clerk had returned with the socks. Placing a pair upon the boy’s feet, she purchased him a pair of shoes. She tied up the remaining pairs of socks and gave them to him. She patted him on the head and said, “No doubt, my little fellow, you feel more comfortable now?”

As she turned to go, the astonished lad caught her by the hand, and looking up in her face, with tears his eyes, answered the question with these words: “Are you God’s Wife?”

Author Unknown

~submitted by Rev. Victoria Kelley

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“A tree is known by its fruit; a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love.” ~*Saint Basil*

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## THE DEMONSTRATION CORNER

Of my fifteen grandchildren I have a namesake, Victoria, who has wanted to be a pediatric surgeon since she was the young age of eight. At first the family thought this is something she heard about on TV and would be changing her mind monthly as young children do with future wishful professions. Not Victoria! You might say Victoria was born with SOM already in her consciousness. When the family finally saw they should take her seriously her grandmother was instrumental in enforcing those beliefs that you can co-create your world by your beliefs, thoughts and words. Victoria held her vision, believed in herself and knew the first step out of high school would be to enter a prestigious school to further her passion. I am happy to say she was accepted to several prestigious schools and will be attending Stanford University in the fall of 2021. Everyone was happy but no one was surprised that knows Victoria and her beliefs in the SOM principles.

~submitted by Rev. Victoria Kelley

## THE DEMONSTRATION CORNER *continued*

I had a couple of things happen recently that you might find interesting. One is about feet, ankles and injuries to them. I really appreciated Michael's recounting of some of the work he has been "getting" to do, about his foot. About a half dozen others of my friends have had injuries along these lines, most rather serious.

I was in a meditation retreat coming up to and on New Year's Day with wonderful metaphysical friends, some of whom I've known and meditated with for about 50 years. The main leader of that was one of the "ankle" people, his injury included surgery.

I'm well aware of what you could call "perfect pattern of perfection," or as I like better, the ideal image of health that we all have at the causal levels. And to bring it forward, for manifestation. Works a treat, well when used right, right?

I was curious about this ankle thing that I was hearing about, as I was walking in my living room, a few days later. My feet and ankles were, and are, fine. But as I took a step forward with my right foot, my whole foot and ankle became very soft and squishy. It felt like I was trying to use soft raw dough, for a foot. As my weight came onto it, the foot rolled, until the bottom of the foot was facing up. I clung to the top of a heavy recliner, so I did not fall or put my whole weight onto it.

I looked at it, felt it, and said to myself, "Hum. OK, I see now. Thanks. Now, will you please go back," and paused. I know how complex feet are, and did not know how to instruct it to go back. So I finished by saying, "to normal." Every level of organization has wisdom after all, it's not up to the ego thankfully, or all would surely be lost.... It did—and has remained just fine.

What I was conscious of, is that as we create our world thousands of times a second, I CHOSE that phenomena, to see it. Tendons and ligaments simply don't stretch, nor do bones become soft, that way, that fast. And they returned to their normal alignment and texture just as quickly. There was no time for discomfort. In that inner space is plenty of time to see and observe. Very interesting. Michael's info, later, made such sense. I'd like to hear more of what he has learned.

After the retreat ended on New Year's Day, I went for a walk with Coco, my toy poodle. She regrettably has a heart condition, common to the breed. She can and I expect her to live quite a long time despite that. The main problem is the heavy but dry cough. And sometimes her hips go out.

As we walked, she started the cough. And I tuned in to HER perfect pattern, of a healthy heart and circulatory system, and offered her that picture. Most dogs not being very intellectual, the image, or perhaps pictures, not words, was the vehicle to communicate this. She accepted it, and made a few light coughs and then bounced along, happy as she usually is.

The cough has been much less since then, and I offer her the image every time it does happen. A bit later in the walk, her hip went out. Again, I offered her the picture of a perfect hip and joint, working smoothly and well. Again, she accepted it with her usual love. Within seconds, the hip went back in, the foot came down, and she finished the walk with her usual bounce and joy. This, too, is holding.

Meantime, YAAAAYYYY!!!

~submitted by Jean Kipper

**“You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You’re on your own. And you know what you know. And YOU are the one who’ll decide where to go . . .” ~Dr. Seuss**

## TREATMENT SOMETIMES WORKS IN MYSTERIOUS WAYS

My parents—mom and stepdad—were alcoholics most of my life. As a result, my relationship with them, and especially with my stepdad, was frequently strained. While their drinking had less of a day-to-day impact on me after I moved out of their house, it made for awkward and embarrassing family gatherings, or even simple visits. And I noticed that I continued to have a visceral reaction whenever I'd hear neighbors arguing in the apartment building where I lived, because it reminded me of the slurred, near-nightly battles at home growing up in the '60s and '70s.

Eventually, in 1998, I enrolled in a Spiritual Psychology program whose teachings were, in many ways, very similar to those of SoM. Over the course of the next two years, I healed a lot of ancient pain and laid a lot of issues to rest.

In particular, during the second year, we had a module that focused on healing one specific relationship we each picked. I chose my stepdad. At the time, even though I would say I loved him, I knew I still felt tentative and detached at any deeper emotional level.

The class project consisted of designing an experiment to ascertain if applying certain techniques we chose, had any effect improving the quality of our relationship, as measured by a subjective rating scale we also designed. We even analyzed the results statistically (statistics being a required element for that Master's degree program).

Over the course of four months, I diligently sent Light to my stepdad every day, and pictured him healthy, happy, and whole. When I'd call my mom each week, I'd talk to him first if he answered the phone, or make a point to ask my mom to put him on the phone after she and I had finished our chat. I periodically sent him cards, including a more sentimental birthday card than the funny ones I usually opted for, with a gushing note inside. I also wrote a letter to him, thanking him for taking care of my mom and me. And every day, I checked in with myself to see how I felt about him, making a note of the rating, on a scale from 1 to 10.

When I did my write-up (which was somewhere between 50 and 80 pages long), I discovered that yes, statistically, I *had* improved my relationship! (And I got 100% on the project, so I knew it was "true.") I also had the epiphany during this time that, while my birth father was supposed to have fathered me, my stepdad was always the dad who was supposed to raise me. This was massive, because for over 30 years, I'd felt that my "real" dad had abandoned me. The decades of that pain completely fell away.

But that was not the end of it. In 2017 or so, I thought back over the timing and realized that it was around the year 2000 that my stepdad quit drinking (and because he stopped, my mom stopped). For the next 13-plus years, the three of us had a truly close and loving relationship. So that time I spent thinking loving thoughts, and sincerely undertaking loving actions toward my stepdad, made a difference, even though the outward trigger for his sobriety was a diagnosis of atrial fibrillation. (He'd ended up in the ER a few times after drinking and his doctor said he could either quit, or die soon from his heart condition. He opted to quit, and lived many more years. Many more happy years.)

What I'd been doing for those four months back in school was, in essence, Spiritual Mind Treatment.

And it worked.

~submitted by Diann Roll



**“Love doesn’t just sit there, like a stone; it has to be made, like bread, remade all the time, made new.” ~Ursula K. LeGuin**

## **BASIC SOM QUESTIONS** By Rev. Michael Laakso

We have an on-going column which is designed to answer some basic Science of Mind questions. We trust this will give you new insights, allowing you to better understand SOM principles.

### **What is Infinity? Part Thirty-Two**

In this series of articles exploring Infinity, we have been reasoning through the necessary implications that follow to gain a clearer understanding of Limitlessness. Infinity cannot be explored mathematically or geometrically, since It is fundamentally different from the human idea of finiteness. Finite quantities can be added, subtracted, multiplied and divided, or plotted on a graph. These arithmetic functions do not work with Infinity. All such arithmetic processes result in the same answer: Infinity. For example, Infinity plus one equals Infinity. No matter the arithmetic function, Infinity will always be the result. We concluded that Infinity is immune to arithmetic functions. It cannot be increased, diminished or divided. Similarly with a graphic representation—whether on paper or in the mind—Infinity cannot be contained on a bounded surface or imagined from our previous limited assumptions and experience. Compared to our earthly experience, Infinity is completely unique. It cannot be understood from our usual finite mindset. Understanding must come from *outside* our usual thinking box; the set of training and assumptions the culture gives us.



We have concluded that “No-Limits” is not so much a concept as the Universal Conceptualizer. To think Infinity is merely a concept keeps our experiential knowing of Infinity unavailable to us. Again, Infinity is fundamentally different from any limited starting place of thought. “Like produces like,” so starting from a limited viewpoint will keep our conclusions true to limitation. We need to open to some greater awareness than finiteness to begin “grokking” the Infinite. We are left considering Infinity is Mind Itself. This series of articles starts with this viewpoint and explores from this assumption. Here, Infinity is seen as natural, real, commonly experienced (we deal with and in mind always, waking or asleep) and unlimited in Its implications. We now have the opportunity to not only learn more about Mind, including our mind, but to extrapolate the qualities of the Real, that is, the ultimate Reality our assumption of limitation hides from our mind.

The purpose here is to come into a more accurate understanding of the realities of Mind. Misconceptions in our thinking will only confuse and thwart our easy and effective use of the mind we are—and we are always using our mind. If we desire to experience a better life, we need to think from an accurate awareness of our self, people and the world. This accuracy must be grounded in Reality. We need to know rather than merely guess. Our misconceptions are our only obstacle to the better life we desire. These, then, must be released. Herein is the purpose for Spiritual Mind Treatment: to find, question and release untrue thought and belief and to claim, affirm and grow into a fuller realization of Truth.

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**“Define yourself radically as one beloved by God. This is the true self. Every other is illusion.”**  
**~Brennan Manning**

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~continued on page 14

~continued from page 13

We have already explored the idea that Infinite Mind must be Good and only Good. Infinity is so complete and concentrated that Limitless Mind holds no opening, gap or space for other than Goodness. As Ernest Holmes observes; evil is not a universal problem. Being All-Good and boundlessly so, evil cannot have any reality whatsoever. If I see evil, that must be a problem personal to my thinking. It must be a problem since Good will then escape my notice. The good I think I see will be already tainted by my belief in a non-good. Thinking evil is real impeaches the reality of All-Encompassing Goodness in my mind. I have introduced confusion into my thinking. Therefore, I cannot see the Real. How, then, can I navigate life accurately or safely?

In their book Your Needs Met, Jack and Cornelia Addington note that seeing evil blocks our vision for Good. To see only the Good, I must uproot any blush of belief in evil from my mind. What I believe I identify with. So the process must include dis-identifying with evil, wrongness, badness, sin. This cultural teaching runs deep in the race consciousness. The feeling of guilt and shame are our warning flags of conscious and/or unconscious identification with evil. The essential and freeing question: "Is there sin in God? Or is God the Eternally Innocent? Could there be wrongness or badness in Pure, Unadulterated Goodness?" Obviously not. This basic realization that Infinite Mind is Total Goodness means you and I are innocent, as well as every person we have ever encountered. No wrong has been committed, no harm has been done. This idea of constant, universal innocence may be unthinkable and offensive to the race mind. Yet, the belief of the whole race cannot alter this Truth of Universal Mind. Moreover, I am not the victim of the race belief. Together with my Source, I have the capability to release any untruth no matter if everyone else believes it. Divine Mind's Sovereignty is mine as well. No one and nothing impairs my ability to think, feel and decide for myself.

Original and Constant Innocence goes with Universal Goodness. Each newborn demonstrates this innate innocence. Nor can inborn innocence be lost—only covered up. Furthermore, no matter any sting of guilt or shame, there is a Divine and Perfect way for my release. I may have made mistakes due to my goofy thinking. Have I not learned from those errors? Is this not the whole point and opportunity for those experiences? If I have accepted error thinking, I have a need to recognize those beliefs and release them, if I desire a more functional life experience. Do I think I hurt others? Do I think others *can* be harmed? This is the belief in victimization. Can Universal Mind be victimized? Who is there *other* than Itself to intend and demonstrate harm? No one. How could the All-Loving think harm towards Itself? Clearly this cannot happen; but we believe it can if we carry shame in our mind for harming others or for any other reason.



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**“To know yourself as the Being underneath the thinker, the stillness underneath the mental noise, the love and joy underneath the pain, is freedom, salvation, enlightenment.” ~Eckhart Tolle**

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~continued from page 14

An identification with badness can be subtly hidden in the subconscious mind. Sometimes many layers of false belief will need to be peeled back. What are the particulars keeping me hostage to painful feelings about myself? Did I not meet my own need to respect others? Did I fail in honoring my ideals regarding my treatment of people? Do I think other people are so fragile and helpless that my extreme care is required? Did I internalize the phrase, “What’s *wrong* with you?!” and now I am on an unconscious search to answer that question? Internal lies can be multitudinous, but they are not infinite. There is an end to them.

Ultimately, no matter the gross weight of the inner baggage, we are in partnership with the All-Intelligent. If for a season we must parse through our Rolodex of personal untruth, we have the Mind of All-Truth within us to guide our realizations and learning. Moreover, speedier ways will yet be revealed. As we come to deepen our trust in the Infinite as our Helper, the clearing of inner shadows can accelerate. Every discomforting feeling has its roots in untruth and untruth has no existence in Infinite Mind. Our journey must take us from here to the Beginning-that-is-our-Finishing.

It can be useful to remember we are dealing with memory, that is, the contents of the subconscious mind. None of what disturbs us is happening now. That past is over—it is not here. The feelings may be well rehearsed. The mental images and sounds may be very clear.

If we feel disturbed, let us know there is a lie running underneath that memory. We have a need that Truth be revealed to us. As always, Spiritual Mind Treatment and our supportive spiritual practices (reading, meditating, contemplation, etc.) are our allies. In fact, spiritual mind Treatment was designed specifically for this very situation. Along with every experience, our troubles always begin in our mind. So here we must deal with them. Causation being mental, the demonstration is only a symptom. We are a thinker. We have the capacity to choose Truth over fiction. And we have an Inner Guide ever present being that Truth and always speaking the Word of Truth for us to hear. Our path is sure and safe. No appearance matters. Innocence is always the Truth of every manifestation of Mind. There is no reality to shame or guilt. The One Guide has not forgotten us. We are constantly loved, approved of, never condemned or shunned. Our Source delights in us all and knows us as pure and perfect expressions of Itself. All is well and this honest realization is already supporting our awakening. Our realization of universal and constant innocence clears our inner mind of basic thought errors and identifications at the root of needless suffering. God wills only our complete happiness. Innocence is everyone’s real and eternal Identity. And so it is.

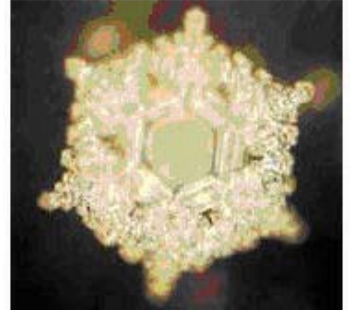


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“It takes a very long time to become young.” ~Pablo Picasso

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Water exposed to  
Gratitude & Love



Remember the prayer for water

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Rev. Lynn Osborne  
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Sequim, WA 98382



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10:00 a.m.

“Perhaps love is like a resting place,  
A shelter from the storm,  
It exists to give you comfort, It is there to keep you warm,  
And in those times of trouble, When you are most alone,  
The memory of love will bring you home.”  
~*John Denver*

