

Minister's Letter

It is difficult to believe that this Journey called 2021 is nearly over. The next seven weeks can give us the opportunity to review our voyage in case we would want to take a different direction in 2022. All of our expeditions are really about awakening, and, in our review, we might become conscious of those experiences that had an awakening process going on. Or, perhaps there was an opportunity for awakening, but we had somehow blocked the experience with thoughts of fear.

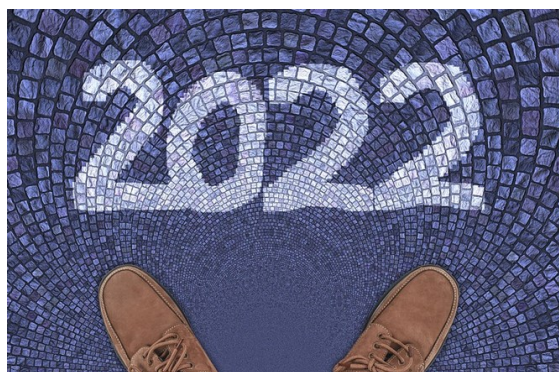
Well, I was going over some ideas about awakening and came across something I have read in the past. I don't know who the author was, but I will share the information with you in this Newsletter. This is called "Twelve Symptoms of a Spiritual Awakening."

1. An increased tendency to let things happen rather than make them happen.
2. Frequent attacks of smiling.
3. Feelings of being connected with others and nature.
4. Frequent overwhelming episodes of appreciation.
5. A tendency to think and act spontaneously rather than from fears based on past experience.
6. An unmistakable ability to enjoy the moment.

7. A loss of ability to worry.
8. A loss of interest in conflict.
10. A loss of interest in judging others.
11. A loss of interest in judging self.
12. Gaining the ability to love without expecting anything.

If this list seems too overwhelming, remember, they can be managed more comfortably if we take them one at a time—or, if we can remember to live our lives one day at a time, perhaps we could give ourselves permission to spend as much time as it takes. After all, we will be given a whole new year to work on it. The main thing is to use the list as a road-map for our new Journey of 2022 which will take us to another level of Spiritual Awakening into who we really are, as we give our grateful thanks for all lessons learned, and the spiritual growth we have attained.

Blessings of Light, Love and Peace *Rev Lynn*



**"What you get by achieving your goals is not as important as what you become by achieving your goals."
~Zig Ziglar**

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

The holidays are just around the corner. By the time this edition of the *Reflections* is distributed, Thanksgiving will be just days away. I have been thinking about Thanksgiving and what it means. What makes Thanksgiving meaningful?

Thanksgiving Day is traditionally a time of giving thanks—originally for the harvest, and later for all blessings during the past year. Family and friends gather for dinner—roast turkey, dressing, mashed potatoes, gravy, green beans, corn, dinner rolls, cranberry sauce, pumpkin pie. I feel my mouth watering already. I smell the turkey. I hear the voices and laughter. Often each person at the table will share something for which they are grateful.

What elicits our gratitude? Are we even aware we have it? Are we aware we are giving it? What effect can gratitude bring? What meaning does it have?

How many times has something seemingly small made a big difference? Let's look at a few scenarios.

. . . We're feeling a bit out of sorts and decide to make cookies. We go to check for the ingredients and see we don't have baking powder. Darn. The phone rings—it is a neighbor who notices we don't sound like our bubbly self. She tells us she just finished watching an inspiring and funny video, and she will send us a link. We thank her and mention about the cookies, hang up and go check our email. As we are watching the video the doorbell rings. It is our neighbor—with baking powder. We smile and thank her. She smiles too.

. . . Crossing the parking lot at the grocery store, we see someone drop a glove near the entrance. We pick it up, go inside and return it. The owner looks surprised and a bit sad but expresses gratitude. She tells us the gloves were the last gift she received from her mom before she recently passed. We spend some time listening to the woman share about her mom.

. . . We see a woman heading to the door of the post office with two big boxes—maybe with holiday gifts. We increase our pace, getting to the door first, and while holding it open, we grab the top box. The woman goes inside, noticing the parcels feel lighter. She looks up to see us carrying the second parcel. She says she is sending these for a friend who cannot get out. There are holiday presents inside for the friend's grandchildren and she wanted to get them mailed early so they arrive before Christmas. She says her name is Mary and thanks us.

~continued from page 2

We tell her we can carry the second parcel to the counter; we have to get some stamps anyway. [We don't really, but we want to be sure the boxes get shipped.] There are two clerks—each helping customers. There is no one else in line. One of the customers finishes and we walk forward. Mary places her box on the counter, and we place ours as well. We back up and start to look at all the holiday cards and paper. Mary finishes, then turns around and hands us a sheet of colorful holiday stamps. We look surprised and she tells us she knows we will decorate some envelopes that will cheer those who receive our mail. We both smile.

Sometimes we are the person giving thanks; other times we are the one receiving thanks. This is seen in the examples above. Each of them has a thread of gratitude—and love.

In the first story, we are out of sorts and temporarily feel disconnected from our Source. Baking has always calmed and centered us. Our neighbor hears what we are saying and instinctively knows what we need. We wind up not making the cookies. What we really needed was to reach out and remember the True connection is always there. Gratitude helps reveal it.



In the second story, we do a simple gesture—return the glove and listen to the woman who was dealing with loss. The seeming disconnect from love is dissolved as we both make a real connection.

In the third story, we begin just doing something nice—holding the door open for Mary. But while talking with her we remember the look of pure joy on the faces of children as they open their gifts. We have an additional opportunity to spread love.

Thanksgiving—giving thanks, being grateful. It seems being grateful and giving thanks are two sides of the same coin. Being grateful is the head side—it starts with our awareness of the many blessing all around us, and giving thanks is the tail side—the result of that awareness. We need to have gratitude before we can give thanks. If we are being grateful, that means the blessing for which we have gratitude has already shown up—or we trust it is on its way. Our being is full of Greatness because we are part of the Great I Am. We are born to express the Greatness. The Universe provides an endless supply of Good to us. And when we continue to express gratitude, Good continues to show up. It is the Law in action.

Thanksgiving Day ushers in the holidays. When our being is full of gratitude, it is easy to give the perfect gift—Love. Thank you all for the Great-Full beings you are and for giving that perfect gift. Let us remember Thanksgiving is not just one day a year; let us continue to find its meaning in all days.

Light and Love,
Kathy Purcell, *Editor*

“Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse.” ~Henry Van Dyke

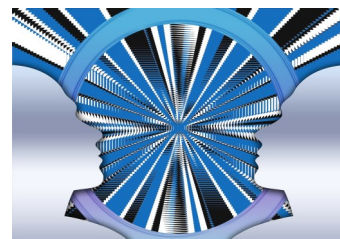
TREATMENT— I BREATHE IN THE ABUNDANCE

by Kathy Purcell, R.Sc.P.

I breathe in and I come to Life. All life comes from the One Source. It is Joy, Peace, Love, Beauty, Harmony and Wholeness. There is but One Life; that Life is my life now. It is the Universal Intelligence, the Unlimited Creative Energy that flows thru everything. It is the Endless Abundance of Good. I am One with It. I live in the presence of the Infinite Presence. I live in the presence of Good.

My life is not to be lived to impress anyone; no one outside myself has any power over me. My life is to be lived to express the One Life in my own individual way. While my thoughts are individual, I am ever-connected to the One. I am ever a part of the circle of life—the Universal Consciousness. If I feel some Good is missing it is not because anyone has taken it from me; it is because I have not taken the time to recognize that it is already always mine. If something is weighing on my mind it gets in my way.

I breathe in and come back to life. I return my thoughts to the present—the gift of here and now; my presence of thought reminds me I have pre-sense of the Truth. I return to the One Source. I choose to drop the weight and no longer wait for my Good. It is already mine by my birthright. That's right, I was born of the One and all the Abundance of the Universe is mine always.



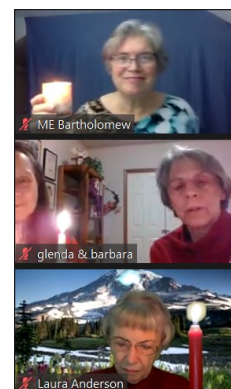
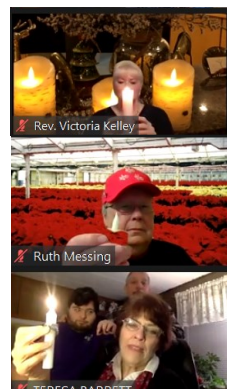
I am perfect just as I am. The One Source takes complete Joy in my expression of Itself; I am important to the complete circle of life. I know that what goes around comes around. What I give out returns to me multiplied. I am so grateful for my many blessings. I am grateful for the Abundance that is mine. I breathe in and take a moment to reflect on that Abundance.

As I breathe in and come to life, life comes to me, and I become my True Self. As I come into awareness of my Beingness I know I am a blessing to all, and all are a blessing to me. I am grateful for the Good that surrounds me. There is no better time than now to get around to giving thanks and accepting my Good. As I give thanks for my many blessings, I receive more blessings. I recognize and accept the Good now for myself and for everyone everywhere. I raise my consciousness and welcome in the Abundance of the Universe! With a Joyful heart I breathe in the One Life and watch the Abundant blessings continue to manifest. It is already so. And so it is.

CANDLELIGHT SERVICE

We will be having a Candlelight Service this year again via Zoom. It will be Friday evening, December 18. Although we won't be together in-person, we know that in truth there is no separation of Spirit.

We will light the seven candles to honor the seven qualities of God and then alight our individual candles to honor the Light within each of us. In unity we experience the harmony of love that lights the world. We are the light of the world.



Come join us in this festive evening to celebrate the Light and Love of Christmas.

APPRECIATION

VOLUNTEERS:

Mary Ellen Bartholomew
 Pam Bedford
 Barb Bolles
 JoAnn Fisher
 Rev. Victoria Kelley
 Kiefer Klein
 Deb Nygaard
 Kathy Purcell
 Diann Roll
 T Smith
 Glenda Totten-Hatch
 Tracy Wilson

WORKSHOPS:

Dot Bristow
 JoAnn Fisher
 Rev. Victoria Kelley
 Rev. Michael Laakso
 Rev. Deb Nygaard

SPEAKERS:

Terry Barrett
 Dot Bristow
 JoAnn Fisher
 Rev. Victoria Kelley
 Ruth Messing
 Deborah Nygaard
 Kathy Purcell
 Diann Roll
 Glenda Totten-Hatch

PROGRAMS / WEBSITE:

JoAnn Fisher
 Rev. Victoria Kelley
 Kathy Purcell

MUSIC:

Terry Barrett
 Mary Ellen Bartholomew
 Al Harris
 Jean Kipper

FLOWERS:

Laura Anderson
 Mary Ellen Bartholomew
 JoAnn Fisher
 Sally Harris
 Rev. Victoria Kelley
 Jean Kipper
 Alice McCracken
 Ruth Messing
 Rev. Deb Nygaard
 Diann Roll

ZOOM:

Mary Ellen Bartholomew
 Terry Barrett
 Rev. Victoria Kelley
 Rev. Deb Nygaard

BOOKS:

JoAnn Fisher

MEDITATION:

Terry Barrett
 Diann Roll

*“The greatest gift
 you can give another
 is the purity of your attention.”
 ~Richard Moss*

Thank You!



SPECIAL THANKS

Many thanks to **Rev. Victoria Kelley, Rev. Michael Laakso
 and Terry Barrett**
 for doing the Morning Messages
 and sharing their unique expressions of Spirit.
 And thanks to **Rev. Victoria Kelley**, for facilitating the
 workshops and the Blessing Gathering.

CELEBRATE LIFE!

NOVEMBER

15 Frank Benson
 17 Elsbeth McLeod
 22 Sharon Medsker
 28 Martin Shaw



DECEMBER

4 Walter Clark
 4 Terry Barrett
 4 Carol Clark
 7 Bobbie Magee
 11 Pat Shook
 17 Annette LaRue
 24 T Smith
 26 Laura Murtha
 30 Rose Marschall

JANUARY

12 Dorothy Bristow
 14 Rose Prestipino
 16 Michael Laakso
 19 Patricia Earnest
 25 Deborah Nygaard



INCOME & EXPENSE REPORT

	<u>AUG 21</u>	<u>SEPT 21</u>	<u>OCT 21</u>
Income	\$3,243	\$3,825	\$2,778
Expenses	\$3,048	\$3,262	\$2,877
Income minus Expenses	195	\$563	(99)
Attendance	122	104	103

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—THIS THING CALLED YOU

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

Start the new year with our new Workshop LOVING YOURSELF



To be held on Zoom January 22, 2022 from 11:00am-2:00pm. Erase those self-doubts, gain confidence, lose the labels and regain your Power. A Zoom link will be sent to all who register. Sponsored free by the Sequim Center to all members and their friends. Facilitated by Rev. Victoria Kelley

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.

EYE / AYE—When we open our inner **EYE** it is easy to say "**AYE**" to our Good, and it appears in our experience.

IN DEED/ INDEED—When we live from love in thought, in word and **IN DEED**, we **INDEED** experience more love.

CONTRACT/ CONTRACT—When we accept the **CONTRACT** of who we really are, Good expands and can no longer **CONTRACT**.

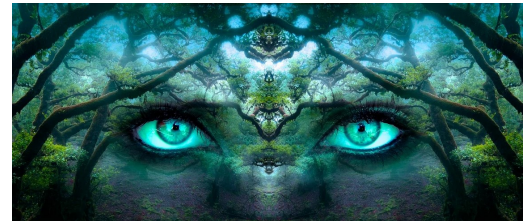
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“Sometimes the heart sees what is invisible to the eye.” ~*H. Jackson Brown, Jr.*

JOURNEY OF THE SOUL

This class was based around the book *The Magic of the Soul* by Patrick J. Harbula. He presented so much material that the group decided to extend the sessions from six weeks to eight, and there was so much to cover we could have gone on for longer. His work correlates with the teaching of SOM, and his style is to present information about the soul and the vital role it plays in our spiritual journey. He included exercises to help clarify how to work with the soul as well as meditations that helped to connect to a greater inner awareness of spiritual resources. One of his assignments was to develop a "Spiritual Job Description" with qualifications and duties. The class discussions regarding the assignments and meditations were interesting and helpful in expanding our understanding of how spirituality can elevate our everyday lifestyle. It was wonderful to meet each week on Zoom and interact with people seeking awareness of the SOM principles and practices.

~Glenda Totten-Hatch



“We all flow from one fountain; - *Soul*. All are expressions of one love. God does not appear, and flow out, only from narrow chinks and round bored wells here and there in favored races and places, but He flows in grand undivided currents, shoreless and boundless over creeds and forms and all kinds of civilizations and peoples and beasts, saturating all and fountainizing all.” ~*John Muir*

HAPPY BOOKER RECOMMENDATION

SACRED EARTH SACRED SOUL

By John Phillip Newell

(RELEARNING WHAT OUR SOUL ALREADY KNOWS)

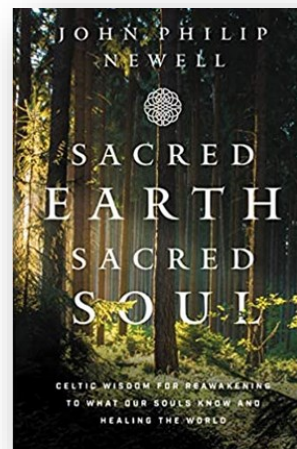


"This wonderful book calls us to wake up and see there is no going back to small limited notions of God and the sacred." Michael Curry, Presiding Bishop of the Episcopal Church and author of *Love is the Way*.

The Celtic tradition goes back in history to BCE when tribes were spanning most of eastern Europe. The Roman historians speak of the Celts as tribes that worship without temples. Conflict arose in the fourth century when Mediterranean Christianity became the religion of the empire with the leaders becoming so special that bowing was expected. The Celts believed all life is equally sacred. They worshiped out among trees and nature. Over time, they moved toward the Atlantic coast to Ireland and Scotland.

The author's intention is to show changes that have evolved over time with the Celts. The earth is sacred and what we do to it we do to God.

John Muir is considered the "greatest modern prophet of ecological consciousness." He listened to every life-form and every rock formation for "throbbing" and "pulsing" with the divine. After an extremely strict way of learning the New Testament from his father and parts of the Old, he later came to see there is another text, the Universe. He became more and more involved in his understanding of the natural world and later said, "In God's wildness lies the hope of the world." He was a dedicated force in bringing people into more awareness of their oneness with nature by encouraging spending more time in the mountains. We can be grateful for his influence on President Theodore Roosevelt for our country achieving so many national parks.



The author included writings from other individuals' insights to "Sacred Earth, Sacred Soul." These prophets are calling us to wake up to what is deepest in all things, the sacredness of the divine, and to remember that deep within this sacredness is love. This is the love we can receive from one another and the earth."

Love and Blessings
The Happy Booker
JoAnn Fisher

THE TRUTH KEEPS SHOWING UP

Recently as I was preparing a talk for our Sunday service, I looked for examples that I could use to express my message. I thought of movies with a good story because I am often inspired by them. Then I began to think of books that have such wonderful examples of our principles. I realized that there are movies, books, art and so many other cultural avenues that are sharing the message of truth. The message I wanted to share was showing up for me in many different cultural expressions. When I am clear on what I believe, it shows up for me in lots of different places.

In his book, *Creative Mind and Success*, I recently read the words by Ernest Holmes, “Always remember this. *Life is from within outward, and never from without inward.* You are the center of power in your own life,” (p. 43). It often seems like the time we are living in is so divided between the ways we temporarily misunderstand events and situations. We can lose sight of how much power we have in our lives to create what is good for ourselves. I’ve learned that the truth is ‘true for everyone, everywhere, all the time.’



Ernest Holmes goes on to say; “Be sure and not take on false suggestion. The world is full of calamity howlers; turn from them every one, no matter how great you think they may be; you haven’t the time to waste over anything that is negative. You are a success, and you are giving to the Law everyday just what you want done. And the Law is always working for you. All fear has gone, and you know there is but One Power in all the Universe. Happy is the man (person) who knows this, the greatest of all truths,” (p. 43).

These words were written by Ernest Holmes in 1919 and reprinted by Religious Science in 1957. The more I practice this truth the more I see it in the world. I’m so glad to be part of this congregation and to have the opportunity to prepare a talk occasionally. It gives me such awesome experience and allows me to be a channel for the truth.

~Terry Barrett



BODY MEMORIES WORKSHOP

I want to thank everyone who attended our last workshop on Body Memories. It was a continuation on our previous workshop on Clearing Your Subconscious for Stronger Treatments. We had a great attendance, profound sharing and some ah-ha moments which makes our workshops worthwhile.

~submitted by Rev. Victoria Kelley

Commenting on the Body Memories workshop:

“I would say not only that I enjoyed it, but I was hesitant to take it for that long a period of time, but the time really flew while in the workshop. I am looking forward to the next workshop and wouldn’t miss it for anything.” ~submitted by Ruth Messing

THANKSGIVING BLESSING



A Zoom Thanksgiving Blessing was held on November 13, 2021 and fifteen attended out of the twenty-four who signed up. Rev. Lynn gave the opening Treatment and Rev. Michael gave the closing Treatment.

We had an inspiring visit with sharing of our Thanksgiving stories, the infinite number of our blessings that we are grateful for and jokes and readings. Rev. Lynn read an inspirational story, Jean sang a profound and beautiful song, and JoAnn wrote and read a lovely poem.

Material was emailed with a Gratitude List, a prayer from Dear Abby, Grateful Practices, writing from Deepak Chopra, the text of Rev. Lynn's story and a Thanksgiving tasty surprise of a free yogurt from our local Sweet Spot yogurt store. A beautiful time was had by all. We are truly a wonderful and spiritual family. This was hosted and facilitated by Rev. Victoria.

~submitted by Rev. Victoria Kelley



“I would maintain that thanks are the highest form of thought, and that gratitude is happiness doubled by wonder.”
~Gilbert K. Chesterton

Poem from *A Memory of New Hunger, A Gathering of Writings*
by Unitarian Universalist Meeting of South Berkshire

LOVE by Julia Drury

I don't know how to contain love,
but I don't think it's meant to be contained.

-The man in the subway thirty years ago, who smiled at me
just before the station stop, who I've never forgotten.

-The therapist who is willing to be witness
for the coming into being of another person.

-My dog, who to my grateful awe, has stayed with me
his entire life.

When I write something, or have tea with a friend,
or look someone in the eye, or speak, or listen, that's love.

Love keeps pulling us toward life.

People become incredible gifts,
and in the process, I am enabled to give mine.

~submitted by Dinah Day

UNCLE RY AND THE MOON from *Zen Shorts* by Jon J. Muth

My uncle Ry lived alone in a small house up in the hills. He didn't own many things. He lived a simple life.

One evening, he discovered he had a visitor. A robber had broken into the house and was rummaging through my uncle's few belongings.

The robber doesn't notice Uncle Ry and when my Uncle said "Hello," the robber was so startled he almost fell down.

My uncle smiled at the robber and shook his hand. "Welcome! Welcome! How nice of you to visit!" The robber opened his mouth to speak, but he couldn't think of anything to say.

Because Ry never let anyone leave empty-handed, he looked around the tiny hut for a gift for the robber. But there was nothing to give. The robber began to back toward the door. He wanted to leave.

At last, Uncle Ry knew what to do.

He took off his only robe, which was old and tattered. "Here," he said. "Please take this."

The robber thought my uncle was crazy. He took the robe, dashed out the door, and escaped into the night.

My uncle sat and looked at the moon, its silvery light spilling over the mountains, making all things quietly beautiful.

"Poor man," lamented my uncle. "All I had to give him was my tattered robe. If only I could have given him this wonderful moon."

~submitted by Dinah Day



“Let’s choose today to quench our thirst for the ‘good life’ we think others lead by acknowledging the good that already exists in our lives. We can then offer the universe the gift of our grateful hearts.” ~Sarah Ban Breathnach

A LOVING HAND

As this teacher learned, some of the most moving lessons are taught by students. When Mrs. Klein told her first graders to draw a picture of something for which they were thankful, she thought how little these children, who lived in a deteriorating neighborhood, actually had to be thankful for. She knew that most of the class would draw pictures of turkeys or of bountifully laden Thanksgiving tables. That was what they believed was expected of them.

What took Mrs. Klein aback was Douglas's picture. Douglas was so forlorn and likely to be found close in her shadow as they went outside for recess. Douglas's drawing was simply this.

A hand, obviously, but whose hand? The class was captivated by his image. "I think it must be the hand of God that brings us food," said one student.

"A farmer," said another, "because they grow the turkeys."

"It looks more like a policeman, and they protect us." "I think," said Lavinia, who was always so serious, "that it is supposed to be all the hands that help us, but Douglas could only draw one of them."

Mrs. Klein had almost forgotten Douglas in her pleasure at finding the class so responsive. When she had the others at work on another project, she bent over his desk and asked whose hand it was.

Douglas mumbled, "It's yours, Teacher."

Then Mrs. Klein recalled that she had taken Douglas by the hand from time-to-time; she often did that with the children. But that it should have meant so much to Douglas touched her heart.

Perhaps, she reflected, this was her Thanksgiving, and everybody's Thanksgiving—not the material things given unto us, but the small ways that we give something to others.

~submitted by Rev. Victoria Kelley



**“When we honestly ask ourselves which person in our lives means the most to us,
we often find that it is those who, instead of giving advice, solutions, or cures,
have chosen rather to share our pain and touch our wounds with a warm and tender hand.”**

~Henri Nouwen

HALLOWEEN PUMPKIN NAMING CONTEST WINNERS!



Name: Zippy Lippy Pumpking
Winner: Mary Corey



Name: Miss Priss. Zinner
Winner: Ruth Messing

Second place winner: Bella Osborne
CONGRATULATIONS!

A big THANK YOU for all the creative entries and to our judges, Rev. Lynn, Rev. Michael, Diann Roll, and three others who wish to remain anonymous due to suspect of retaliation. LOL! 😊

~~~~~

*We even had a great story with one entry submitted by Kathy Purcell.* 😊

**ZIPPY** (a.k.a. The Mouth) **P. UMPKIN** or his twin, **NOTIONS** (a.k.a. The Eyes) **P. UMPKIN**  
[It's hard to tell them apart since they are twins.]

**CANDI CORN-HUSKHAIR** (sister to **Zippy** and **Notions**. She wanted to distance herself from the **Powerful Umpkin** Crime family so she changed her last name to **Corn**. Soon after she met and married **Harry Huskhair** and added his name to hers. Sometime later **Zippy** and **Notions** cleaned up their act [turning within and realizing they were actually good] and the family reconciled on HALLOWEEN. The End. ~kp

~submitted by Rev. Victoria Kelley

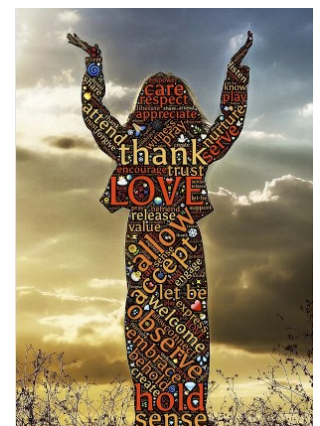
## THE DEMONSTRATION CORNER

One of the Hallmarks of Science of Mind is the facility it affords us to demonstrate what we need and want in our lives. In addition to giving thanks for blessings received we want to give public testimony, so that others can both celebrate with us the good that has been made manifest to us as well as recognize the power of Treatment that is available to all of us. Learning about the demonstrations taking place around us gives encouragement to all to persevere in our Treatments).

## THE POWER OF TREATMENT

One of my clients had a massive heart attack and the doctors said there was little hope of survival and I was contacted by the family. We decided to go on Zoom for the family to participate in our prayers and then giving a Treatment. The next morning the patient was awake and coherent and within the week was released from the hospital. The Power of prayer and Treatments are truly POWERFUL! "For where two or three are gathered together in my name, there am I in the midst of them."

~submitted by Rev. Victoria Kelley



## **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-Five**

Universal Mind has a Desire and a Will to express Itself. Without this there would be no creation, no you and no me. Being infinite, no bounds or boundaries exist for this Mind or Its capacity for Expression. Also, this Mind being infinite, all Expression lives, moves and has its being in this Unified Mind. And this Mind lives, moves and has Its Being in every iota and aspect of every Expression. Being infinite, this Mind is Unitary, so we are included in Its Nature, Being and Identity. This Mind and All It is, is the only Mind we have with Which to think, feel and be aware. Its Desire and Will, being more of All It is, they belong to us as well.



We are created individualizations of Infinite Mind. Desiring companionship, this Mind audaciously gave us equality with Itself. True companionship can only be between equals. From his abiding, natural awareness of his unity with Universal Mind, Jesus insisted we also are one with this same Mind. We are not expected to merely take his word for it. We all have our own path to this same realization. Coming home to a full realization of our at-onement with our Source is inevitable. It is God's Will, accomplished in our creation.

As an individualization of Mind, do I think my will is independent of Infinite Mind's Will? Do I think I can will other than my Source? If God's Will is my will, how could a difference exist? Moreover, since I am the expression of that Desire and Will, from where could some other will come? I am the Desire and Will of the Infinite, unified with my Source in every way.

Thinking I can will apart from my Source is a teaching of the race consciousness. This thinking sets us up for needless struggle. All of Source Mind desires Its every Expression. Therefore, Infinite Mind has zero resistance in Its creating—no undercurrents, no hidden agendas, no doubts, no hesitation. Creation happens effortlessly and instantly. Because there is one Mind, there is also One Will, and that Will is my will now. My mind operates like Infinite Mind because it is that One Mind. So, there is nothing to “give up,” no personal will to be “supplanted” by Divine Will, no sacrifice to be made. There is only One Will: the Will of Universal Mind.

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**“Everybody has a creative potential and from the moment you can express this creative potential, you can start changing the world.” ~Paulo Coelho**

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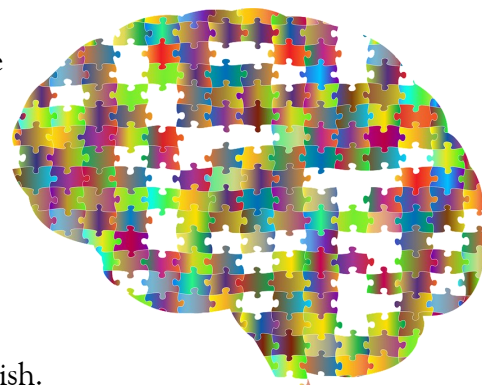
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We can relax now: there is no Will but the Will of the One. Love's Will is my will. The Will of Peace is my will. The Will of Harmony, Joy, Wisdom, Wholeness is my will. There is no will for exclusive having; everything is everyone's and is available to everyone. The Will of Worthiness is my Will. The Will of Gratitude is my will. The Will of Generosity is my will. The Will of God is the Will of the Good; there is no downside to this Desire, Intent and Will. No one is harmed, no one is left out.

Our individuation does not mean we are different from Infinite Mind. It means the reverse: we are like Divine Mind in every aspect, including Its Desire, Intent and Will. Our Will is founded on the same Love, Intelligence, Peace and Power as Divine Mind's. Our will operates as does the Divine Will, and for the same purposes. Only Good comes from our will since only Good flows from the Divine and Only Will.

Among other things, our individuation means we can communicate with our Source on Its Own Level, understanding as It does, feeling as It does, knowing as It does. This is a "meeting of the mind" free from hiding, squirming or fear of negative judgment. This is a trusting, friendly, intimate connection always safe, always clear, always joyous, honest and wholesome.

And because we are individuations of the One, we get to participate in Its Self-Expression, for that is our Self, too. Bliss results from co-creating with Source Mind, extending Its Love, Joy, Peace, Plenty, Livingness. Being one with the One means we get to think in unison with the Creator Mind and rejoice in the results along with It. We get to participate fully in the effortlessness of creation, the beauty of creation, the honesty of creation.



Moreover, God's Will does not undone but is inevitable to accomplish. Success is assured, failure an impossibility. Only blessings result. This is our heritage. When the Prodigal (you and I) returns Home, this exquisite cooperation becomes obvious and our normal and natural experience. This Home Consciousness is our Beginning and (whatever we thought) we have not departed from it.

~continued on page 16

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**“Love is the expression of one’s values, the greatest reward you can earn for the moral qualities you have achieved in your character and person, the emotional price paid by one man for the joy he receives from the virtues of another.” ~Ayn Rand**

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Our first two steps in spiritual mind Treatment are meant to orient and align our mind with our Source and the Truth of Our Self. This includes owning the Divine Will as our will. This Will never forces; It has no need to. It never coerces, never overwhelms. It always operates in accord with the Divine nature: gently, beneficently, lovingly and successfully.

Our third step in Treatment is our statement of desire and will. With our mind set in resonance with Universal Mind, effectively, this is the One Mind speaking these words by means of our voice. This is a felt experience more and more owned as we practice our treating and grow in understanding and trust. Treatments that demonstrate build our faith, especially as we notice the result. This leads to more conscious and swifter demonstrations. As always, like produces like. The more my mind matches Divine Mind in intent and purpose, the more I obtain Its blessed results.



I think of Desire and Intent as the beginnings of Self-Expression, and Will as the finisher. Without Desire, nothing could happen. This is not a desire to fill a lack but a desire to express something of the Divine Fullness. Divine Intent is always aligned with Desire. Desire initiates the demonstration, Intent takes the desire towards manifestation and Will is the demonstration of the impulse of Desire. In a sense, Will is the decision that it be so. Infinite Mind's decisions are instantly demonstrated, again because all of Mind is for this Expression. There is nothing against it. When our mind is so unified, haven't our demonstrations come swiftly and easily? (We should note, for Mind this is not a sequence in time but a simultaneous realization. Infinite Mind is time-less.)

Our mind becomes more in attunement with the Infinite Source as we release our unwillingness to have. Infinite Mind is completely willing to honor Its having by expressing it, by giving it away. There is no guilt, no shame, no fear in Source Mind to contract Its demonstrating. One strategy for claiming a more attuned mind might be becoming willing that everyone have their Good no matter what. No more deciding who deserves and who doesn't. Releasing my unwillingness that some others have some specific Good opens my mind to allowing me to have my Good. Infinite Mind gives away all Its Goodness timelessly, constantly. Why not take Mind's position of so completely loving all that all are seen as valuable and worth every conceivable Goodness?

Love's Will succeeds everlastingly. It only blesses. It only frees. It only releases. Love's Will cannot curse, limit or bind. Love's Will for us each and all is complete happiness and all that makes for happiness: safety, security, harmony, wholeness, acceptance, peace and an awareness of both being absolutely loved and absolutely loving. Love Wills we be absolutely like Itself. And so we are. Amen.

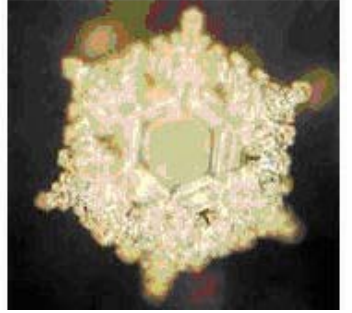
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**“Love is a symbol of eternity. It wipes out all sense of time, destroying all memory of a beginning and all fear of an end.” ~Author Unknown**

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Water exposed to  
Gratitude & Love



Remember the prayer for water

TO: A Very Valuable, Worthwhile Person

Sequm Center for Spiritual Living  
Rev. Lynn Osborne  
PO Box 2708  
Sequm, WA 98382



Please join us at  
Sequm Center for Spiritual Living  
Sunday Service  
10:00 a.m.

