

## *Minister's Letter*

Our Season for Nonviolence goes from January 30 to April 4, inspired by the memorial anniversaries of Mahatma Gandhi and Dr. Martin Luther King, Jr. Although our teaching focuses on peace throughout the year, we are grateful to join with the worldwide attention being given to the works of these two peaceful leaders as a means of reminding humankind of the need for peaceful interactions among individuals, governments and countries.

So, I encourage all of us here at the Sequim Center for Spiritual Living to provide a time of ten minutes or more each day to center ourselves in peace and send out our peaceful thoughts to all people everywhere, including world and community leaders as well as our acquaintances, friends and family. There is so much Power in our thoughts and prayers and it is comforting to know this is a time we are being joined by multitudes of like-minded people.

A practice I like to use is the Metta, or Loving-kindness Meditation. You can use the following words, or choose words of your own to address these areas of life. Basically you would start out saying this for yourself, then move to a person you admire, perhaps a mentor or other wise person in your life; then a close friend, next a neutral person, then someone you have difficulty with, and finally radiating this loving kindness out to all beings.

May I be free from inner and outer harm and danger. May I live in safety.

May I be free of mental suffering or distress.

May I be happy and know all the causes of happiness.

May I be free of physical pain and suffering.

May I be healthy and strong in body, mind and Spirit.

May I be at ease, living peacefully and joyfully with the people in my world.

Feel free to change the words to fit your circumstances, but the important thing to remember is to include a statement about

- (1) Safety
- (2) Happiness
- (3) Health
- (4) Peaceful co-existence

## *Blessings of Light, Love and Peace* *Rev Lynn*



*“Whatever we are waiting for—peace of mind, contentment, grace, the inner awareness of simple abundance—it will surely come to us, but only when we are ready to receive it with an open and grateful heart.”*

*~Sarah Ban Breathnach*

Sequim  
Center for Spiritual Living

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Rev. Lynn Osborne

### EDITOR

Kathy Purcell, R.Sc.P.

Sequim Center for Spiritual Living  
Sunday Services  
10:00 a.m. Currently on Zoom  
For information contact:  
Rev. Lynn Osborne  
iamlynosborne@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,

It's February – the month when love is promoted, as Valentine's Day takes center stage. (Well, it *is* in the *center* of the month, and sometimes people *stage* a special Valentine's Day experience.) We see hearts all about advertising love—even boxes of candy are shaped like hearts. We see the chubby cherub with bow and arrow symbolizing the possibility of love. What is love? How do we find it? How do we express it? Does Cupid hold the answer?

It's interesting that Cupid carries an arrow. An arrow can be a weapon of destruction. How can that signify love? There is only One Source of Love—God. God is Love and God is Law. God as Love points the way; God as Law makes the way possible. We are one with the One Source. Love is God's essence, and therefore is our essence. But we also have volition; we decide how we express Love.

Looking at Cupid and the bow and arrow I see a symbol of God. The arrow is Love; the bow is Law; we are Cupid. The arrow knows only Love, the bow knows only to move that Love in the direction we set through our thoughts. The emphasis we put to our thought is like the amount we pull the string of the bow. The stronger our conviction, the more power there is behind the thought (string), and the greater the result. It is our intent that determines if an arrow is hurtful or loving.

When an arrow hits us, it gets our attention, particularly if it is a hurtful one. Sometimes we find we are the shooter. This is a good thing because once we are aware, we can look at our thought process; in rethinking we can change our thought and change the outcome.

Shakespeare asks: "*Whether 'tis nobler in the mind to suffer the slings and arrows of outrageous fortune, or to take arms against a sea of troubles, and by opposing end them?*" The outrageous fortune and sea of troubles we suffer are our own creation in our individualized minds. In Universal Mind there is only Good. We can make Love our armament. We can choose to lay down the arrows of false beliefs, to bow down, surrendering to the Truth of who we are.

Turning within we find Love is already ours. It flows in, around and through us. By consciously expressing Love, we discover more of it, for what we send out is multiplied and reflected back to us. Our loving thoughts unite us all and propel us forward to our highest good. It doesn't have to be February to promote Love; we set the stage with every thought. Just think about It!

## Love Always Works . . . LAW

Light and Love,  
Kathy Purcell, *Editor*

**"A man is not where he lives,  
but where he loves." ~Latin Proverb**

## TREATMENT— I LOVE INTEGRITY

by Rev. Michael Laakso

In Universal Mind I am wholly integrated. This Mind, being Whole, is the natural Completeness of Totality. Nothing is missing, nothing left out. I am absolutely included in this Integration of Perfection. This Mind has only one side, an Inside; perfectly transparent, honest, obvious. This Mind hides nothing of the limitless Goodness that It is. Neither am I hidden from the Divine Knowing.

I am an equal participant in and cooperater with the joyous Integrity of Universal Mind. I have nothing to hide, from my Self or anyone else. My transparent honesty allows the Divine Light of Truth to shine through me to all I meet. Only the Good resides in my mind. I am honest with myself regarding resistance to this Good. Such fears have no power, no will and no mind to think or direct. I follow the Mind of All Good in any clean-up my thought requires.

Being Timeless, Integrity is my constant resource, my internal compass. Nothing exists to loosen my trust in this inner Guidance. I accept and love the freedom this Integrity engenders in me. My insides match God's Inside without interruption and without corruption. I love my seamless unity with my Source.



What comes out of me matches what is within me. I have nothing to hide, nothing to run from and nothing to run to. I have nothing to protect, nothing to prove. I dwell in a joyous togetherness in the Safety and Goodness of Infinite Mind. Everything is provided. Impoverishment is an impossibility in this One and Only Reality. My internal transparency reveals only more Goodness.

I love the Love that expresses through me and as me. I love the blessing this Love shines on all I meet. Turning down the radiance of this Light holds no interest for me. I so enjoy witnessing my world reflecting this Integrity back to me. Institutions, governments, businesses, corporations and my personal relationships come into registration with the Divine Integrity now. In loving kindness, I notice these shifts in the daily business of these activities. I shine with the loving Safety of Universal Mind unto all involved.

I am so happy and grateful now that my world reflects Universal Integrity in my direction. I am thankful to witness this general up leveling. I rejoice in a better world reshaping before my eyes. Humbly I thank the One for this Integrity I love.

I release this word to Law. I gratefully let the Law demonstrate. And so it is.

### ANNUAL CONGREGATIONAL MEETING

All Members and non-members are invited to our **ANNUAL CONGREGATIONAL MEETING, MARCH 13, 2022** 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  
 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

*Thank You!*



## SPECIAL THANKS

Many thanks to **Rev. Victoria Kelley, Rev. Michael Laakso, Rev. Deb Nygaard and Terry Barrett** for doing the Morning Messages and sharing their unique expressions of Spirit. And thanks to **Rev. Victoria Kelley**, for facilitating the Loving Yourself workshop.

## 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



## INCOME & EXPENSE REPORT

	<u>NOV 21</u>	<u>DEC 21</u>
Income	\$2,360	\$2,820
Expenses	\$2,733	\$3,284
Income minus Expenses	\$373)	(\$474)
Attendance	101	104

## 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—MENTAL EQUIVALENTS

Tuesdays, 4:00 pm–6:00 pm

Via Zoom

Co-Facilitated by: Rev. Deb Nygaard and  
Rev. Lynn Osborne

Suggested Tuition for credit \$80 for the Course

### 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

*“The real difficulty in self-love is combating the inner critic who goes against our own wishes by challenging our own beliefs. You know you’re worthy of love, but the critic keeps reminding you of the past pain that you can’t let go of.” ~Anonymous*

## REVIEW OF SELF-LOVE WORKSHOP; PRESENTED ON ZOOM BY REV. VICTORIA KELLEY

Going to a workshop presentation by Rev. Victoria is a wonderful and enlightening way to get together with others and learn about why self-love is such an important piece of the practice of SOM, as well as being vital to your sense of self. We first took a look at how we might have areas of our sense of self that cause problems for us. Rev. Victoria presented a questionnaire that helped each participant identify areas where possible low self-love exists.

Once that was completed, Rev. Victoria spent time exploring ways to grow feelings of acceptance of the shadow self where we hide parts of our being that we deny, and so, are unable to acknowledge. While admitting we are human and are capable of making mistakes can be unsettling, the resultant ability to accept ourselves as who we are can open the doors to a fuller and more satisfying love of self which is then available as the flow of love energy to our world. Once able to accept the parts of the self-deemed unacceptable, we can then grow to love all of who we are.

There are many avenues to guide us in the process of accepting ourselves as loving and lovable beings. A few ways to grow self-love were presented in the workshop, as well as material sent to each participant. Being able to know yourself as the loving beautiful spirit you are, will lead to happiness and a much clearer understanding of the world in which we live and have our being.

~submitted by Glenda Totten-Hatch



## 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.

**MINUTE / MINUTE**—Every **MINUTE** we think of ourselves as **MINUTE** compared to others, we limit our Good.

**CIRCUMSTANCES / SUCCUMB to STANCES**—We need not **SUCCUMB to STANCES** on things. We merely need to change our thoughts, and the **CIRCUMSTANCES** will change.

**ADVERTISE / AVERT EYES**—When we **AVERT EYES** from the Truth, we **ADVERTISE** our need to return to It.

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*“No matter what age you are, or what your circumstances might be, you are special, and you still have something unique to offer. Your life, because of who you are, has meaning.” ~Barbara De Angelis*

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### **CLASS: THIS THING CALLED YOU, AUTHOR: ERNEST HOLMES**

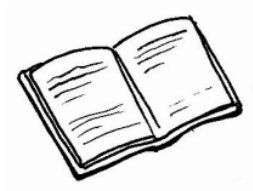
Science of the Mind is based on 12 Principles that underlie what and who the Creator is, how this Presence is in all things, and by correlation, who and what each individual is. A direct quote from the first chapter of his book states: “You are to believe with utmost simplicity and with complete faith that there is a pattern of your being, or a real spirit of you, which is as eternal as God, as indestructible as Reality, and as changeless as Truth. This pattern is seeking to manifest through you. Back of it is all the will and purpose of the universe, all the irresistible laws of being. Finally, it will win.”



To me, that is a profound statement about what is underlying all of Creation. It helps me to see all the ways I am present in the world as part of the One Presence and Power that is in everything. It was very enjoyable to explore this thing we call ourselves because it is so awe-inspiring to find one is a part of the whole. It created a comfortable bond with class members and was a big part of the journey of learning who we are. It has been wonderful to engage in a group activity despite the difficulties presented by the Pandemic, and I feel privileged to be able to join in with others in the journey of exploring who and what we are.

~submitted by Glenda Totten~Hatch

## HAPPY BOOKER RECOMMENDATION



### THE BOOK OF AWAKENING

By Mark Nepo

*having the life you want  
by being present  
to the life you have*

This Book opens with a quote from Thich Nhat Hanh:

*“Wisdom is a living stream, not an icon preserved in a museum.  
Only when we find the spring of wisdom in our own life can it  
flow to future generations.”*

Mark Nepo shares the experience of Spiritual depths and new understandings of the difficult situations we encounter so often. If we carry these negative feelings with us, they grow and can even make us ill. Each day of the year we may experience a situation that can bring anger, sadness, fear, or resentment, etc. It is a beautiful experience to realize there is always a loving spiritual meaning that will give us a deeper understanding that brings better health and a closer walk with our creator. Mark Nepo clearly uses every day of the year to show us the way.

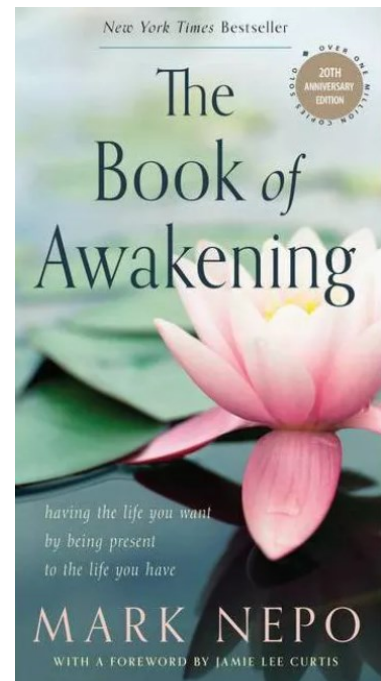
*“Mark Nepo is an astrologer, a poet and a teacher. He generously comforts us while guiding us toward the deep quiet river of wisdom that saturates each and every day of our lives.”*

~Wayne Muller

Love, Peace and Joy (to you every day)

The Happy Booker

JoAnn Fisher



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*“I am not a teacher, but an awakener.” ~Robert Frost*

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# Candlelight Service December 18, 2021



Lynn



Michael Laakso



JOY



LIFE



LOVE



Walter C

PEACE



POWER



BEAUTY



LIGHT

## Candles



Readings

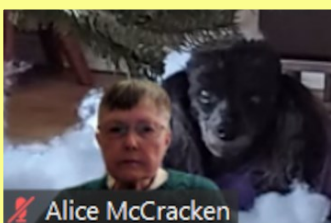
Music



Dwight



Jean Kipper



Alice McCracken



Kathy Purcell



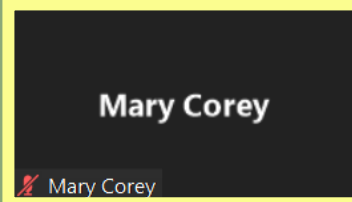
Laura Anderson



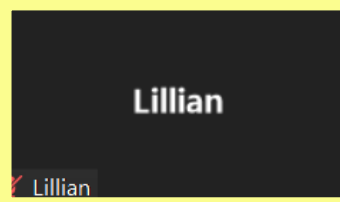
Mary Huston



Jill Fairchild



Mary Corey



Lillian

## Attendees



## HAPPY VALENTINE'S DAY

Self-love is about total acceptance. It's about deeply caring for yourself and your happiness. It's about loving yourself at this very moment and *every moment*, unconditionally. With small steps you will move forward and start loving that fabulous person looking back at you in the mirror!

**Here are 3 small steps to get you started:**

**CHANGE YOUR THOUGHTS:** ~ Our thoughts are important; they create our reality. Start focusing on things that you can do, things that you want to happen in your life. The more positive energy you put out there the more positive things will start to materialize.



THINK  
POSITIVE,  
BE POSITIVE  
AND  
POSITIVE  
THINGS  
WILL  
HAPPEN.



**START A REGULAR PRACTICE.** ~ Meditation, yoga, affirmation, Treatments and a gratitude journaling are five tools to use. Not only do they provide "Me Time," these practices allow you to connect more deeply with yourself. The more you are able to connect with yourself the more self-healing continues to happen.

**TREAT YOURSELF.** ~ Take yourself out for a nice dinner, a day/afternoon at the spa, an afternoon cup of tea or do something that you really enjoy. The important thing is making time in your day to do something special for yourself and to focus on not feeling remotely guilty about putting your phone on silent and spending time on YOU. **With Valentine's Day** around the corner, whether you have a sweetheart to share it with or are spending it solo, do something for yourself that encourages you to get to know yourself better, to take care of *yourself* and to fall in love with *yourself* again. After all, your happiness starts with the best LOVE AFFAIR you will have, the one with yourself. Loving yourself is the foundation of how your life will unfold.

**MAKE A SELF-LOVE JAR.** ~ A self-love jar is a great project you can make for yourself to remind you of how wonderful you are, especially on days when you're feeling down. Fill it with positive self-love affirmations, positive things that people have said about you, things that you like about yourself or self-love quotes you have come across. What is important is that the words are positive, motivational and inspirational.



**HOW TO USE IT.** ~ When you are feeling down pull out a piece of paper and read the message. It will remind you of something that is positive and/or amazing about you!!! Place message back in jar for another time.

~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).

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## RECOGNIZING AND USING SUPPORT

My demonstration of a prayer answered is that my son, Jonathan, came through two tours of duty in Iraq and Afghanistan with only a broken ankle. He was able to be rescued when he stepped on an hidden explosive device that would have killed him if not for the intervention of his fellow teammates while in Iraq.



In Afghanistan, he was in a forward position in the mountains which saw action almost daily. During a firefight, he broke his ankle, and when his teammates tried to medivac him out, they were both killed while he survived. When he was discharged from the Army, he suffered from PTSD so badly that he was drinking himself to death.

Through the intervention of the courts, he was required to do a six-week PTSD in-patient treatment. Today he's a manager in a Fred Meyer's store and he's a pretty stable and happy person.

**Fred Meyer®**

I'm so blessed to see him become the beautiful person he is ♡. I give thanks every day for the gift of having him in my life.

~submitted by Glenda Totten-Hatch

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## TRUSTING THERE IS NO EMERGENCY

Fell in my bedroom, called 911. To make a long story short . . . went to ER, had x-rays CAT scans . . . NO BROKEN BONES. Recovered nicely. Feeling blessed.

~submitted by Laura Anderson



## KNOWING WHEN AN ACCIDENT ISN'T AN ACCIDENT

In December we had snow in Sequim. Halfway through the snow, the heater stopped working in my car. It was cold and I needed to use my car to get to work, take my son to work and pick him up, as well as get to several things that I do for other people, including driving someone for doctor appointments and errands. I knew that there was a good solution already in the works, but I was feeling worried.

A short time later a plan came together to sell the van that I had planned to use for camping and work projects. I wasn't using the van much and decided that it would probably be better to have less to keep up with. I made the trip to Bellingham on Saturday to deliver the van and came back with \$1400.00.

The next day, after church, I hurried to the grocery store to get what I needed to make dinner for my grandson to celebrate his birthday. As I came out of the parking lot onto the highway in a hurry to get home and get dinner and gifts ready, I was suddenly in a collision with a pickup. My Prius was damaged, but drivable. Fortunately, no one was hurt. I no longer had full coverage. Now not only was I without heat but there was a gap in the upper door on the driver's side that let in even more cold air.



I knew that if I allowed myself to drop into worry and fear that I would create an experience from that. So, I composed myself on Thursday morning and practiced meditation and prayer to be grateful for my good and remember that there was already a solution. As Emma Curtis Hopkins said, "There is good for me, and I ought to have it!" I could feel the peace and encouragement immediately. Good then began to come my way.

I have been driving for someone, who needed some help getting to appointments, for the past six months. She called me as soon as she heard about the car accident and said that she would really like to help. She called the next day with a plan. She could prepay me for the next six months of driving, which she had calculated at \$1200.00. Now I could make a down payment of \$2500.00 on a car. That was a big help.

After an appointment with the credit union, where I had been a member for twenty years, concluded with a quick answer of sorry but no car loan, I decided to check on the white Prius at the small dealership in Sequim. I had been looking at the car for weeks but wasn't really comfortable with a small dealership. The afternoon I planned to go two people contacted me and told me that they had heard good things about the dealership. "Good to know, I thought." Remembering the positive experience of meditation and prayer that morning, I headed over to look at the car. I said a quick prayer, "God, if I'm offered the car, I'll know it is right for me, if not, I'll be grateful for the guidance."

As soon as I parked and walked up to the car, I was greeted and told that the price of the car had just been lowered by \$2000.00 because the car had a kit installed to lower the car, making it more difficult to sell. I drove the car and when I got back into the office, I was told that the car was mine if I wanted it. The interest rate was ok, and the payment was \$100.00 less than the credit union would have charged. This seemed to be my response to my prayer as I arrived.

**- \$2,000**

I have an appointment in a half hour I said. I could be here tomorrow afternoon. "I'll have it ready," I was told. And he did. I picked it up on Friday, packed it up, picked up my son from work and headed to Portland for the weekend to help my mom redo her room for her birthday.

I came home early Monday morning to find a note on my door from my landlord, that read, "Terry, everyone deserves a break once in a while." Inside the envelope that the note was written on was a receipt for my rent for February! I am very grateful!!!

~submitted by Terry Barrett

## **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-Six**

It has been in my mind to do something a little different in this article. Let's have a look at some of the Bible's ideas regarding the infinitude of God.

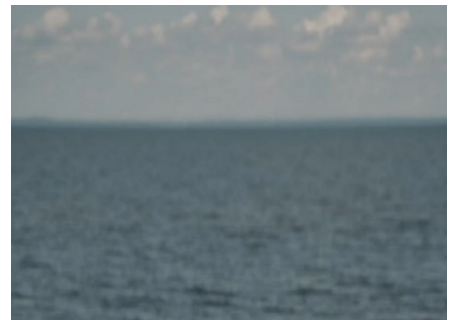
For Nineteenth Century New Thought Truth students, the Bible was the culture's go-to source for spiritual coaching. Some Eastern scriptures were being translated that evidently influenced Emerson. But, the spiritual consciousness that was developing in the later half of the 1800's began reinterpreting the available biblical writings.



I've heard it said that the Bible holds seven levels of meaning, beginning with the literal and reaching to the mystical. Of course, the meaning we personally gain from the Bible will depend on our current consciousness as well as our willingness to accept new thinking regarding biblical teachings. Being Truth students, our orientation is generally towards deeper and further illumination that reorients us into a more complete realization of Truth. We are working with our current consciousness with a desire to open to greater accuracy in our thinking resulting in better, more wholistic demonstrations; demonstrations that more completely bless everyone with no downside.

Let's begin with the opening Creation Story in Genesis. *"In the beginning of creation, when God made heaven and earth, the earth was without form and void, with darkness over the face of the abyss, and a mighty wind that swept (or: the spirit of God hovering) over the surface of the waters."* Firstly, I have heard a rabbi state that, in Hebrew, the opening phrase literally translated would say, "In the beginning of God's creating..." Evidently, this idea that God still creates was not understandable to the consciousness of the translators, so an adjustment was made. We know that an infinite Creator would be creating ceaselessly, to stay in agreement with Its Own Nature. Its ground state would be a timeless beginningness from whence Its Thought would come ever fresh and new.

Secondly, two symbols are given of God: diaphanous air moving above and water below, abyssal, bottomless, quiet, yet the substance, out of which, we will see, all creation comes. These symbols of mind are very ancient: air as the Thinker, Conscious Awareness, the Intender—and water, the feeling nature, the Substance out of which thoughts take form, Servant of the Spirit or what we call Subconscious Mind. In the physical world, we observe that air moving over water produces waves, an active manifestation. Likewise, our thinking moves over our subconscious mind producing manifestation, or what we call a demonstration. Already the Bible has set up the First Principles we study.



~continued on page 13

~continued from page 12

*“God said, ‘Let there be light,’ and there was light; and God saw that the light was good, and he separated light from darkness. He called the light day and the darkness night. So, evening came, and morning came, the first day.”* Here we have the ultimate simplicity of Mind’s operating. Intention, a thought, becomes word, and spoken, demonstrates. The important detail here: all of Mind is for the demonstration; no opposing currents of thought or feeling. Jesus called this faith whole-hearted, doubt-free. He also said, “According as you believe so is it done unto you.” The less contradictory our belief, the clearer the demonstration.

Light is God’s “First Born.” There is no physical world yet, so this must be the Pure Mind Light of Perfect Knowing. In Proverbs, this Light will be given a name; Sophia – Wisdom. I see this as our spiritual creation; God’s Own Knowingness, It’s Self-Contemplation, Causation for us as spiritual presences. Jesus called us, “the Light of the world” at the Sermon on the Mount. The Buddha called this the “Indestructible Buddha Nature”—our spiritual Self awakened to its Nature. We are God’s First Born.



*“God said, ‘Let there be a vault between the waters, to separate water from water.’... and God called the vault heaven. Evening came, and morning came, a second day.”*

*“God said, ‘Let the waters under heaven be gathered into one place, so that dry land may appear;’ and so it was. God called the dry land earth, and the gathering of the waters he called seas; and God saw that it was good. Then God said, ‘Let the earth produce fresh growth, let there be on the earth plants bearing seed, fruit trees bearing fruit each with seed according to its kind.’ So it was,...And God saw that it was good. Evening came, and morning came, a third day.”*

Here we see all that is in the heavens and the earth comes from the waters, the Universal Subjectivity, as Ernest Holmes calls it. Nothing that is created comes from nothing. It all comes from the Substance of Infinite Mind, Its Own Beingness. No doubt earlier Truth students found this logical and comforting. We are dealing with a natural process of Mind—nothing supernatural or woo-woo about it. We can participate in this activity, being also mind. Ultimately all is Mind.

Here we also have the teaching that “like produces like.” The plants all produce seed according to its kind; peach seeds from peach trees, bean seeds from bean plants. There is a basic integrity in the Universal. We see it in the life-forms, here plants, but also the coming creations: animals. The fidelity of Life continues as a major teaching in this story.

*“God said, ‘Let there be lights in the vault of heaven to separate day from night, and let them serve as signs both for festivals and for seasons and years.’ So it was....and God saw that it was good. Evening came, and morning came, a fourth day.”*

**“And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our fear, our presence automatically liberates others.” ~Marianne Willimason**

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Universal Mind's Word is spoken—And so it is. Very simple and direct. Holmes makes this point often. Nothing strange or mysterious about this process. Moreover, God observes the creation to be “Good” unwaveringly.

*“God said, ‘Let the waters teem with countless living creatures, and let birds fly above the earth across the vault of heaven.’ God then created ... all the living creatures that move and swarm in the waters, according to their kind, and every kind of bird; and God saw that it was good. So he blessed them and said, ‘Be fruitful and increase, fill the waters of the seas; and let birds increase on land.’ Evening came, and morning came, a fifth day.”*

“Be fruitful and increase” is God’s blessing. We observe that increase is the natural propensity of Life, because it is the propensity of Mind. We have all observed that what we give our mind to consider, on that our mind will elaborate; continuously, unless we redirect our thinking. Life-forms mirror the mind that is their Source: like produces like. In the animal world as in the plant kingdom, all reproduce after their own kind. This law is natural and inevitable to operate.

*“God said, ‘Let the earth bring forth living creatures, according to their kind: cattle, reptiles and wild animals, all according to their kind.’ And so it was...and he saw that it was good. Then God said, ‘Let us make man in our image and likeness to rule the fish in the sea, the birds of heaven, the cattle, all wild animals on earth and all reptiles that crawl upon the earth.’ So God created man in his own image; in the image of God he created him; male and female he created them. God blessed them and said to them, ‘Be fruitful and increase, fill the earth and subdue it, rule over the fish of the sea, the birds of heaven, and every living thing that moves upon the earth.’ God also said, ‘I give you all plants that bear seed everywhere on earth, and every tree bearing fruit which yields seed: they shall be yours for food. All green plants I give for food to the wild animals, to all the birds of heaven, and to all reptiles on earth, every living creature.’ So it was; and God saw all that he had made, and it was very good. Evening came, and morning came, a sixth day.”*

Six is the first perfect number.  $1+2+3=6$ .  $1 \times 2 \times 3=6$ . It represents perfect harmony. Seeing all that he made, God saw it was very good. Since like produces like, this implies that the Creator is Complete Goodness. We know this as a First Principle. We use this statement in our affirmations and Treatments regularly. Our New Thought forebears were no doubt impressed that all creation was called good and very good. Then, what’s going on that I dissent from this Truth? Let me direct my mind back into agreement with the Universal Mind who can only speak Truth. Hence, our practice of speaking this God-given statement: “Life is good; all is Good!”



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**“We all carry the seeds of greatness within us, but we need an image as a point of focus in order that they may sprout.” ~Epictetus**

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Three times we see the word that humankind is created in the “image and likeness” of That Which has no image and no likeness. Recall the wind blowing over the abyss. These symbols are meant to indicate an invisible abstraction. Later, Paul will observe that things that do appear come from That Which does not appear. Mind has no image since it is infinite. Only the finite, the bounded, the enclosed can be seen. No circumference, no visible-ness. This is a call to recognize our beingness as like the Mind that creates us; since like produces like, we cannot be otherwise.

Note that we are not created male *or* female but male *and* female. These qualities of mind are present in each one of us, irrespective of the genders of our body, just as they are in the Mind that called us into actuality. Since like produces like, this cannot be otherwise.

Note, also, that we are created with the First Word: “Let there be Light.” This is our spiritual nature: Knowingness, unconditioned, undescribed, pre-everything. What could be more pure, more perfect, more new? Yet we find ourselves doing this earth experience. I see that in part this creation story acknowledges our current condition. However, since there are seven days in this story, this correlates with the seven spiritual centers; seven connection points of the spiritual, mental and physical. All creation stories, though they are commonly interpreted as pertaining to the physical, actually refer to us internally. All cosmologies are mystically internal cosmologies; ways of exploring our internal beingness, our inside organization and structure. Here we are presented as mind, expressions of Limitless Mind. Heaven and earth are symbols of consciousness; an above awareness and a below perception. We are called upon to subdue the earthly consciousness, to rule it and its thought-contents rather than allow it to rule us. This requires a certain higher awareness to even contemplate.

*“On the sixth day God completed all the work he had been doing, and on the seventh day, he ceased from all his work. God blessed the seventh day and made it holy, because on that day he ceased from all the work he had set himself to do.”*

On the seventh day, God returns to his ground state: Rest/ Peace/ Quiet/ Silence. In the Revelation when the seventh center’s seal is opened, there is silence for half an hour. Further in the Old Testament, God’s Rest is mentioned. To this state we return in meditation, to refresh our mind with its origins. We need this remembrance in order to begin distinguishing our earthly consciousness from our heavenly consciousness. Until we find the difference, what choice can we make? Each meditation period is a Sabbath, a ceasing from our own creating by allowing our mind to still its thinking and re-enter our ground state. Experience shows a gentle sorting occurs and gradually the Most High becomes more certainly known. It is a practice, like each Sabbath is a weekly occurrence. Gradually, we consciously re-own our sovereignty.



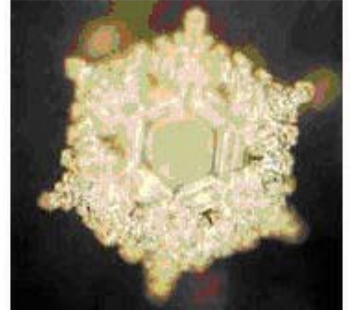
We find much wisdom regarding who we are in this Biblical cosmology. We find our First Principles regarding Source Mind also reflected here. Who we are and What our Source is, is One Unified Limitless Substance. As we can stay in this consciousness, we stay with our Source knowing only Good. And so it is.

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**“Breathing in, I calm body and mind. Breathing out, I smile. Dwelling in the present moment  
I know this is the only moment.” ~Thich Nhat Hanh**

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Water exposed to  
Gratitude & Love



Remember the prayer for water

TO: A Very Valuable, Worthwhile Person

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



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10:00 a.m.

