

## Minister's Letter

Another year is coming to a close. We have lived through another year of change, disruption, unpredictability. And, together, we have remained strong in our spiritual connections and in our connections with each other as we do our Prayer Treatment work for ourselves, each other and the world at large. Change has really always been with us. The existence of motion as one of the fundamental components of Creation guarantees that change is continuous. Some changes are minor adjustments in life, easy to manage. But, major changes in life are rarely easy. They challenge us to grow—and we do grow as we work through them.

Writer, Owen Waters states the following in his article, *Your Inner Compass*:  
“Today, changes are being accelerated by our being in the global transformation called The Shift. Many would say that today’s changes are intense to the point of becoming chaotic. In physics, chaos is a temporary phase between one natural state of harmony and its transformation into a higher form. The transition phase between the two states becomes very choppy until the higher form is reached. Today, we are in the storm before the calm. We are so beset by change that it can become difficult to discern what changes are important and what changes are just societal noise, which has little bearing on the real paths that we need to tread through life. It is here that a sense of inner direction becomes an exquisite asset.”

I love that expression “an exquisite asset.” I think it describes our tools of meditation and Spiritual Mind Treatment. Rather than getting caught up with “awfulizing” the changes and disturbing events that cross the spectrum of our awareness, we do have Onederful tools with which to address that which may be causing angst within us.

Researcher, David Hawkins, in investigating the effect of the whole frequency range of human consciousness, came up with an amazing discovery: The Power of your mind to affect the world doesn’t just increase bit by bit as your frequency rises. It increases at an extremely rapid rate. That makes it possible for the spiritual work that we do to lift up the effect of the thoughts of 800,000 people of average consciousness around the world, according to Hawkins. To help to uplift large numbers of people, all it takes is for us to stay disciplined in our spiritual work of meditation and Spiritual Mind Treatment.

What an Exquisite Habit to form for the year ahead.

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



“Each time you choose not to act on a frightened part of your personality, you create authentic power—and you grow spiritually. The frightened parts of your personality come less frequently and with less intensity, and the loving parts fill more and more of your consciousness.” ~Gary Zukav

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Center for Spiritual Living

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

How many times do we notice the change of the seasons? Sometimes the change is subtle, while other times it is more dramatic. Last Saturday night we had a windstorm! The wind whipped around the house rattling windows. A few times the lights went out, but then quickly came back on. Blue, like many dogs, gets anxious when there are high winds; the howling, the creaking and the lights going out aren't normal. Dogs like routine.

The next morning when we walked, I noticed the driveway looked a lot different. There were layers of leaves and some small branches everywhere. Walking down the driveway was almost like walking in the trees—a communion of sorts with nature. The first part of the paved trail doesn't have many trees, however, there were still some leaves and small branches on the pavement.

On the other hand, the part of the trail where we turn around to come home has lots of trees. As we got closer to the turnaround area, I noticed layers of leaves—in many colors: green, gold, orange, red. I could not see the trail, only leaves. It was a lovely picture—though if it was made into a puzzle, it would be difficult to complete because the leaves were so intertwined. It was hard to see where one leaf ended and another one began. The wind blew the leaves off the tree in a seeming cacophony, but they landed in such a way they seemed to harmonize and sing for our attention, wanting us to see the beauty. What a gift!

I looked up in the trees; the branches were now barren, having released their leaves. Fall was announcing the soon to come winter. The trees were preparing for the snow which will create a beautiful winter scene.

When we got back to our driveway, I looked up at the trees that line it; near the end there is a tall walnut tree. There were only about eight walnuts still on the tree. The rest were strewn on the pathway up to the house, along with the leaves from the other trees that were now barren.

The wind will eventually blow the leaves off the pathway and into the grass. But their life isn't over even then. All the leaves that fall in our yards, in our gardens, on our grass, become a blanket to keep the roots warm underground. Those leaves eventually meld with the earth and provide nutrients. Their life goes on even though we might not see it.

The trees remind me of the One Source; regardless of outside forces, Our Source remains the same. The leaves remind me of us; we are all inter-connected through Love. When we recognize our Unity, we see we are all part of the puzzle that makes the perfect picture. There is no separation. The wind reminds me of our thoughts sent out in expectancy of a demonstration. A little bit of belief produces a little bit of a breeze. A strong belief results in a windstorm of Good showing up in our lives.

During this Season of Light and Love, let us remember the strength of our Unity and let us share our Light and Love through all Season.

Light and Love,  
Kathy Purcell, *Editor*

**“Autumn is the hardest season. The leaves are all falling, and they're falling like they're falling in love with the ground.” ~Andrea Gibson**

## TREATMENT FOR ABUNDANCE

by Glenda Totten-Hatch

There is One Presence/One Spirit/One Power. That Presence is all there is. The Presence is Love, Life, and Beauty. It is good, everywhere present, and Its nature is the gift It gives to all creation. It belongs to each of the Spirit's many manifested beings. The Loving Presence makes the gift of Itself eternally at this present moment.

The I am that we all are is so blessed, and I know as I honor the Spirit's gifts, they can only increase in my life and in the life of all creation. There are blessings that are waiting for acknowledgment in order to spring into action on the manifest plane. It is with a sense of vibrant expectancy that I accept the unfolding of Spirit's Love in my life and within the whole of the world. I sense with joy the Spirit's beauty in the dance of the trees in tune with the wind. In the sound of the wind as it dances with the leaves. Isn't it grand to watch leaves sent flying as Autumn turns them into a color show? What awe and wonder is mine as I am gifted with the abundance of the Autumn harvest, and know that the deep sleepy night of winter draws near. The seasons of a life well lived in each moment brings me face to face with the Creator within, and the comfort found in the unity of the whole.



It is with soaring gratitude that I say yes to all that God is. There is only Love. What inspiration, what certainty that within is the awareness that Spirit is all there is. My heart is bursting with thanksgiving as I say yes to this present moment. There is only Love as I say yes to my Creator. Thank you, Thank you, Thank you, Blessed Spirit for all that you are and therefore, all that I am. I turn to the Law of Spirit and release my words into the Mind of Spirit. I know my words are already so, and so it is.

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### PRACTICUM ACTIVITY

As we move into the Christmas season, I reflect to early October when we made our first attempt of holding a hybrid meeting for our Center. It was a joy to have the chance to come together in person for the first time since the pandemic first began two and a half years ago. For me, it was a chance to work on my first practicum credits for the Master in Consciousness Studies program through the Holmes Institute. There are 14 different activities to work on as a practicum project before I finish the program.



There was such a feeling of loving excitement as we held this Service. Some members who we had not seen for a while, came to the service in person. It is good to try new things and see them come into action and it was so good to be together. The goal is to return to an in-person/hybrid meeting again in the new year.

Some things were wonderful and other things didn't work so well.

Several people helped to make this in-person and Zoom Service happen. Plans are in the works for an in-person Candle Lighting service this year. If it's possible to create a hybrid meeting for this important holiday Service, that is what we will do!

I feel so grateful for our wonderful Center, and I enjoy being part of it. I've just completed the first two terms of the Master of Consciousness Studies program and have 13 more practicum activities to complete over the next six terms. I'd love to hear ideas about projects that could be considered!

With love,  
Terry Barrett, R.Sc.P.

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 Rev. Deb Nygaard

## BOOKS:

JoAnn Fisher

## MEDITATION:

Terry Barrett

*Thank You!*

## SPECIAL THANKS

Special thanks to  
 Terry Barrett R.Sc.P. , Rev. Victoria Kelley and  
 Michael Laakso for doing talks this quarter.

### **The Funniest Face** ~Anonymus

The funniest face  
 looked out at me  
 From a silver ball  
 On the Christmas Tree!

At first I thought  
 It was Santa's elf,  
 But I looked again and  
 It was just myself!

Gratitude  
 Is at once  
 Beautiful  
 And  
 Fruitful.



## 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



## 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—CHANGE YOUR THINKING CHANGE YOUR LIFE

Tuesdays, 4:00 pm–6:00 pm

Via Zoom

Co-Facilitated by: Rev. Deb Nygaard and

Rev. Lynn Osborne

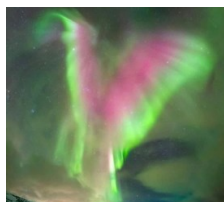
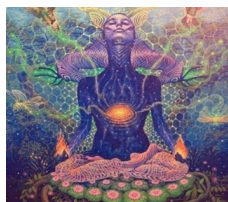
Suggested Tuition for credit \$80 for the Course

### 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

**“You learned something right? Make it part of your life right away! You heard something clever? Internalize it instantly! You heard something beautiful? Add it to your life philosophy at once!”**  
**~Mehmet Murat ildan**



## VISUALIZATION VERSUS VISIONING WORKSHOP

The September 24<sup>th</sup> workshop was a huge success with great attendance, thank you! We were honored to have a guest speaker, Rev. Pam Douglas Smith, from the Port Townsend Unity Center, who gave us her expertise on Visualization. The second half was on Visioning and the difference between the two and how to use them together for the best results. We had lively discussions and insightful questions and answers, and we followed up after the workshop was concluded, with information and materials being emailed to the participants. Our workshops are a wonderful avenue to learn and grow together and a chance to gather in oneness. **Thank you all!**

~submitted by Rev. Victoria Kelley, R.Sc.P.



## 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.

**CURRENT / CURRENT**—When we live in the past, we often block the flow of good coming to us. When we live in the present, we stay **CURRENT** and we allow the **CURRENT** of good to flow freely and unencumbered.

**FLATLINE / FLAT LINE**—If we feel a lack of a heart connection and a **FLATLINE** to life, we can know we are always connected, for we have a (smooth) **FLAT LINE** to our Infinite Source.

**FORMULA / FORM U LOVE**—The Invisible takes form through your thoughts. To experience the **FORM U LOVE** all you need do is follow this **FORMULA**.

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## CLASS REFLECTIONS

As we move into the Christmas season, I reflect to early October. I recently completed the first half of my Practitioner training and what a journey it has been. It is simply astounding to me the depth of Ernest Holmes's wisdom and understanding of the One Source and our place in the Divine Mind. From the start, I learned that what I had been taught about God, about life in general, and my own spiritual nature might be seriously flawed. The teaching took me through how my core beliefs might not be accurate, and how my worldview maybe creates a life I didn't intend.



After looking at some of the erroneous beliefs held by the human race, attention was placed on how to change my thinking and so change my life. Important aspects of the SOM philosophy such as the 12 Spiritual Principles were studied in detail. The triune nature of the Divine Spirit was made clear and the process of how the Creative Mind uses the Law of Cause and Effect to manifest its thoughts and ideas was made understandable.

There were many different resource books used in each term, however, the "SOM" textbook and "Living the Science of Mind" were the most helpful in understanding how the Spiritual Principles work, and the importance of understanding the Principle of Cause and Effect. Ernest Holmes's book "This Thing Called You" is priceless in providing examples of how to use spiritual Treatment, affirmations, and meditation to deepen spiritual awareness.

I would like to thank my teachers and mentors, Reverend Lynn and Reverend Michael for their excellent teaching and support. I also am so glad that Terry Barrett joins as she can and for the wisdom she brings into our class.

At this point, the second year of Practitioner training is underway. I am enjoying each class, and what I learn. I am excited to be on this path and look forward to becoming a Practitioner in actuality after being in training for two years.

~submitted by Glenda Totten-Hatch

**"The best way to predict the future is to create it." ~Abraham Lincoln**

## ALL THE DIFFERENCE IN THE WORLD

Author Unknown

Every Sunday morning, I take a light jog around a park near my home. There's a lake located in one corner of the park. Each time I jog by this lake, I see the same elderly woman sitting at the water's edge with a small metal cage sitting beside her.

This past Sunday my curiosity got the best of me, so I stopped jogging and walked over to her. As I got closer, I realized that the metal cage was in fact a small trap. There were three turtles, unharmed, slowly walking around the base of the trap. She had a fourth turtle in her lap that she was carefully scrubbing with a spongy brush.



“Hello,” I said. “I see you here every Sunday morning. If you don't mind my nosiness, I'd love to know what you're doing with these turtles.”

She smiled. “I'm cleaning off their shells,” she replied. “Anything on a turtle's shell, like algae or scum, reduces the turtle's ability to absorb heat and impedes its ability to swim. It can also corrode and weaken the shell over time.”

“Wow! That's really nice of you!” I exclaimed.

She went on: “I spend a couple of hours each Sunday morning, relaxing by this lake and helping these little guys out. It's my own strange way of making a difference.”

“But don't most freshwater turtles live their whole lives with algae and scum hanging from their shells?” I asked.

“Yep, sadly, they do,” she replied.

I scratched my head. “Well then, don't you think your time could be better spent? I mean, I think your efforts are kind and all, but there are fresh water turtles living in lakes all around the world. And 99% of these turtles don't have kind people like you to help them clean off their shells. So, no offense... but how exactly are your localized efforts here truly making a difference?”

The woman giggled aloud. She then looked down at the turtle in her lap, scrubbed off the last piece of algae from its shell, and said, “Sweetie, if this little guy could talk, he'd tell you I just made all the difference in the world.”

The moral: You can change the world—maybe not all at once, but one person, one animal, and one good deed at a time. Wake up every morning and pretend like what you do makes a difference, because it does! Let's embrace change with positive expectations.

~submitted by Rev. Victoria Kelley, R.Sc.P.

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“Take a walk with a turtle. And behold the world in pause.” ~Bruce Feiler

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## HALLOWEEN SUNDAY SERVICE

Our annual Halloween themed Sunday Service was a Spooktacular delight with creative Halloween backgrounds on Zoom, some members in costume, an informative talk and Kathy Purcell winning our riddle contest and winning \$25.00. Each person attending the service received a treat, but no trick, for a coupon to receive a free frozen yogurt at the Sweet Spot in Sequim. The “Spirits” were high in this fun filled group.



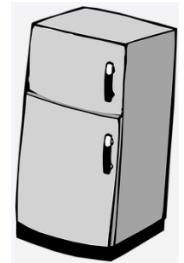
~submitted by Rev. Victoria Kelley

Rev. Victoria did a fantastic Halloween Service giving us all the gift of Halloween fun—  
Thank you, Rev. Victoria for your devotion to our Center. ~Rev. Lynn

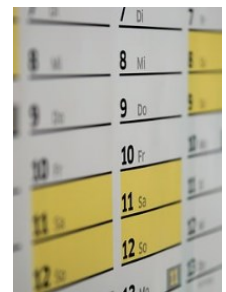
## THE DEMONSTRATION CORNER

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).

One of my clients was in need of a refrigerator and was not sure how she would purchase one as she could not afford the costly purchase. She received Treatments and she did her own Treatments and released it to the Divine Universal Intelligence. Three weeks past and one of her neighbors was selling their home and moving to another State. They heard of her need through a different neighbor and gave her a beautiful and almost new refrigerator. The power is always there to use.



Starting in October and through November Tom has volunteered to drive my friend to Sequim for many doctor and dentist appointments. Tom also needs to drive me this month of November due to eye surgery. Tom is busy daily with this new job of his, driving. However, many of the appointments for my friend fell on the very same days as my appointments. As we all know it's almost impossible to change surgery dates as well as the most needed follow up visits. Calls were made and nothing could be changed according to all the doctors, dentist and surgical teams both in Sequim and Poulsbo. I started my Treatments and my visioning of all of the schedules being changed to fit and accommodate both my friend and me. Within a two-week period several of my friends doctor appointments were changed and the dentist's two appointments. Several of mine were changed and none of the dates were on the same day. Needless to say we were all grateful and Tom is promised lots of rest in December.



~submitted by Rev. Victoria Kelley

“Something that has always puzzled me all my life is why, when I am in special need of help, the good deed is usually done by somebody on whom I have no claim.” ~*William Feather*



## IS IT TIME FOR THE RAINBOW BRIDGE?

By Alice McCracken

Nikki was my fifth toy poodle and my first rescue dog. She was offered to me by the breeder when she was nearly five years old after being returned as “too much trouble” by the first owners. She needed a home, and I had considered finding a second poodle as a companion to my beautiful but difficult Bella, two years old and with me since she was only eight weeks.

Given a month to decide if I wanted to keep Nikki, I became attached to her within hours, partly because she was smart and figured out her place in my home within moments of her arrival. She also was scared, expecting to be hit when she came into the kitchen—something left from her first living situation. The minute I saw her duck her head and her tail go between her legs, I knew I had to keep her—to help her learn to feel safe and loved.



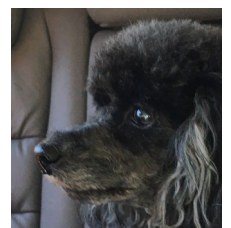
Bella hasn't made it easy, because she's a dominant animal who, like many bullies, is insecure underneath. But with determination, I've done my best to love them both. They are half-sisters—having had the same mother but three years apart in age. They both have allergies, and it's been a challenge to keep them healthy. Nikki had a tumor on her chest when she was seven; two surgeries kept her going, even though we didn't know how long she would last.

We got through the issues until this last spring when Nikki was fourteen. A small bump on her left rear foot began to grow, and grow, and grow. The more it expanded, the uglier it got. Our veterinarian said there was nothing we could do, because she was too old for surgery. It was cancer and could not be removed. Just bandage it and hope for the best.

With prayer and Treatment from our SCL team, we have had an amazing experience with Nikki. She passed her 15<sup>th</sup> birthday on October 13, and she's still here a month later. She still walks on her bandaged foot, she explores, sniffs, and looks around outside at all the things that interest her. She curls up next to me on my bed. We know it can't last forever, but it has been a most beautiful experience having Nikki still engaged in life. She is loving and knows we are doing our best. Yes, one of these days, she will disappear over the Rainbow Bridge, but meanwhile, Connie and I have been blessed with being allowed to love and care for her during this special time of transition.

Thank you, God, for this beautiful expression of love and faith.

PS. Nikki crossed the Rainbow Bridge on Nov. 21 at Sequim Animal Hospital. We are sad but so happy she was a part of our lives.



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*“Love is something eternal; the aspect may change, but not the essence.” ~Vincent van Gogh*

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## 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.

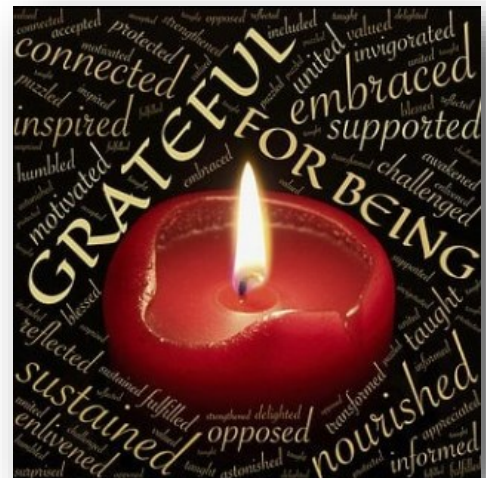
### What is Infinity? Part Thirty-Nine

“God is Love;” as the Bible states. We know Love has many attributes, among which are acceptance, respect, joy, appreciation and gratitude. Wouldn’t Divine Mind be in a constant state of thanksgiving? In the story of the Seven Days of Creation, the daily observation “It is Good” implies a sense of satisfaction, fulfillment and gratitude. Doesn’t a personal success bring up such feelings in us? How much more for the One Creator Who is constantly creating, expressing Itself with boundless exuberance, fulfilling Its One Desire: Self Expression?



We cannot imagine a dour Universal Mind, depressed, burdened, churlish, moody and ungrateful. We recognize these as injury-emotions and Infinite Mind cannot be hurt. Nothing blocks the Infinite, nothing frustrates God. We are not dealing with a “little mind” with little ideas. We are dealing with Limitless Resource, Total Intelligence, not some power but All Power; the Great Envisioner of all Creation. This is the Mind that invites each of us to “Behold my Beloved, in whom I am well pleased: namely You!” How could this Mind not be thrilled with each of Its limitless creations, given the Care, Love and Perfection authoring each one? And, like a hologram, the Whole is encoded in every part and particle in seamless unity with its Author. Divine Mind must be experiencing waves of gratitude continually for the Expressions It sends forth and simultaneously experiences.

Our teaching encourages us to find our constant gratitude, in part as a way to open to greater abundance. This implies that thankfulness is a part of the creating process. In fact, thankfulness and release ends every spiritual mind Treatment. How much more would the Continually Creating be flooded with Gratitude not just for facilitating the creative process but also as an intrinsic aspect of Its Beingness? Could there ever be even a moment when Divine Mind’s Gratitude lapsed? Naturally, no; for God cannot cease being God even for an instant. All of Its Qualities are constantly radiated, constantly experienced, forever.



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**“Education is great...but it’s really my creativity that’s taught me that I can be much more than what my education told me I am.” ~Raghava KK**

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Being expressions of Infinite Mind, we embody Its Qualities and Attributes, including Its Gratitude. Before a child has been schooled in saying “Thank you” their shining eyes, smiling face and enthusiastic atmosphere demonstrate their experience of feeling grateful. Indeed, gratitude and joy seem deeply related. A joyless “thank you” doesn’t carry the same weight as a happy one. We know something uncomfortable is impairing the natural thankfulness. Yet, we are awash in the Divine Gratitude always. It is ever available to tune into.



Without words, Infinite Mind feels Its boundless Gratitude for each one of us. This Gratitude is irrepressible, and as spirit, so, then, is our gratitude. Only our thinking can obscure our natural gratitude, and being counter to the Divine Nature, a healing is required. This healing changes nothing, but it will reveal as false the thoughts suppressing our thankfulness. Some greater aspect of our mind is always in synch with the Divine nature. What we call healing highlights the obscuring falsehood so we can release it and the natural and constant Divine State is revealed as present as ever. What we call healing is more a yielding up our mistaken ideas to Truth. Like Gratitude, Truth can never be absent, though we can obscure its presence from our awareness.

Humility is a part of Gratitude, like it is a part of Love. Ego, the accuser, arrogantly thinks it can deny Good with impunity, or just thinks it knows better than Infinite Mind. The Sufis note that arrogance and ignorance are the same inner state, identical in every way. My arrogance impairs my consciousness of knowing, rendering my mind ignorant of its Identity and all other Truth. Arrogance believes there is an alternative to the One Reality. There is not. Infinity means no “other” is available, present or real. Gratitude results from yielding to Truth, Knowing, Reality. Humility quenches any arrogance leaving our mind free of all dissent from Truth. And so natural gratitude flows freely again. Divine Mind must be constantly feeling Its Humility to be in a constant state of Gratefulness.

This may sound paradoxical, that God is Humble. It means God is not prideful, not arrogant but grateful for everything and aware of everything as it is. It means God stays with the Truth and veers not left or right. Being Infinite, this would be the natural state. For God there is no left or right and nothing to veer towards. Infinite Good is infinitely present at every point, so all of God (Truth, Love, Intelligence, Gratefulness, etc.) is all there is. Universal Mind is in complete acceptance of this Fact. This is Humility: simple Truth acceptance.

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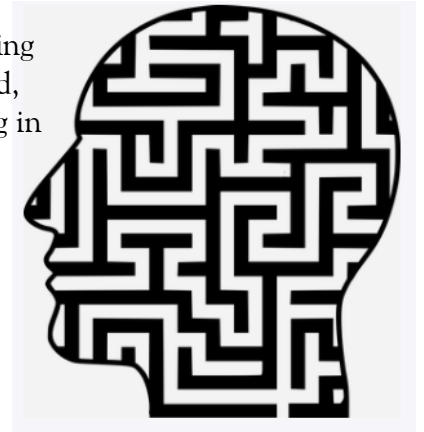
“I find that the more willing I am to be grateful for the small things in life, the bigger stuff just seems to show up from unexpected sources, and I am constantly looking forward to each day with all the surprises that keep coming my way!” ~**Louise L. Hay**

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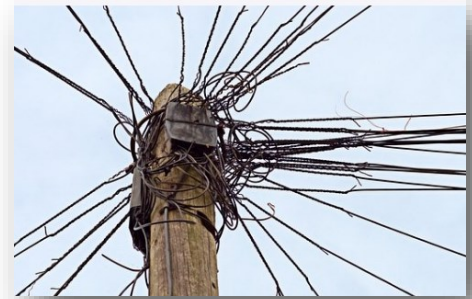
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If gratitude is difficult for me, a search for the causation might be a beginning step towards recovering ease of gratitude. Once some possibilities are found, I can ask myself some questions. Can I be thankful for the blockage? Living in Infinite Good, there must be a blessing to it. If I am struggling with the blockage, first I am keeping it in place in my mind. And secondly, I am judging it as something not to be grateful for. I am calling it bad. Maybe it is really a Goodness blessing me in ways I do not see or understand. Am I willing to explore possible ways this apparent blockage is really a gift? The idea is to break the impasse by allowing new information into my awareness.



For example, sometimes suppressed anger blocks gratitude. We are having difficulty forgiving a personality, circumstance or even God. How could this hidden anger be a blessing today? Well, maybe a deep internal shift is gestating and isn't ready to be born yet. The anger could be holding the process in stillness, like a breath being held until the right acceptance has been found. Maybe the anger represents certain unmet needs which it is important for me to become aware of. Maybe the anger is related to my boundaries, and is showing me values important to me I have not yet fully understood and that I need to learn to nurture and protect. All these are blessings I won't see if I am resisting my anger. Essentially, I am hiding from myself the deeper reasons for being grateful because I haven't opened to positive possibilities. Spirit desires that I become more familiar with my mentality. Self exploration supports this goal. This is a tool for locating the Truth that frees—and in this case, also frees up my gratitude.



Under our experiences are our beliefs. What would I have to believe to not be clearly thankful for a situation? Often these amount to negative beliefs about our identity. The teaching of the Race Mind denies our value, worth and deservingness—a false teaching. To become aware of these subconscious identity-beliefs allows us to reevaluate their presence in our mind. It gives us choice we don't have without this awareness. Can I become grateful for these beliefs even though they seem to be limiting me? Maybe these unloving beliefs about myself and the situations they draw to me are speaking to me to notice I need to change something, like a splinter hurts to get me to notice something needs to be removed. The pain isn't fun, but further infection and pain might be the result if I do not heed the message now. Why not be grateful for today's pain and find out what it means and make the change? Warnings are blessings.

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**“To educate yourself for the feeling of gratitude means to take nothing for granted, but to always seek out and value the kind that will stand behind the action. Nothing that is done for you is a matter of course. Everything originates in a will for the good, which is directed at you. Train yourself never to put off the word or action for the expression of gratitude.”**  
**~Albert Schweitzer**

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Blockages to spontaneous gratitude are simply false thoughts and beliefs. Divine Mind has none of these; It is All Truth and so all Gratitude. This is not to minimize the process of experiencing the falsehood as it out pictures, but rather to support using that discomfort to deal effectively with the error thoughts.

The Cayce readings often counseled questioners to be thankful in all things. I had a hard time with this idea as my life at the time had plenty of stress and distress both internally and in my relationships to others and life situations. Of course, these go hand in hand. I didn't know my thoughts were driving my experiencing. This realization gestated in my mind for many years before I became able to use it. In the meantime, I searched out many books to study, groups to work, workshops to attend. I found spiritual practices to try. I worked with my body as well as my inner mind. Eventually, the student became ready and the teacher appeared.



Today I can be grateful for this extended process. Today I can admit I have more work to go to authentically feel grateful for everything that transpires. And today I have tools and understanding to apply to the challenges that arise. It's OK to have further to go on my journey. I know more will be revealed. And I know I am not my teacher or my healer. That is Divine Mind's job. Recovery is mine to work at and accept, but my Author is also Author of my recovery. I can feel my gratitude as it comes and be willing to feel it when it seems less available. Let's close this article with a short Treatment.

*In the infinity of this Now, I am still as Love created me. All the Good there is is right here where I am. This Life, Light, Love and Joy still gives all It is to me and all the rest of Its creating. Since like produces like, I am like my Source in every way.*

*God's Gratitude for Itself and me is my gratitude for God and my Self. In this Gratitude I live, move and have my being. This Gratefulness lives, moves and has Its Being in me. So my gratitude comes easily to me. Nothing is more natural than to feel thankfulness in my mind always. As feeling good is feeling God, so feeling grateful is feeling God. I am a welcoming pipeline to the conscious Gratefulness of Divine Mind. I am so happy and so grateful for Gratitude's gentle and powerful Presence in me.*

*Feeling my gratitude, I am thankful for ingratitude cleansed completely from my mind and body. I am so thankful I am free to know with gratitude all things are working together for good, blessing me and all I contact. It is safe for me to feel grateful now.*

*I release this word to Law. It is accomplished already. And so it is.*

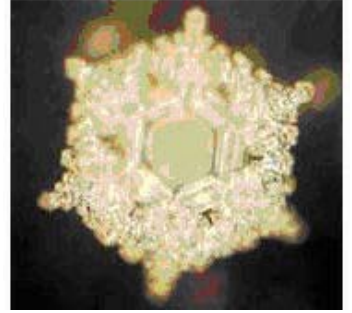
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**“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.” ~Melody Beattie**

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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.

