

Minister's Letter

All the months of the year are opportunities to express Love and February is the Month special attention is focused on Love—a time to pay special attention to the Love in our lives.

Valentine's Day emphasizes romantic love; however, we know that is only part of the expression of the love we see everywhere. Even our Valentine cards are given to all people we love. So, we are also talking about Divine Love—the Self-givingness of Spirit that is blessing us all.

So, in recognition of the Love I feel for all of you and from all of you, I extend the following Treatment as my Valentine to all:

The Law that governs the Universe is energized by Infinite Love and Divine Wisdom. It is the Right Action of the Universe, everywhere present. This Law is at work now in my life bringing balance and harmony to all my activities, revealing love in all my relationships. I know that Love is the guiding force in my relationships with other people and that the Love that flows through me is the Love that is reflected back to me by the people in my world. I lovingly set all people free to be themselves, knowing we are all individual expressions of God. I am now attracting into my live loving people that are in tune with my consciousness, as I give thanks for their presence in my life.

The Master, Jesus, said that we should love others as we love ourselves. Therefore, I do love and accept my beingness, knowing I am expressing the Love that I Am in all that I do. Because I am a channel for Infinite Love to be expressed in my world, I know it is reflected back to me as those in my Life are reflections of the Love within them.

I give my grateful thanks that this is so now.
And so it is.

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



“Let my soul smile through my heart and my heart smile through my eyes, that I may scatter rich smiles in sad hearts.” ~Paramahansa Yogananda

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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 thru 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!

Light and Love,
Kathy Purcell, *Editor*

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

TREATMENT MY WORD IS DIVINELY AUTHORED

by Rev. Michael Laakso

Universal Mind is Unified, Complete and Perfect. This Mind is my mind now. Infinite Mind is the limitless Totality of all that is. I am also an expression of the Whole of God, along with everything. This Mind is a perfect Integration that includes all that I am. In this Mind I think, feel and am aware. As me this Mind thinks, feels and is aware.

I now recognize deeply and fully there is only One Creator. I am unified with this Creativity, an expression of Its Intelligence, Love and Joy. My creative word comes from this One Mind along with me. As I speak my demand upon Universal Supply, my thought and speech arises from the God in me that is what I am. As such, my word is God's Declaration that is inevitable to demonstrate.

I align with the Love and Purpose of my Source. I listen in quiet alertness. I know my Author sends up Its Loving Thought to express more of Itself by means of me. I resonate with the Joy of Spirit as It takes upon Itself this opportunity to speak Its Good into my life and the lives of those with me.

My word is spoken unerringly, easily and from a deep knowing that it is Reality already. No doubt or fear interrupts my speaking, as there is no such energy in Divine Mind. My word comes from the All Good that knows nothing other.

My word is inevitable to demonstrate. As God's Declaration goes not undone, neither goes it undone as it emanates from my mind and mouth. Knowing my Source, the All True, I cannot speak falsely. Knowing my Source, this word of Good flows through my mind into my experience effortlessly—and wholly blesses. Knowing my Source, this word expresses the One Love anew and completely, again.

I am so grateful to know my Source as It is, as It knows Itself to be. I am thankful for this inseparable Companionship, this perfectly working Partnership. I am grateful the only word I can speak comes from the All Loving Intelligence that forms my being. And I am thankful my being comes from and is the Beingness of the One.

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 12, 2023** 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

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BOOKS:

JoAnn Fisher

MEDITATION:

Terry Barrett

Thank You!



SPECIAL THANKS

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

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>OCT 22</u>	<u>NOV 22</u>	<u>DEC 22</u>	<u>JAN 23</u>
Income	\$4,341	\$3,236	\$2,990	\$3,084
Expenses	\$2,719	\$2,769	\$2,762	\$2,905
Income minus Expenses	\$1,622	\$467	\$228	\$179
Attendance	91	99	99	132

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—STARTING AGAIN SOON

Tuesdays, 4:00 pm–6:00 pm
Via Zoom

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

“Life is short and we have never too much time for gladdening the hearts of those who are travelling the journey with us.
Oh be swift to love, make haste to be kind.” ~*Henri Frederic Amiel*



Someone turned 90 and fabulous!

Of course Laura has always been fabulous!
Laura celebrated with family and friends
and had a delightful entrance to a
new and exciting decade.
~Respectively 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.

LIES / LIES—Our happiness **LIES** in uncovering the **LIES** that we have let ourselves believe. The Truth sets us free to experience more of the love that we are.

STUFF / STUFF—If we **STUFF** false beliefs and try to ignore them, the **STUFF** that shows up in our lives is false. It is from the Truth that the good **STUFF** is made.

ADVERTISE / ADVERT EYES—If we **ADVERT** our **EYES** from our true identity, we miss seeing our Unity. When we realize and **ADVERTISE** our acceptance of who we are, we experience our Oneness.

A
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If so many men, so many minds, certainly so many hearts, so many kinds of love. ~Leo Tolsto

TERRY'S MINISTERIAL STUDENT UPDATE

I'm excited to share an update on my path to Ministry. As I complete the midterm assignments for my third term of Consciousness Studies at the Holmes Institute. This term I am taking, Emerson and American Idealism, and African American Diaspora, for the Consciousness Studies master's program.

In the Napa Valley School of Leadership, I am taking The Art of Spiritual Leadership and Minister as Speaker II. I will be leaving this week to travel to Napa Valley for the last class on February 18th. I will be presenting a twenty-minute talk at the Center for Spiritual Living in Napa Valley for our class on Saturday.

Each class has had so much to offer, and I have learned so much. The classes are very interesting and of course, filled with assignments to complete and deadlines to meet. It's a continuous learning experience, not only through class learning but also through practical learning for balancing time and activities with study time and personal activities as well as working a half-time job. Nothing like some practical experience to help me learn as I go!

Registration for the Spring term is coming right up. I'm delighted to be moving through these wonderful classes. I'm meeting several different instructors along the way as well as Ministers, teachers, and Practitioners. I'm so grateful for the opportunity.

Love,
Terry Barrett



HAPPY BOOKER RECOMMENDATION

THE STORM BEFORE THE CALM

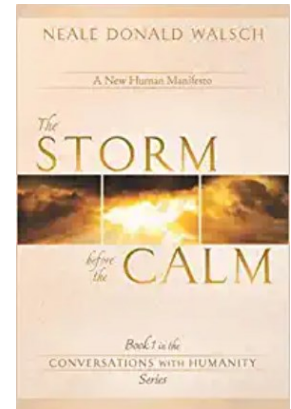
By Neale Donald Walsh

Are you worried about the future? Do you want to be filled with hope you can handle all your tomorrows. Neale Donald Walsh looks all over the Planet Earth and sees something extraordinary happening. He calls it, The Overhaul of Humanity.

There are 28 chapters written in a fascinating form that engages our mind and our soul. (I will be rereading it slowly to make sure I didn't miss anything.)

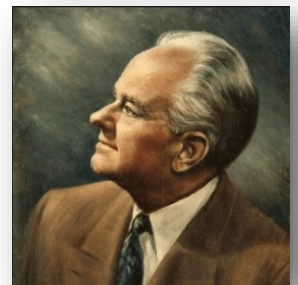
This is an unusual book : "The Chapters are called "Conversations." The Reader is encouraged to share insights, ideas and feelings. His next book, "A Collectors Dream" is a new cultural story for humanity. Readers who have responded to this book will be co-authors.

LOVE and WONDERFFUL READINGS
JoAnn Fisher



PRACTITIONER TRAINING

Wow! I am through the first year and I am already five classes into the second year. It seems to have gone by in a flash. I can scarcely believe how much I have learned about how SOM principles are used in Treatment. There is so much information and I am so grateful to my mentors Rev. Michael, Rev Lynn, and Practitioner Terry Barrett. But most of all, I am in awe of Ernest Holmes and his exquisite distillation of the 12 Spiritual Principles from his studies of the world religions. The insight and spirituality of this gentleman are genuinely profound, and I am so honored to learn about his understanding and the way to apply the principles in mental Treatment.



As he states several times, what is needed to treat others in solving their concerns is an absolute knowing that the Presence of God is all there is. It takes knowing that Reality is based on the self-knowing nature of God made manifest. As Spirit is the First Cause, anything unlike Spirit, can hold no Truth. What a wonderful thing to understand! We are the individualized manifestation of the Divine Mind, that within us is the Presence of Spirit. We are made of Divine Intelligence and are creative in the thoughts we have and the words we speak. It is as simple as changing your thinking that will change your life and yet, there is a depth to this change that involves letting go of much of what we have been taught to believe. In turning to Divine Spirit as the source of everything, the view is spectacular with the awareness of Infinite Divine Love as the basis for all that is. It is quite the journey, and I am enjoying every moment.

~submitted by Glenda Totten-Hatch

BEST ZOOM BACKGROUND CONTEST



In lieu of our annual Ugly Christmas Sweater contest we had a Zoom Christmas contest; deciding who had the best and most creative background of those attending our Christmas Sunday Service. Of all the beautiful, comical and creative backgrounds our winner of the \$50.00 dollar prize was *Jean Kipper*. Congratulations Jean. Thank you to all who participated.



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

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.

HOMeward BOUND

One of my clients was looking for a home to purchase and there were none available in her price range in her new location. She has teenage children who need to be enrolled in school and with this added pressure she became anxious. She has been in the study of Science of Mind for years and understands that Treatments work. We started our Treatments, and she began to visualize the home that would be perfect for her and her family. She had two job offers and the one she chose had a woman who was leaving the company and moving out of State and needed to sell her home. It was the perfect size and price, and she is now settled in her new home with a job she loves—and is happy she chose this job or she would have never heard about this house. Divine guidance and Divine demonstrations are here for all of us.



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

PROOF THAT VALENTINE'S DAY IS MORE THAN FLOWERS OR CANDY

Author Unknown

Father's Day morning and I was up at the crack of dawn, on the hunt for antiques at a crowded flea market in Long Beach, California. I'm not a morning person. But my 70-year-old dad specifically requested we go there. Back in Delaware, he ran an antiques business with Mom. He'd heard about the Long Beach flea market from one of his antiquing buddies. "We have to get there early," he told me. "Before all the good stuff is gone."



I had moved to Los Angeles seven years before to pursue acting and writing. I'm an only child. My parents visited often. I knew they wished I lived closer. Still, they were always so supportive of my challenging career choice. I wanted to do something special for Dad that Father's Day. I'd planned a weekend full of activities, culminating in dinner and a show at The Magic Castle in Hollywood. But Dad only wanted one thing: to go antiquing. I trailed behind him sleepily, feeling as if I were at the Grand Bazaar in Istanbul. The market was in a huge parking lot with tents as far as the eye could see. Vendors hawked their wares, furniture, glass, china, jewelry, books, hats, you name it. Dad schmoozed with the vendors, snapping up good buys. I browsed a table of kitchen knickknacks, a pretty peach teapot, and some 1950s canisters like the ones Mom had. On the edge of another table, something else caught my eye. A tiny tin with a logo of strawberries, and two words at the bottom: Dover, Del. Dover, Delaware, a city 30 minutes from my hometown. How funny to see such a familiar name on a tin can some 3,000 miles away. I examined it closely. Above the city and state, it said Richardson & Robbins. "Hey, Dad," I said. "Look at this. Do you know anything about Richardson & Robbins?" Dad turned the tin over in his hands. "Seems like an old cannery," he said. "Probably the place closed a long time ago." Imagine finding this tin all the way out here on the West Coast." He paused and looked at me, a twinkle in his bright blue eyes. "Maybe it means you're meant to be in Delaware!" he said. I had to laugh. Dad was always teasing me about moving home. We got the tin, Dad's treat, and few days later my parents headed back east. I put the tin in my china cabinet, and I'd occasionally find my eyes drawn to it, especially during tough times, a reminder of Dad that I wasn't alone.

The tin sat there for three years, until Mom's health took a turn for the worse. I moved back East to be closer, the tin from Dover tucked safely in my suitcase. It was difficult to put my career on hold, but it turned out to be a good decision. Nine months later, Dad died of a heart attack. Mom couldn't bear the idea of living alone. We bought a house in northern Delaware and moved in together. The tin from Dover went up on our bookshelf. In 2005, Mom passed away. I found myself at a crossroads. I didn't know what to do next. Move back to California, stay in Delaware, or Pursue acting? Maybe even writing? I felt so lost and alone without Mom and Dad.

That's when my life took a turn. By a series of unbelievable coincidences, I got back in touch with my high school boyfriend, Kenny. I'd always wondered if he was the true love of my life. We hadn't seen each other in 35 years, and then, one night, we ended up on the phone for hours. He asked me to meet him for lunch. I was over the moon and nervous too. Was this a sign of what God wanted next for me? Was I even supposed to stay in Delaware? I couldn't be sure; until Kenny called to discuss the details of our date. "How about we meet at my office?" Kenny said. "Sounds great," I said. "Where do you work?" "Dover," he said, "In the old Richardson & Robbins building. Do you know it?" I met Kenny in the building's lobby for our lunch date, and the date that told me I wouldn't be alone anymore, that my life was headed in a wonderful new direction. A direction I could have never imagined for myself. God guides us if we are open and aware.

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

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 Forty

One of the purposes for this series of articles is for support in writing and speaking our Spiritual Mind Treatments. We begin each Treatment with declaring certain Qualities of Divine Mind relevant to our desired outcome. The clearer we are on the Attributes of this Infinite Mind, the easier and more accurate will be our treating/praying. Also, the clearer our mind will be in speaking our word. That clarity of mind is essential for a clear and happy demonstration.

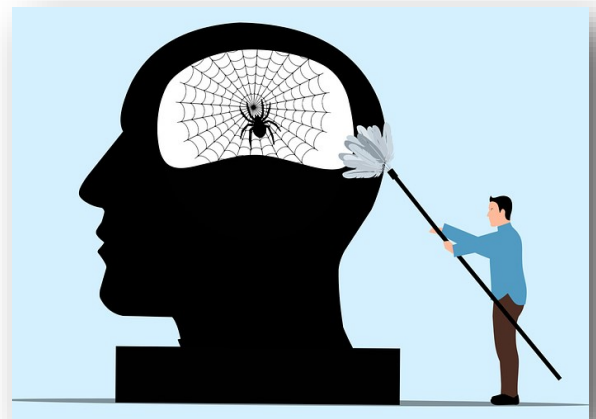


The Law of Mind operates not only on the words we speak (or think) but also on the feelings we have during our speaking; so, every word/thought is a prayer. Since we are always thinking and feeling, we are always praying; that is, making decrees into the subconscious mind (the Law). If my mind is unclear, my feelings will be doubt, confusion, anxiety, etc. The Law will act upon these feelings and demonstrate them also.

As Ernest Holmes observes, trained thinking is more powerful than untrained thought. Why? Untrained thought is essentially unconscious thinking or free-associating. It is the memories in the subconscious mind triggered somehow and so coming up and passing through our conscious mind again, where they reinforce the already existing subconscious thought-content. If all our thinking is Truth and our feelings love and gratitude, we are headed for happy experiences. If that subconscious thought-content contains falsehood and feelings of fear and pain, we are simply strengthening our inner burdens and inadvertently asking for more of the same.

Trained thought is *consciously chosen* thinking. These are the new thoughts we add into the body of our subconscious thought-content. These are the thoughts that will shift the body of our thought from negative to positive, from unloving to loving, from impoverished to prospering.

The key here is to know false from true, negating from positive, self-harming from self-healing. If we have been thinking from the race consciousness standpoint, both true thoughts and falsehoods are running through our mind.



“We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves.” ~Buddha

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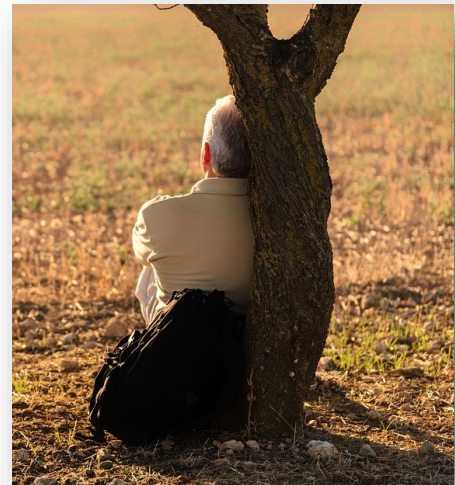
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The “race consciousness” is the sum total of all thought and experience remembered in the “group mind” of humanity from its beginnings; positive *and* negative, true *and* false. This is the human dilemma: We have come to equally value true and false and so do not know the difference. How then can we choose the true over falsehood? How can we consciously move the body of our thought from self-harming to self-healing, grief to happiness, anxiety to security?

Here is where Divine Mind comes in. This Originating Mind is All True, All Loving, All Intelligent and All Powerful. This is our resource for distinguishing false from true. Unfortunately, mainline religions in this country teach scary, negative ideas of God to children and adults. This is just the confusion of the race consciousness speaking through individuals and organizations, reiterating its confusion. We need a way to find out *for ourselves* what Universal Mind is honestly and truly. We need to find this benchmark for reliably dividing false from true.

This is why we study the Qualities and Attributes of Limitless Mind. These are the Qualities of the Real. Anything that negates or denies these Qualities is false. Exploring and contemplating the True Nature of Infinite Mind progressively reveals the true nature of life, others and our own Self. Contemplating the real Attribute begins a loosening of the internalized falsehood and with persistence, will neutralize it. Such contemplating is another form of Spiritual Mind Treatment—that must demonstrate.

Increasing the accuracy of our understanding of Infinite Mind’s Qualities will clear mental confusion on many levels by clearing it subconsciously. Helpful practices could be reading spiritual works, meditation in any of its forms, spiritual group discussion, workshops and seminars, and simple contemplation. If we are to consciously think the Truth, we need but start with what makes sense to us now. We all have Truth in our subconscious mind to draw from. And as Jesus advocated: ‘Ask and you will receive, knock and it will be opened to you.’ He knew Infinite Mind desires to be known. And being Love, no answer is withheld but offered fully once our willingness to receive is noted.



The Course in Miracles observes that the Voice of Divine Mind is here in the individualized minds of every one of us. This Voice—intuition—will guide our thinking towards the Truth. Some call it the “thought corrector,” others “holy spirit.” Something in us knows Truth by direct contact. This is the Voice that alerts us to Truth when we run across it and supports us recognizing and taking in that new thought. We receive this internal coaching in our own individual style and way; as a feeling, as a nudge, as an instinct, or even as words.

“Drop all negative thoughts from the mind. Do not dwell on adversity, but think plenty into everything, for there is power in the word.” ~Ernest Holmes

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This Voice, being God's, will always advocate for the Truth of our Self. Jesus called It the Advocate, and also the Comforter, since It soothes our fears which It knows to be unfounded. This Voice respects our volition. It is not pushy but awaits our willingness to proceed. No doubt this Voice brought us to the Science of Mind as our next growth stage.



This communication link is evidence that we cannot really split from our Source. Since Infinite Mind has no outer boundary and so no outside, there is nowhere to go where Infinite Mind is absent. This Voice guides us out of our “vain imaginings” as the Bible calls our goofy thinking, since thinking contrary to Spirit changes nothing of what Spirit is or what I am, as Spirit knows me to be. What a comforting thought.

We know from NASA and other experiments that the subconscious mind cannot judge between real and imaginary. It takes everything as real. This is why as an athlete relaxes and visualizes his or her specific athletic activity, the subconscious mind accepts this as a real training, and muscle memory and added strength will result. It will be our conscious thinking of Truth that informs the subconscious mind of the Real. Consistently and persistently applied, we shift our inner balance between Truth and illusion.

A major source of confusion is our adoption of the dualistic paradigm. A paradigm is a mental stance, a world view, a basis for our thinking and therefore our perceiving. The dualistic paradigm assumes for every good there is an equal and opposite “reality.” Because we have plenty of practice, this paradigm feels real—indeed it can feel like the *only* reality.



Divine Mind thinks, lives and experiences the Wholeness paradigm. This follows as a natural Quality of Infinity. Being all that is, the all-encompassing Mind and Beingness by definition is Whole. This Mind is unified; not a construction of pieces and parts but a uniform Wholeness. It never contradicts Itself. It never disputes with Itself. It cannot condemn, find fault or dissent from What It is. (There is no fault to find.) Whatever It desires or decides, the Whole of this Mind is completely *for* that, and so it demonstrates effortlessly and in right Order.

The dualistic paradigm, the belief in opposites, dissents from the Real. How can this not be the cause of our conflicts, troubles and problems? If I am not centered in the Truth, I am adrift in lies. How can this work in a Truth-based Infinite System? Universal Mind's Wholeness outlook always works perfectly with Its Own Nature. How can this not be the Answer we seek? I am still a creation of the One, like It in every way. I still operate as It does, even if I define myself in some alternative way. Ultimately, there is no “alternative” to Truth/Reality.

“All truth is one. In this light, may science and religion endeavor here for the steady evolution of mankind, from darkness to light, from narrowness to broad-mindedness, from prejudice to tolerance. It is the voice of life, which calls us to come and learn.” ~Clifford Stoll

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The intellect can carry us just so far. Having a clear mental recognition of the Qualities of the Infinite will go a long way. But ultimately, practitioners of the dualistic paradigm are emotionally invested in it being the correct basis for reality. This is no different than becoming emotionally invested in any opinion, theology, cosmology or self-definition. This attachment will feel like resistance to change. Persistence in telling ourselves the Truth wears it down until a shift can occur that illuminates our mind with the Insight, a shift in our thinking basis. We now “get” the Wholeness paradigm; *again*, since it is where we began.



To appreciate that shifting paradigms may take some time, we acknowledge that the dualistic paradigm is so primal, so deep in consciousness, with all our “reality” based on it, our mind will protect that idea as if our survival depends on it. We seem to be experiencing this as a group mind lately, with groups dug into their ideologies, defending them as if survival is in question. Survival is never in question, since the spiritual reality that we are is eternal. In the meantime, we came to the physical, this place of constant change, for support in internal change that re-synchs our thought with that of our Author. The solution here, personally and as a group, is to give no power to dualistic thinking by placing our attention on Truth.

I use affirmations once I recognize my mind is ruminating on dualism. Any judgment, condemnation, hurt, righteousness or disquieted emotion clues me in that I am dualizing my Self and my world. Once I see this, I go for an appropriate affirmation. “I am safe now. In Limitless Love I live and move and have my being. Only Good will come of this. This is a blessing, even if I didn’t see it as such at the time. And I will come to recognize with gratitude the blessing that this is.” I keep it up until my mind returns to quietness and peace. To help my mind recognize its dualizing at the feeling level, I tell myself, “If it isn’t happiness, if it does not lead to happiness, it is not true. If it is happiness, if it leads to happiness, it is true.” Often I find the disquiet feeling indicates my mind is off track with respect to Oneness. This is thought training in action.

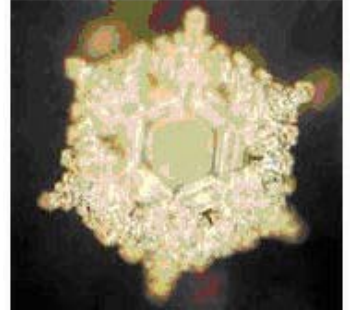
**Are You?
LOVE
You Are!**

I have heard some call the dualistic paradigm the belief in Two-ness and the Wholeness paradigm the Oneness Remembering. In the Science of Mind, we learn that Oneness is the only Reality. Two-ness or any multiple other than One is fictitious. “Two-ness” covers all non-“alternatives.” There is no actual alternative to Truth, only imaginary ones, for Truth is Complete and Whole and Real. Truth and Reality are just two words for the same thing. Truth is our Home. Let’s go there. And so it is.

“I will govern my life and thoughts as if the whole world were to see the one and read the other, for what does it signify to make anything a secret to my neighbor, when to God, who is the searcher of our hearts, all our privacies are open?”

~*Lucius Annaeus Seneca*

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



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

