

Minister's Letter

Here we are in the month of May and Spring is happening. Our trees are in bloom, animals are starting to wake up and fun outdoor activities are attracting us. Everything is changing. The month of May is said to have the energy to help us reach our goals and heart's desires giving us the opportunity to utilize May's energies by going the extra mile with our projects with anticipated success. And, yet, with all the changes going on, we also notice some changes are perhaps not feeling very joyous. Changes seem to be coming very fast—some of our changes have been painful losses.

The thing is—change will always occur in nearly every aspect of our lives. We may be finding ourselves tensing up on the physical, mental, or emotional level. Sometimes we don't even notice that we have braced ourselves against a shift until we recognize anxiety or mood swings or a general worried feeling toward the unknown. In our teachings, we learn positive ways to counteract when the feeling come forth. Since change is happening all the time—and, lately it seems more often, we can learn to make our response to it an affirmative one of anticipation, welcoming the new while releasing the past with grace.

One thing we can do is change our perspective by changing the labels we use to identify our feelings. We can reinterpret feelings of anxiety as the anxious butterflies that come with eager expectation. With this shift, we begin to look for the good that is on its way to us. Though we may only be able to imagine the possibilities, when we acknowledge that good is there for us to find, we focus our energy on joyful anticipation and bring it into our experience while allowing the feelings to carry us forward.

So, let us enter into the Joy of this day, meeting change as it comes, knowing there is Joy to be found. It brings with it, perfect solutions to that which has been disturbing. All things are moving forth in perfect synchronization for our highest Good. Welcome to the newness of this Spring Season.

In all things, we give our grateful thanks.

*Blessings of the All Good,
Rev Lynn*

"I give you this to take with you: Nothing remains as it was. If you know this, you can begin again, with pure joy in the uprooting." ~Judith Minty

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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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iamlynosborne@gmail.com
or visit us at
www.cssequim.org



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

EDITOR'S ESPRIT

Dear Friends,

We're in the month of May. What comes to mind when you hear the word May? Some people think of Mother's Day—a time of love and nurturing. Those who live in Sequim may think of the Irrigation Festival. Now in its 128th year, it is the oldest continuing festival in Washington State. The festival begins the first weekend in May, commemorating the raising of the first headgate on the Dungeness River—which occurred on May 1, 1895.

Often people not from Sequim shake their heads and ask why Sequim would have to irrigate. And why have a festival around it? They see water everywhere. They look to the north and see the Strait of Juan de Fuca—and there are many rivers, streams and creeks. What they may not see are the areas with crops and cows and chickens, but with little water. The early Sequim settlers dug irrigation ditches to bring water to the parched prairies. The Irrigation Festival website states: "Water is Wealth." It's easy to see how water nurtured the land and brought out the best qualities for plants, animals and humans. The Sequim Irrigation Festival involves the entire community—there is a definite sense of unity.

This scenario brings to mind a spiritual connotation. Water is thought of as Spirit. Like the water that is seen everywhere in Sequim, Spirit is everywhere. Our roots are connected to It, for we were born of the One Spirit. It is our Source. Its nurturing Love is our essence.

Sometimes we may feel parched—like the fields prior to irrigation. The water/Spirit needed is near; it's just a matter of connecting to It. A definition of irrigate is: "to supply water to land or crops to help growth, typically by means of channels." We don't have to settle for arid land. We can crop out the old false beliefs that dehydrate us, and field our thoughts to the waters of Truth. It is the Father's great pleasure to give us the Kingdom. The abundance of the Universe is ours and we can choose to accept It. We can state this Truth. As we do, we provide the channel for the Good to flow to us, through us. While Spirit flows freely, the best qualities are unearthed, and we can celebrate this!

Like the raising of the headgates on the Dungeness River, our thoughts open us to our highest and best. But It may only begin when we connect to our Source. So, the next time we hear the word *may*, we can remember the healing waters of Love that surround us. We are the channels of Spirit. And we *may* allow the Love to flow easily through us at any time. As we raise our consciousness, Love washes over us and we joyfully experience a greater depth of Oneness. *May* we continue to rejoice in this knowing.

Light and Love,
Kathy Purcell, *Editor*

"The spiritual path is not a solo endeavor. In fact, the very notion of a self who is trying to free her/himself is a delusion. We are in it together and the company of spiritual fiends helps us realize our interconnectedness."

~Tara Brach

TREATMENT NURTURING IS OUR NATURE

by Rev. Victoria Kelley, R.Sc.P

Spirit hath made me, and the breath of Spirit hath given me life. ~Job 33:4

As I take in a sacred breath of life, I hold on to this breath as it cleanses me, and I release my breath feeling a sense of relaxation and calm.

We are in the season of spring with the renewal and rebirth of the Christ consciousness within. God is the Power and the Presence, God is Eternal and Immortal, All-Good, Pure Love and all there is. The Divine Universe is Spirit made manifest, the One Life and Mind—Omnipresent, Omniscient, and Omnipotent. I and God are One, and my mind is the mind of God and Spirit is within me. I am a co-Creator of my life and a special light of the world. I am perfect, whole and complete, just as I am. I remain rooted in the limitless intelligence that supports me in my being and doing and becoming.

Within us all is the ability to nurture one another, to have compassion and empathy and to listen and hear with our heart as well as our ears. Let this ability magnify in my life as I inner act with others. Let my patience and kindness spread as I accept others and their differences. Let me learn from others as they learn from me. We are all a manifestation from the Divine One expressing Divine Intelligence in many ways. Let my desires be in alignment with those the Universe has for me as I fulfill my purposes here on earth.

I live in a state of grace with all of my needs being met at the perfect time, and for this I am extremely grateful. Daily I give my heartfelt gratitude for all of my eternal blessings and earthly blessings as I release my requests and desires to the Divine Law which knows and acts in the mind of God and responds with precision. I now release any false doubts and live in trust and faith, and so it is.



"Mother" by Lola Ridge

Your love was like moonlight
turning harsh things to beauty,
so that little wry souls
reflecting each other obliquely
as in cracked mirrors . . .
beheld in your luminous spirit
their own reflection
transfigured as in a shining stream,
and loved you for what they are not.
You are less an image in my mind
than a luster
I see you in gleams
pale as star-light on a gray wall . . .
evanescent as the reflection of a white swan
shimmering in broken water.



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Thank You!

SPECIAL THANKS

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



INCOME & EXPENSE REPORT

| | <u>FEB 23</u> | <u>MAR 23</u> |
|-----------------------|---------------|---------------|
| Income | \$3,918 | \$3,607 |
| Expenses | \$3,151 | \$3,784 |
| Income minus Expenses | \$767 | (\$177) |
| Attendance | 108 | 103 |

CELEBRATE LIFE!

MAY

1 Joe Preti
 4 Alice McCracken
 9 David Hull
 25 Bob Barrett
 25 Mary Ellen Bartholomew

JUNE

2 Mary Bland
 4 Bill Hays
 6 Heike Ward
 9 Marie O'Neill
 9 Richard Seiler
 11 JoAnn Fisher
 21 Sally Parry
 25 Gail Young
 25 Jack Hubley
 29 Maralee Johnson



JULY

2 Annie James
 3 Ruth Messing
 4 Barbara Bolles
 17 Kathy Purcell
 18 Bonnie Spiva
 25 Sylvia Boss
 26 Carol Novis
 29 Deborah Abell

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

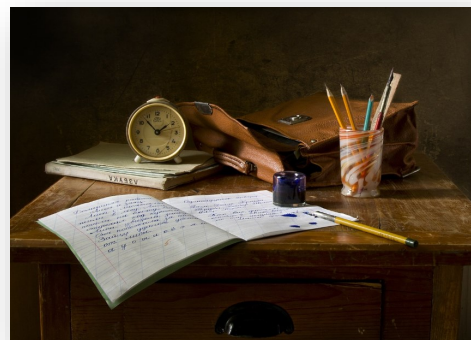
Future meetings to be announced soon.

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

“Real confidence comes from knowing and accepting yourself—your strengths and your limitations—in contrast to depending on affirmation from others.” ~Judith Bardwick

ON THE EDUCATIONAL JOURNEY

As I near the completion of the first year at the Holmes Institute, I am in a whirlwind of experiences. There is the paper that I finally finished today for the midterm assignment for my “Science and Spirituality” class. It was due today. Now I am moving on to the regional class coming up again this weekend, Youth and Family Ministry, with assignments of reading, a paper, and a presentation that will all be due within the next three weeks. One class, “Organization Management,” was finished early in the term, in the first fifteen days of April. And...the second master class, “Inside, Outside Creativity” is also in the works. Oh, and I returned from the retreat for the entire Holmes Institute ministry program last Monday.



Yes, it sounds crazy, and it feels that way too! But the learning is awesome. The paper I just completed is on quantum physics. I have had my thoughts about quantum physics versus Newtonian physics for years and now I am learning that there is so much more than I had suspected to know! It is so exciting.

I have a little over a year to go if I can keep up the pace I’m working at now; two master-level classes and two regional classes. I’ll get those practicum activities done amid the classes, with fourteen areas to cover. LOL. There is something to be said for jumping in and keeping busy – I’m learning that I can do it! Our teachings, our principles, and moving forward toward ministry are absolutely awesome.

I’m grateful to be part of our community at Sequim Center for Spiritual Living.

Love,
Terry Barrett

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.

WAKE/WAKE—Disappointment's **WAKE** of disturbance can be dispelled when we **WAKE** to the Truth that Good awaits us.

DWELL/DWELL—We need not **DWELL** on false beliefs, for the One Source does **DWELL** within us, offering us to the Truth.

EXPECTANCY/EXPECT AND SEE—When we live in the **EXPECTANCY** of Good, we **EXPECT AND SEE** that Good show up in our experience.

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“The most sacred place dwells within our heart, where dreams are born and secrets sleep, a mystical refuge of darkness and light, fear and conquest, adventure and discovery, challenge and transformation.

*Our heart speaks for our soul every moment while we are alive.
Listen... as the whispering beat repeats: be...gin, be...gin, be...gin.
It's really that simple. Just begin... again.” ~ Royce Addington*

PRACTITIONER IN TRAINING

I really want to say “Whoop!” “Whoop!” Yes, May is the last month of my training, and then I will start the licensing process to become a recognized CSL Practitioner. I have been so concentrated on the process of learning, that the end of the two years of training came up fast. This training is intensive, and each day is spent learning and refining the skills needed to be of service as a Practitioner.



The last part of my training is getting to know and understand the CSL leadership and how each subcommittee works to further its mission of creating a world that works for everyone. With Reverend Lynn, Reverend Michael, and RScP. Terry Barrett, I have explored the importance of diversity and inclusion at every level of the CSL organization. I feel blessed to have this opportunity to work as a spiritual guide and mentor for people struggling with life issues. I also realized that at the beginning of this training, the world was still in the midst of the Covid Epidemic. I believe having Zoom and a class to go to every week helped me stay hopeful and productive. No coincidences in the Divine world, I am right where I am supposed to be. I am so grateful to be a part of this congregation and I appreciate each person for being a part of my life's journey.

~submitted by Glenda Totten-Hatch

“Diversity: the art of thinking independently together.” ~Malcolm Forbes

HAPPY BOOKER RECOMMENDATION

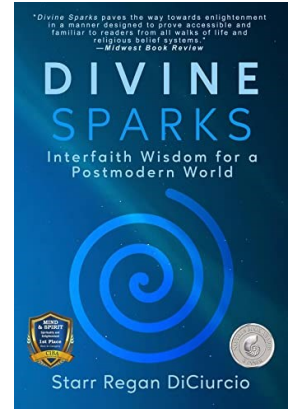
DIVINE SPARKS Interfaith Wisdom for a Postmodern World
By Star Regan DiCiurcio



This book seems to be written for everyone. The author “presents practical and inspiring wisdom from the world’s great religious traditions for men and women of all faiths—or none.”

Star Regan DiCiurcio encourages the reader to find new ways to describe what is being read when reading something new, by finding new ways to bring truer meaning to our own heart and mind.

The First Chapter is “The True Self.” When we lose track of our true selves, we become unrooted, and suffering arises. It is our spiritual life that supports the true self and maintains its position of centrality in our days.” Chapter Six is “Saving Mother Earth.” Chapter Eight is “Embodied Spirit.” These are examples of good reading.



The uniqueness about this book is the encouragement it gives the reader to look deeply within for their own deeper meanings and “divine sparks.”

If you come across a book you would like to share, please let me know.

Love and Blessings, JoAnn Fisher

“The spark divine dwells in thee: let it grow.” ~*Ella Wheeler Wilcox*

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.

CLEARER VISION

In the last month, I started a program in Qigong that was for the eyes. This is a practice of massage and eye movements that can be done daily. To my amazement, my eyesight became sharper, and my long-distance vision improved. My eyes also are less dry and irritated which is wonderful at this time of the year. To think such a simple process can make such a big difference. I believe this would be beneficial for everyone. The exercise I use is from the White Tiger Qigong school and can be found online on YouTube.

~submitted by Glenda Totcten-Hatch

If The Flute Fits, Play It

by

Sally M. Harris

I used to own a Buffet silver-plated flute. It was a beauty, with a great case, royal blue fur lined. But it was frustrating to play. At times it sounded good, and at times it sounded like a chicken squawk. I just couldn't get the high notes.

I thought the problem was me—maybe I was born with the wrong kind of lips. I tried for years to play it, but finally let the flute go. I later discovered the problem was with the flute itself. I was thrilled to find there was hope, and bought a different flute. Now I can easily play notes that before were inaccessible.

Years ago, I had to let go of a religion. Like my old flute, it was limiting “the notes” I could play. I knew there were more. I found them in a different teaching and began to access the inner worlds. One day I received a beautiful gift. While chanting the HU, a love song to God, I went soaring in my soul body through a starlit universe. I was fully conscious and awake.



I was following the enchanting sound of a flute. It was an experience of pure ecstasy and lasted until my mind kicked in to analyze the situation. Then I shot back into my physical body. As long as I live, I will always remember the reality of the light and sound of God.

We explore the inner worlds when the time is right for us. And that time is different for everyone. I forgot that, and I was frustrated with a life-long friend. Though we had great love for each other, at certain times we were separated by judgmental feelings. She thought I had chosen a way-out religion, while I thought she had denied her spiritual side for a more comfortable, materialistic life. I now see the importance of her choices, and she sees the importance of mine.

Four years ago she lost her teenage son to cancer. Because of that she had a profound spiritual awakening and is now able to help many parents who are grieving from the death of a child. Last night we talked on the phone, and it was a joy to finally communicate on a spiritual level.

The inner worlds are always there. And doors to those worlds open when we least expect it. The exploration of these worlds isn't for everyone at the same moment in Earth time. And we don't always know what our friends and family need to experience before those doors open. They might need to play only low flute notes for a while. But those can be quite beautiful too. We need not be concerned. Just remember the old saying: “When the student is ready, the teacher appears.” In other words, when you're ready for a new flute it will be there for you, and it will be perfect.



Memories of Mom

By Diana Allen

We lived in the Bronx, all seven of us kids and my single mom. It was mid-January and a huge snowstorm hit. The snow was so thick; the highways came to a complete stop. We lived a half a block from the highway. The darkness of night was approaching. There were several cars stuck with people and their families and or pets inside.

Mom stood up and said to my brother “I will open my house to the stranded people on the highway.” She said, “Please go and invite them to our house.” We had thirteen families come. Our living room was covered in sleeping bags, blankets, and pillows. In the morning, we had three pots of coffee, one huge pot of hot chocolate, bacon, eggs, and warm French bread. Everyone showed such gratitude. Mom’s act of kindness and humanity was so profound to me. She showed us all the selflessness of helping others.

A Second Thought

Author unknown

A man stopped at a flower shop to order some flowers to be wired to his mother who lived two hundred miles away. As he got out of his car he noticed a young girl sitting on the curb sobbing.

He asked her what was wrong, and she replied, “I wanted to buy a red rose for my mother. But I only have seventy-five cents, and a rose costs two dollars.” The man smiled and said, “Come on in with me. I’ll buy you a rose.” He bought the little girl her rose and ordered his own mother’s flowers. As they were leaving he offered the girl a ride home. She said, “Yes, please! You can take me to my mother.” She directed him to a cemetery, where she placed the rose on a freshly dug grave. The man returned to the flower shop, canceled the wire order, picked up a bouquet and drove the two hundred miles to his mother’s house.

“I Know CPR!”

By Talea Torres

My mother had just finished taking a CPR class at a local college when she and I were in the mall and saw a big crowd gathered around a still body. Mom took off running at a speed I didn’t know she could muster, yelling, “Everyone back! I know CPR!” Just as she threw herself next to the body and was about to begin, a pair of strong hands pulled her to her feet. “Ma’am,” said a police officer beside her, “we are trying to arrest this man.”

~submitted by Rev. Victoria Kelley

BASIC SOM QUESTIONS By Rev. Michael Laakso

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

What is Infinity? Part Forty

On Easter Sunday this year, we spoke of the Resurrection and explored some of its meaning. Let's review that meaning and explore further the implications for the group mind we call humanity.

First let's recall our Origins. The Cayce readings point out the divine Purpose for our creation: companionship with God, the "Creative Forces." God being Love, wouldn't it make sense that Love desires someone with which to share Itself? On our human level, our love prompts the same desire: being with and sharing. For Love this sharing results in joy, happiness, fulfillment, connection and further experience of Oneness. These and other divine feelings are the heaven of which the Bible speaks, an internal state of Peace, Bliss, Safety and inner Security. In this state we were all created. It is our Home Consciousness.



Our Science of Mind teaching affirms Infinite Mind is our Source. Since like produces like, we are like That Which created us. Universal Mind's Qualities are our true and real Identity. Biblically we are created in the "image and likeness" of That Which has no image and no likeness. Other spiritual traditions are likewise in agreement with these ideas of our origin.

Jesus pointed this out to Nicodemus that the Son/Daughter of God comes first from Heaven in order to return to Source. And that rebirth is a part of that process. This confuses Nicodemus, for his consciousness seems in an earlier growth phase. In any case, we come from the timeless Source of it all and so have a timeless beingness like our Source Mind. We exist always, like our Origin. Our journey is *in consciousness*, an internal passage away from Source Knowing into self-imposed ignorance and once we "come to ourselves," we decide to return to our original estate, as Jesus illustrated in his Prodigal Son story.

Who can say what prompted any of us to think we could depart from an Infinite Source, Who's Center is everywhere, and Which has no outside? Wherever we go, that Center is here where we are. The Cayce readings indicate that at first we just followed along thinking with Source Love Its own thoughts with It. At some point we began thinking for ourselves, thoughts different from Divine Mind's. This was the beginning of our journey "without distance," as the Course in Miracles states it. This happened in spirit, well before entering into the physical plane and specifically this earth arena of experience.



"We are here to awaken from the illusion of our separateness." ~Thich Nhat Hanh

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In Truth, we have changed nothing of our God-created Selves. Thinking at variance to Source Mind's Thought directed our attention off oneness and onto apartness. These are ideas, thoughts, and lead to experience. So, though we cannot *be* apart from our Source, this we can *experience*. It is not a Truth but an illusion. The illusion is not "out there" but in the mind of the thinker. "Out there" merely reflects the thinker's thought back to the thinker. This is the Law Ernest Holmes explains. And this cycle of thinking and experiencing tends to replicate itself reinforcing the origin-thought at its beginning.

I call this the "mind trap." Our Identity is intact. Our Context is the same. But we perceive an environment that appears to deny our unity with our Context: Source Mind. This applies to our Identity as well. We perceive aloneness where there is Unification. We see badness where there is only Goodness. We perceive fear where there is only Love. We experience aloneness where Togetherness is the constant state. This is the "far country" in the Prodigal Son story.

As in the Prodigal story, at some point the distress triggers a remembering from whence we came. We come to our selves; we recall the memory of our beginnings in some way that awakens a desire to return. This is our metanoia, our turning point, our "bottom" in 12-step terms. Something in us knows there is a better way to live. Our seeking for Home begins.

Joseph Campbell called this the "hero's journey." It is found throughout the myths of the world. And myth comes from the same place as dreams: our subconscious mind, the storehouse of memory – all memory, earthly and otherwise.

Cayce called this our subliminal self or our soul mind, which becomes our conscious mind when we detach from the physical. Whatever we have thought, felt or experienced is stored here. This is in agreement with Ernest Holmes' idea of the subconscious.



This journey, once we've taken it upon ourselves to return, calls to itself allies, unexpected support, guidance. Rebirth, figuratively and physically, may be frequent as we retrace our steps towards recognizing our True Identity. Essentially, we face the goofy thinking that got us so deep into the mind trap and decide for Truth as we now extricate ourselves with inspired divine help. The final step, the facing of the origin-thought that sent us on that diversion, concludes our journey and results in not a mere rebirth but a resurrection. Having denied Love, Intelligence, Safety and Life (all our divine Qualities), these are first incrementally reclaimed but finally completely realized as our first goofy idea is challenged and released, allowing now the fullness of our Identity to be re-owned.

**"You cannot hold on to anything good. You must be continually giving—and getting.
You cannot hold on to your seed. You must sow it—and reap anew.
You cannot hold on to riches. You must use them and get other riches in return."
~ Robert Collier**

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It is a gentle mercy that this journey takes time. As so many of us have experienced, each successful challenge to a false identification entails an internal adjustment. The foundation we thought to build for ourselves crumbles a bit and so an internal rebalancing must occur.



In New Thought this is called “chemicalization.” It is a natural mind process of internal reordering and then consolidation into a new inner order. Doing this step-by-step can be uncomfortable enough. Essentially, chemicalization is the experienced process of offloading fear and pain and other forms of distress accumulated on our thought-journey going away from Home. Slowing down the elimination makes the process more bearable. As the Course in Miracles points out, fear and pain are not productive learning tools and so are minimized as much as possible. More than unproductive, they short circuit learning. Divine comfort supports us as we learn to release resisting the process and let the feelings just pass on through our conscious awareness. Evidently, it is important that we feel them thoroughly as they are released.

Jesus was apparently the first of us to complete this journey, as his resurrection indicates. Since he was a full participant in the group mind of humanity, his journey and its conclusion is read into the record of the race consciousness. This finally introduced one successful reclamation of our divine Self into the group memory. This shift empowered the establishment of early Christianity. It also has a continuing quiet magnetic quality drawing those ready toward their beginning. As Ernest Holmes indicated, the race consciousness influences us all to more or less of a degree. That resurrection (his reclamation of the One Life of us all) comprises significant new experiential information in the group mind.



I'd like to share a dream I had in the mid Nineties that extends awareness of how that new information is quietly impacting today. This is one of my pearls I feel lead to entrust to our group today.

I am in Portland, Oregon, downtown, on the Willamette River's west bank, at the foot of the Morrison Street Bridge's south side. Before me sweeps an off ramp curving up and to my left to join the level of the bridge above. Where I am are a turnstile and a traffic light just beyond it. A line of people forms at the turnstile. Each person waits for the light to turn green. They then pass through the turnstile and walk up the ramp to where people are standing a little down from the crest of the ramp and shoulder-to-shoulder. Helpers guide each person to their appointed place. In front of me is a tall elderly black woman in her Sunday best; a silky dress of muted colors like my Oma used to wear and a wide brimmed Sunday church hat. She passes through the turnstile.

“Listening is a magnetic and strange thing, a creative force. The friends who listen to us are the ones we move toward. When we are listened to, it creates us, makes us unfold and expand.” ~*Shel Silverstein*

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Behind me is a short black man, also elderly and dressed in his Sunday best; a gray suit with a white shirt and tie, and a boutonniere on one lapel of his suit coat. When my turn comes, I pass through the turnstile and push my wheelchair up the ramp to where helpers direct me to my spot. I need to pee, so I leave the wheelchair as my place-keeper and walk over toward a turret on the edge of the off ramp somewhat below the level of the bridge, feeling my urgency and hoping to find a lavatory.

The dream ends there, but the opening of this bridge dream was significant. It continued to the west, not over water but over land, but more so, over time. It was a beautiful suspension bridge similar to the Oakland Bay Bridge in that there was sweep after sweep of suspension sections going over the horizon somewhat to the southwest. On this bridge were people, standing room only, completely packed beginning from close to 2000 years ago, each one in the dress of their time. And this bridge was aglow with a golden light that was coming from the people on the bridge. I knew this bridge was initiated by Jesus and his resurrection and there was room for only several dozen or so people before it is full.



The people on the bridge are the 144,000 spoken of in the Revelation. When the bridge is full, an opening will be completed in humanity's group consciousness for anyone here to be refreshed with the Truth of our Self, our situation and our release – the Truth that liberates – as each can accept.

This dream needed little interpretation. The message was quite clear. Something in consciousness was initiated by the Great Initiate close to 2000 years ago that has been quietly gathering those chosen (it is a self-selection process) to be channels for a new opportunity for humanity close to this present era. As this critical number is reached, what was attained in consciousness 2000 years ago becomes available to us all, as we can accept. The details of this consciousness were not explored. This accretion in consciousness is completely “below the radar,” as it ought to be; a silent agreeing to participate on the part of individuals in service to the entire group. I questioned the symbolism of the wheelchair until I had another dream several years later where I was returning my wheelchair to a hospital on Sand Point Way in Seattle. I suddenly realized it represented my time of disability \with full blown AIDS.



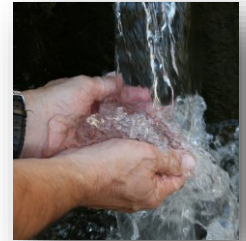
“The interpretation of dreams is the royal road to a knowledge of the unconscious activities of the mind.”
~Sigmund Freud

~continued on page 14

~continued from page 13

As for needing to pee, I interpreted this as the need to release unfelt anger (being pissed off), a project with which I continue to work to this day. But the felt urgency might be a literal need to get this project completed as the need is urgent for me to take my appointed place on this Bridge of Light. The Cayce readings interpreted bridges as the Christ Consciousness.

I share this dream vision as a valuable insight into what is occurring subconsciously in the group mind in our current time. Possibly the reported chaotic events are related as a sort of group chemicalization reacting to the approaching Truth realization that is building in the group subconscious. And so many people are now doing their inner work, right on schedule. When I am processing, I use the strategies I have learned: "I give this upset no power. I let it pass on through with a minimum of resistance and a full awareness of how it feels. I keep getting back to Truth. There is nothing to fear, nothing to run from or run to. This is all an elimination in progress. I can do this."



There is One Mind, Whole, Complete and Perfect. This Mind is my mind now. This Mind of Total Goodness is all that is operating. This Mind is being Itself as my mind now. I have no other mind with which to think, feel or be aware.

I declare into the Law that the instant of my liberation is very near. I am rounding the bend and Home is coming into view. I go the remaining distance with ease and grace. All of Intelligence, Love and Strength supports my Homecoming. I easily shed untruth, allowing my mind to recognize fully what is ever so. All of Love is for this. All of Life is for this. I am wholly for this conscious reunion with the unbroken Unity.

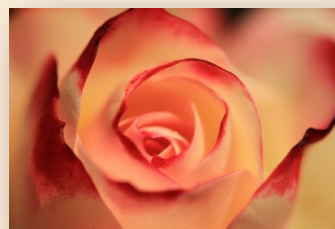
I give humble thanks for this Journey's finish. My gratitude joins with Universal Mind's Gratitude. Thank you for all the support and guidance for this completion.

I release this word to Law knowing "It is finished." And so it is.

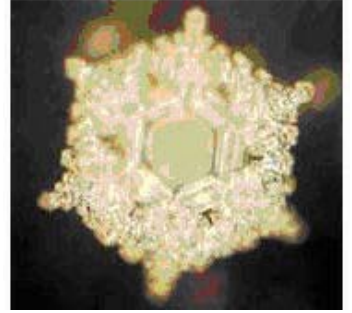
"We are not self-made. We are dependent on one another. Admitting this to ourselves isn't an embrace of mediocrity and derivativeness, it's a liberation from our misconceptions." ~Kirby Ferguson

SEED by Lyn Purcell

Everyone is a unique seed
with a potential to bloom
into something beautiful
Nurture yourself as pure
and consistent as love itself
Fear no drought
For you are not destined
to wilt before your time
You will have all you need
to get to the stage of flowering
All your God given talents,
known and hidden,
discover, refine, hone
Bloom...



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.

