



REFLECTIONS

Rev. Lynn Osborne, Minister (360)681-0177

Volume 26 Issue 4 November 2023

Minister's Letter

For this month's Reflections Newsletter, I am sharing the following by Deborah Perdue from the November Science of Mind Magazine:

PRAISE THE GOOD

Seeing and praising the good, no matter what, is a skill we can develop. In the temporal world, we make errors with our free choices. A daily gratitude practice helps. The delightful absolutist Emma Curtis Hopkins first introduced me to the idea of "praise the good." This phrase is an essential tool to feel the awe and wonder of life. What is right and good in this world? Focus on that question without spiritual bypass.

All we have to do is look around to see the wonder and majesty of creation. It is everywhere and in everything. I give thanks for it all: the prosaic aspects of daily living, as well as the overarching wonder of universe upon universe. The here and now is sacred, and to know life extends eternally is a comforting gift.

Retired American Episcopal bishop and academic Steven Charleston says, "Strive to be aware of the holy in the most mundane of things, and you will see it open up before you: The everyday is the abode of the Eternal."

Here is a suggestion: If you don't yet have a gratitude practice, start one. This will help you appreciate every little thing in your life and get in touch with eternal goodness.

If you already have a gratitude practice, perhaps deepen and expand it. How could we ever run out of things to be thankful for? I can't. This simple practice of conscious gratitude is potent.

I close with a gratitude reflection from Michael Bernard Beckwith: "Gratitude places you in the energy field of plentitude. Glow with gratitude and see how awe and joy will make their home in you."

*Love and Blessings for a Happy Thanksgiving,
Rev Lynn*

"Expressing gratitude is a natural state of being and reminds us that we are all connected." ~Valerie Elster

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

The holidays are just around the corner—a time of hustle and bustle; of family and friends; of emotion, commotion and chaos. What is the secret to a happy holiday season? Wouldn't it be great if we could make it an awesome one? Well, we have the ability to do that. But how?

My mind goes to thoughts of puppies and babies. Why? These youngsters are immature. When have they had time to learn the meaning of happiness? Who taught them? Where are they holding the answer? What can we learn from them? What do we have in common with such little beings?

A puppy knows nothing of fear; it will approach even the biggest dog and try to engage it in play. A puppy sees itself as being able to do anything. And it acts as such.



Similarly, without apprehension, a baby will reach out for an object of desire. A baby's first steps are often toward a parent; the joy of its achievement is shared with love. A baby intrinsically knows all its needs are being met.

Ever notice peoples' reaction when they see the picture of a puppy or baby? Invariably it is one word: "Awe!" and the onlooker's face alights.



These small creatures were created from the One Source—the One Light. Puppies and babies help us see the Light. The starting place is the same for us all. We are each individual entities of the One Light.

Puppies and babies are still in a place of innocence. In a sense when we see their Light, we see our own. When we see the Light within, we come back to the Truth of who we are. We see life as full of Joy, Abundance, Harmony, Health, Love.

This is the season of Light. We can choose to have an AWE-some holiday. We can choose to season our holidays with Awe by seeing the Light within everyOne and by BEing the Light for others. My heart overflows with gratitude for the ONEderful gift of Light—for the awareness of the Light that is me and that is you!

Light and Love,
Kathy Purcell, *Editor*

**"The dog was created especially for children.
He is the god of frolic." ~Henry Ward Beecher**

"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us." ~Albert Schweitzer

TREATMENT

By: Rev. Victoria Kelley, R.Sc.P

As the days get shorter and the temperature changes, and the leaves turn to their brilliant color I know that I am alive and part of it all. Blessed is this season and blessed is my existence.

God is all there is, the Alpha and the Omega, the Creator and the Creation, all Life and everything there is. There is nowhere where God is not for God is all substance, matter, energy and light. I am that I am. I am some part of the one Life and unified with the one Power, Presence and Mind. The Kingdom of Heaven is within me and I raise my consciousness to unify with it. I am perfect whole and complete.



And just as I am perfect, whole, and complete, each and every one is perfect, whole, complete, eternal and immortal! I declare that our word is divine and creates to manifest our desires in as much as we believe and have faith. I know that when we live affirmatively and confidently through spiritual self-reliance and focus on those things we desire, we cannot but help to manifest those desires according to faith, love and the Divine Law. For it is God's good pleasure to give us the Kingdom of God, which is already located within us. I know that the entire Universe conspires to manifest our heart's desires for it is done unto us as we believe as the Universe is all Intelligence and Good and Love.

I am so very grateful for the Truth that sets me free and for a Universe of Good and Love that is manifest throughout all Life. I am so very grateful for the Law of Good that fulfills all of our desires in accordance to our faith. I am so very grateful for Life, Love, Divine Intelligence and Good that are abundantly available and ever present. I am grateful for all the blessings in Life for the gift has already been made and it is up to me to accept it. I release my word unto the Divine Law where it is already known in the mind of God. I know that my word will be manifested. I do give heart filled thanks that this is so, and so it is, Amen!

“Hem your blessings with thankfulness so they don't unravel.” ~Author Unknown

CANDLELIGHT SERVICE

We will be having a Hybrid Candlelight Service this year. It will be Friday evening, December 22. Although we won't all be together in-person, we know that in truth there is no separation of Spirit.



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

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

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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.



*“Gratitude makes sense of our past, brings peace for today,
 and creates a vision for tomorrow.”
 ~Author Unknown*

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 Rev. Michael Laakso
 19 Patricia Earnest
 25 Rev. Deborah Nygaard
 30 Diann Roll



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

Meets Thursdays from 2:30 pm–4:00 pm
Suncrest Senior Social Room
201 E. Prairie Street, Sequim
Facilitated by: Rev. Michael
Love Offering

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



INCOME & EXPENSE REPORT



| | <u>AUG 23</u> | <u>SEP 23</u> | <u>OCT 23</u> |
|-----------------------|----------------------|----------------------|----------------------|
| Income | \$3,008 | \$3,229 | \$24,842 |
| Expenses | \$3,235 | \$3,369 | \$3,516 |
| Income minus Expenses | (\$227) | (\$140) | \$21,326 |



| | <u>HYBRID</u> | | |
|------------|----------------------|--------------------|--------------------|
| Attendance | ZOOM = 47 | ZOOM = 44 | ZOOM = 44 |
| | In Person = 68 | In Person = 87 | In Person = 87 |
| | Total = 115 | Total = 131 | Total = 131 |

SEQUIM CENTER FOR SPIRITUAL LIVING SUMMER POTLUCK PICNIC

On September 24th we held our first Church gathering since 2020. About 23 people attended the picnic with food to share, and Terry Barrett brought grilled Shish Kabobs on behalf of the Church. Unfortunately, it was late in the summer and quite cold outdoors, but we were very comfortable inside the Garden Club. I want to thank all of those that stepped in who helped with setting up and cleaning afterwards, there were too many to name. Next year we will be better organized and plan the picnic earlier in summer and have a dedicated person taking pictures. Overall, it was a wonderful day, sharing delicious food and great conversation. We look forward to our next gathering.

~Cathy Hamborg

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.

When life feels like **A MAZE** and we turn to our Source we **AMAZE** ourselves.

If we don't like the **PLACE** we are in, we merely need to **PLACE** our thoughts on where we want to be.

When we keep our **CURRENT** thoughts on the Truth that the Once Source is for our Good, the **CURRENT** of Good flows easily to us.

P
L
A M A Z E
C
C U R R E N T

“Faith does not need to push the river because faith is able to trust that there is a river.
The river is flowing. We are in it.” ~*Richard Rohr*

RECOGNIZING LIFE

Creating the Day of the Dead service and ceremony that I planned recently was such a great experience for me. Stepping into a different culture, I set out to learn what the event and ritual was for the people of that ethos. I wanted to feel the meaning of this tradition and I learned so much about it. I now have a very rich background of knowing the value of this practice.

I found it so positive to know the understanding of the Aztecs about death. They celebrated death. “Life is only a dream,” they said, “Only in death are we truly awake,” they said. I found many videos, books, and helpful pieces of information about the meaning of *Día de Los Muertos*. That was the main part of this experience; I wanted to understand the meaning and the importance of this event. I read that it was the biggest holiday of the year in Mexico.



I love that there is humor and celebration. I love that a large effort is made to prepare for the return of loved ones. The effort of making food, setting up the ofrenda, decorating, and setting aside the time to receive and honor the family members who have passed. The whole family takes part together in preparing for their return, and to sitting in wait for them. This is a time to remember each of these people.

It is an experience of remembering and it is an experience of allowing the space to be present and available to feel the feelings of the ones who are no longer on this earth plane with us, yet are still a part of our memory and experience.

We can take the value of this experience into our own lives and allow space to feel, and to be open. I'm grateful for the opportunity to share this with you. I'm looking forward to sharing with you all often, as I continue to learn and grow through my ministerial training.

Love to you all,
Terry Barrett, R.Sc.P.

“To live in hearts we leave behind is not to die.”
~*Thomas Campbell*

HAPPY BOOKER RECOMMENDATION

TWELVE STEPS TO A PASSIONATE LIFE by *Karon Armstrong*

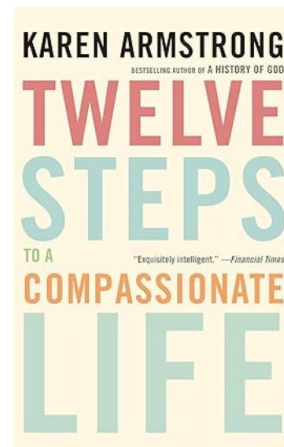


Did you ever hear someone say “I love all people except one and I will always hate him or her?”

We all know that person is the only one who is suffering. It is possible to live every day meeting life’s unpleasant moments. The Author’s book is a wonderful guide for helping people find the peace that is deeply within, meeting difficult situations with a calm knowing that is always present waiting to be experienced.

The author, Karen Armstrong, a minister in England, has written several books. This one suggests 12 steps for learning compassion at the beginning and, at the end, how to love yourself. She teaches that being a compassionate being is a lifelong project and a journey filled with rewards.

This is an exceptional book with fascinating examples, some in history, some that include wars. The author didn’t mince any words.



Blessings of Love and Peace
~JoAnn Fisher

DEMONSTRATION

Back when I was 17 yrs old, I had a frightening experience in the pouring down rain driving with my sister-in-law Toni. Four of us kids were with her in her car and my brother had a few kids with him in his car driving to one of our churches in Los Angeles, Ca. The rain was so heavy, that we lost sight of my brother. It scared the wits out of me!! We did eventually find him and made it to our destination.

Fast forward to when I started driving and had to experience rain while I was driving; if it was heavy, I was terrified! I started praying or taking to God, asking that he would slow the rain down so I could get to my destination. I did this every time I had to drive in heavy rain, and he would slow it down for me each time—until about 18 yrs ago. I was on my way to meet my group of Goldwingers for lunch not too far from where I lived.



I almost got to the freeway and down it came, so like so many times before, I pulled over to the side of the road and once again asked Got to slow it down for me. This time was different though. All of a sudden, I felt an absolute veil of peace come over me! I sat there in my car stunned/amazed by what had happened to me, taking it all in. I then said Thank You, Lord!! But why didn’t you do this sooner?! I didn’t get an answer to my question, but from that moment on, I have never again felt fearful when driving in rain, no matter how bad it is.

So yes, God has answered my prayers many times!
~Nancy Brody

BRAVE SPIRITUAL CREATION

A Brave New World? A Strange New World? A Stunning Creation of the One Source? Yes to everything, brave, strange and achingly awesome. When I was a child, I felt all of this without the ability to articulate in words what I was feeling. Often, as an adult, my heart feels truth and beauty that still defeat my ability to put what I feel into words. However, as words are the best way to convey how I see my world, words are the avenue to best share all that I know to be true about Creators manifest world within me, as me and all around me.



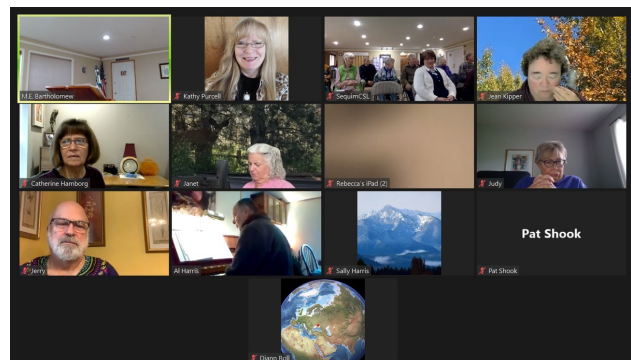
The younger version of me knew much about the natural world as I was allowed to tag along with older cousins and there were woods and fields and lots of water. I grew up in Michigan which is a beautiful place to be a youngster. Our family had a travel trailer and there were trips to Florida and Niagara Falls, Colorado, Yellowstone and many other destinations. It was great to be around during my younger years.

Come forward to today's world, and the landscape of modern society has changed so much that it truly appears to be a Strange New World. I wonder about the impact of the current obsession with phones, television, computers and video games. To see people walking around looking down at their phones, and missing the reality around them is a concern to me. To walk through the world and not be at/one/ment with Spirit's creation seems like a tragedy to me. And yet, what a gift technology has given to our world.



The last few years have been harrowing in a way that is difficult to define. Who could have conceived a worldwide pandemic that shuttered normal social activities for two years? Thank God for Zoom. It allowed our Center of Spiritual Living to conduct Sunday services, made online classes possible, and allowed people to have social interaction. While it was an excellent venue for allowing the Center to remain active, there was also a wonderful sense of connection when we finally were able to meet once again in person. It was just as wonderful to have a hybrid service and see the people on Zoom as well.

Strange new world, indeed! Who would have guessed the genius technology that kept our Center intact, and able to provide service both in-person and on Zoom? Living and sharing Spiritual Truth and Spiritual Principles, each moment has become a celebration of Divine lovingkindness and unconditional givingness of the One Presence and One Power. I would have to say it is good to have Spirit's guidance in the way our Center moves forward in this Brave Spiritual Creation.



~Glenda Totten-Hatch, R.Sc.P.

“We keep moving forward, opening new doors, and doing new things, because we’re curious and curiosity keeps leading us down new paths.” ~Walt Disney

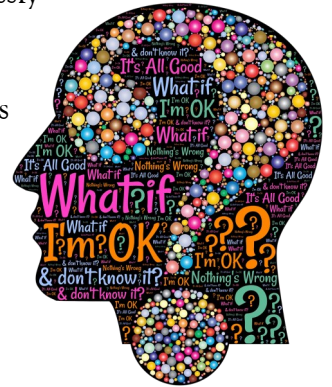
BASIC SOM QUESTIONS By Rev. Michael Laakso

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-Three

Let's spend some time reviewing spiritual mind Treatment. This is the way Ernest Holmes gave for making use of what we have come to know regarding the Nature of Universal Mind. It treats the thinker that we are, rather than our body or some circumstance or situation. We apply a "healing application" to what is at cause for the body's condition or the circumstance. Until the causation changes, the effect is helpless to be other than what it is. As the causation changes, the effect automatically and effortlessly changes to match the new cause. Holmes observes this is a lawful process.

Infinite Mind knows only Goodness. Being infinite, only Goodness is possible, for this Goodness is infinitely present at every point in Universal Mind. No gaps exist for something "other" to enter in. Being infinite, this Mind is a Wholeness; completely Integrated and Uniform. The variety of Divine Qualities are one with and integral to this Mind. Love, Power, Peace, Intelligence, Completeness and all the Attributes are each one with all the others. This is not a Mind of pieces and parts but a Unified Wholeness. Finding one Divine Quality deeply and purely, we find the Whole of God.



This is how Holmes begins a spiritual mind Treatment: he reminds the mind of the One Reality. Being infinite, this Mind has no outer boundary and so has no outside, but only one side, an Inside. This Mind has no opposite and has nothing unlike Itself. As we have observed, this Mind is unique with regard to our usual reasoning and experience. Infinity has no parallel and no competitor. It operates always in Integrity with Its Own Nature. We need to remember Its Nature and Uniqueness with respect to our usual thinking so our mind can begin tuning in to Infinite's Thought. As Jesus noted, "With God all things are possible." We want to get our mind thinking with God Mind so we can open up to new possibilities. This is needed if we want a new condition for ourselves. Otherwise, our usual thinking will produce the same result. "A problem cannot be solved on the same level that created it."

Next, we identify ourselves with our Universal Source Mind. "Like produces like" is the universal Law of Life. Being creations of the Infinite, we must be just like Itself. Humankind typically identifies as different from, i.e., less than God. So here we are simply returning our mind to the Truth. Remember, Jesus told us, "You shall know the Truth and the Truth shall set you free." We want to be free of the limiting circumstance, the bondage, the discomfort. Knowing the Truth of ourselves erases untrue identifications. We need this reminder of our unity with our Source if we would accept the freeing circumstance.



"The revelation of thought takes men out of servitude into freedom." ~Ralph Waldo Emerson

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So, in identifying with our Source, we will speak of God's Love as our love, God's Strength as our strength, God's Joy as our joy. We might name several Divine Qualities and claim them as our own. "All God is, I am. As an expression of the Divine, I cannot be other than my Source knows me to be. God's Self-Contemplation is causation for me. Infinite Mind has nothing else to contemplate but Its Universal Beingness. That contemplation of Goodness produces me. I am Light. I am Peace. I am Intelligence. I am Abundance. All the Good of God is all the good of me." Essentially, we allow that Something Within to speak the Truth It knows Itself to be. We let the Universal Christ at the center of our being share Itself with words and feelings. This Christ is forever one with Its Source.



Next, we "speak our word." Ernest Holmes coaches us to have a specific purpose in mind for a definite result. We want our minds focused rather than scattered. Scatteredness can demonstrate, but wouldn't that dilute and distract from the specific goal of the Treatment? Maybe our mind tends towards busyness. For the application of this Treatment to our mind, we want to bring to the Law as calm and clear a desire as we can muster. A focused mind supports this and supports a clear result.

We also want to use "words of power;" words with feeling value for our mind. Words that intensify our focus and emphasize our commitment, words that feel powerful for declaring the existence of the demonstration we desire. As we say in our teaching, "A thought plus a feeling equals a result." Dry words rotely spoken are less effective. Words that bring up a charge of feeling are more helpful. The feeling is the actual tuning in to the vibe of the desired demonstration. Feelings are the "Universal Language" of Universal Mind. Again, we want to be *with* God as fully as we can.

Sometimes just asking for the feeling of the outcome, and then sitting, waiting for that feeling to come can be enough. Sincerity is involved here; a desire to know the feeling and an honest admission we don't quite know that sense yet. Universal Mind holds back nothing from us. The Bible says God wants to be known, and we are asking to know a certain Divine Quality by pure feeling, the way God knows everything. Even if no clear feeling comes to our conscious awareness, something can shift due to our honest willingness to receive.

Speaking our word also involves declaring it as already here. We are not treating for hoping or wishing or wanting. We have that already. We are treating for an experienced demonstration, not a future possibility. In the Divine Mind all things are simultaneously occurring, such is the nature of timelessness. So, the circumstance is already a reality in the One Reality. This Mind by means of Its Law (like produces like) will produce what we declare into that Law. We need to be specific and keep our words in the present tense. This can take some practice if we are used to hoping and wanting. The Law will demonstrate mathematically accurately what we say and how we feel saying it. Yes, there is a bit of an art to declaring our Good that is easily mastered by practice.

"In prayer it is better to have a heart without words than words without a heart." ~Mahatma Gandhi

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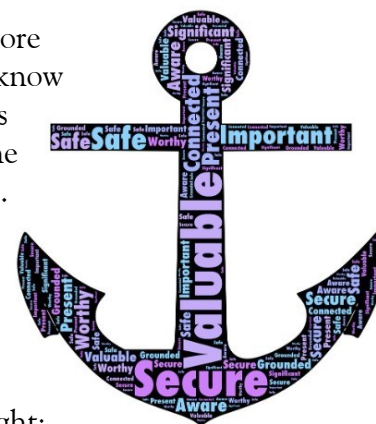
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When we feel a sense of completeness, we release the spiritual mind Treatment as a finished “entity” into the Law of Life feeling and declaring our gratitude. This release is important. We want to get our mind out of the way and trust one hundred percent to the Law the declaration we have just spoken. This Law is vibrating with all the Intelligence, Wisdom and Power of Universal Mind. It knows the perfect time and timing and all other details involved for the demonstration. Why would I want to insert my directions and control into the process? Doing so is really another Treatment, this time of doubt and insecurity that negates our previous Treatment. Digging up the seed to see if it is growing shows our distrust in the seed and soil and the laws of Nature. And it only interrupts any gestation process that might be needed.



The gratitude feeling is also important. Gratitude is a Divine Quality and feeling it also puts our mind in tune with the Infinite. What a beautiful way to release our spiritual mind Treatment. This Treatment is for the healing of our mind, or more specifically the healing of some goofy thinking that brought about the discomfort. The problem is not our mind. It is our thinking. A spiritual mind Treatment at best neutralizes the false idea we were practicing, replacing it with Truth, and Truth always blesses. What does that say about falsehood? And so it is said that God only blesses; it is we who curse ourselves, unknowingly. Ignorance is not our friend; the All Knowing is and is always fully available.

It has also been said that to think our word is powerful; to speak it is even more powerful and to act it out is more powerful still. In the Science of Mind, we know that every thought is a prayer, a request, a Treatment, and that subconscious mind (the Law of Life) is always listening. So we are cautioned to stand at the door of our mind and choose our thinking wisely, choose our words carefully. This is a practice that SOM supports for the clean-up of thought habits that keep our Good from us.



However, relying on thinking our Treatments does not engage our body as effectively as speaking out loud our declarations. The feeling part of our Treatment involves “embodying” our word. Rather than engaging only thought; why not also engage our voice? More of the brain is then getting involved. And more so, engaging the body in some activity that supports and forwards our word further embodies that word. We hear in SOM circles, “Treat and move your feet.” Getting the whole body involved “wires in” the change we want to experience. This is not a matter of planning with our conscious intent but rather letting intuition be our guide. We follow the promptings of the Spirit as it coaches us. Doing so reinforces our mind’s integrity with the word we spoke.

“It’s the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen.” ~Claude M. Bristol

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Universal Mind, being Wholeness, is always entirely for whatever It desires to express. Haven't we all experienced some moment when the whole of our mind was for our desire for a specific Good and it manifested effortlessly and swiftly? This is Universal Mind's always state. And so *God's* "Will" goes not undone. It demonstrates quickly and without effort, always. Our minds are often conflicted with undercurrents and cross-currents of fear, doubt, unworthiness, shame, etc. These thoughts are not present in the Infinite Mind, which is absolutely conflict free. God is Love and Love is all inclusive, all accepting, all grateful, all respectful, all joyous and so on. More deeply embodying our word through the use of our body practices a deeper wholeness orientation towards our thought and spoken word. Spirit will guide.

Spiritual mind Treatment copies the Creative Process Universal Mind uses for Self-Expression, what we call Creation. Therefore, it is a no-fail way of welcoming new experiences into our life. Again, being infinite, there is only One Mind. Our "mind" is an extension of this One Mind. It behooves us to treat for this awareness as a natural "of course!" reality. We want our idea of separation from Source to be neutralized so we can reclaim our Reality and live from Truth rather from fantasy. There is no downside to Truth. What conflicts with Truth, i.e., lies, illusions, and otherwise goofy thinking conflicts with the All Good. Where is the upside in that? False beliefs, habitually practiced, become reinforced. Our spiritual mind Treatments will gradually clear away even the deepest of erroneous thinking, though the instantaneous healing is always a possibility, if we can accept that.

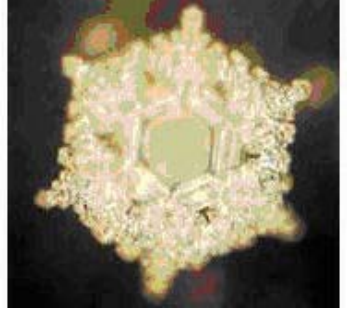
Practice is a wonderful way of mastering spiritual mind Treatment. Writing a Treatment a day is one way. Speaking aloud spontaneous Treatments while driving is another way to practice. Listening for intuitions' guidance and following that instantly is the practice of trust in Spirit. "Trust in" is "faith in," and our faith that our embodied word must demonstrate ensures our success in using this creative process. The Law operates on that trust and will demonstrate our greater mental unification with swifter and clearer manifestation.

Ultimately, spiritual mind Treatment is a method for coming back into agreement with God. Our study and the insights that brings, supports this desired goal. Our contemplations help, as does our journaling. To disagree with God is to turn from the All Good, the All-in All. This may be a needed experience if only to support us in more deeply valuing our own spiritual Identity. Such forays into delusion tend not to feel so good, but the way out is ever before us and within our own mind. We are still one with Infinite Mind whether or not we actively experience it. Because It desires to be known, inevitably we will all find our way back to the Truth of our Source and our Self, one Beingness, one Presence and our Original State of Knowing. And so it is.



“The ultimate value of life depends upon awareness and the power of contemplation rather than upon mere survival.”
~Aristotle

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.

