

Minister's Letter

As I researched meanings of the word, August, I found several: It relates to New Beginnings and Renewals, with references to the season of harvest coming up. Another meaning: Stepping into God's Promise with faith and strength. A quote from Joshua states: "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." August, often a time of transition from summer to fall, can symbolize seasons of change and renewal in our lives.

So, as we look at the world we live in, these descriptions are positive in nature, giving us a way to prepare for good things to happen. In looking through some past Science of Mind Guides for Spiritual Living, I thought the following seemed to fit to share for this *Reflections* Newsletter, written by Rev. Dr. Margaret Stortz from the January 2021 *SOM Magazine*:

THIS BLESSED DAY

No matter what plans, policies and possibilities we may have before us, we can only live them one day at a time. Even though we are heir to infinite resources and can look far into the future in our thoughts, because we are currently beings caught in time and space, we can only really handle this day, this moment. Consequently, it is fruitless to regret what happened yesterday or worry about what may take place tomorrow. We are wise to concentrate our energies upon what lies before us now.

Yesterday, however, can help us to deal more effectively, more lovingly with today's needs if we choose to learn from what happened before. Today can be a blessing if we choose to make it so. We can come to it with a clear mind and illumined thinking; and what would happen if we came into this day with a new mind, a mind not stuck in the past, a mind more fearless than ever?

We can choose to make this time the best time yet. We can correct what needs renewing; we can heal situations that need our attention; we can decide to bring more love to bear in all our interactions. Yes, this is the time for transition into something new and wonderful.

Blessings of Light, Love and Peace,

Rev Lynn



“Time has been transformed, and we have changed; it has advanced and set us in motion; it has unveiled its face, inspiring us with bewilderment and exhilaration.”

~Khalil Gibran

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Center for Spiritual Living

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Sequim Center for
Spiritual Living Sunday Hybrid Services
10:00 a.m.
In person at Pioneer Memorial Park
387 W. Washington, Sequim
For information contact:
Rev. Lynn Osborne
community@cslsequim.org
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,

What does the wind look like and does it make a difference? I was thinking of this recently when Blue and I were on our morning walk. Along the way I noticed some leaves fluttering on their branches—as if they were chatting. What could they be saying? Maybe they were talking about the fall colors they soon would be wearing, or maybe about some of their friends who had already taken leave for the season.

The next day when we walked there was barely any breeze—the air was stagnant. As we walked, I noticed something out of the corner of my eye—across the trail and up in the trees I saw movement. At first, I thought it must be birds dancing from branch to branch. I stopped and watched. The movement was steady and consistent. It was probably an air current moving through that small area.

This reminded me of years ago when I lived in a different part of town. I would take my bike out after work and do a three-mile ride. There was one particular area—around a certain corner—where the air temperature was always warmer than everywhere else. It was enough of a difference that I could feel the warmth—every time I rode there. It had its own micro-climate. I guessed the wind in the upper area of the trees was a similar thing. It was the wind dancing rather than birds. Did it make a difference? It made enough of a difference for me to notice it.

What does the wind look like? We can't hold it in our hands. It is like electricity, or gravity, or love. Although these are intangible, we can see and feel the results of their power.

Last week I was walking into the post office lobby as a woman was about to walk out. She was an elderly woman wearing a black skirt and flowing blouse with black, red and blue hues. Her white hair was nicely coiffed. She walked with a cane. She was quite striking, so I stopped in mid-stride and stuck up a conversation. I asked if she was going somewhere special.

She replied no, she liked to dress nicely, and she would continue to do that and walk to the post office with her cane—as long as she was able. What an inspiration she was! I asked her if she was a hugger. She said yes and we shared a caring and loving embrace. I introduced myself and asked her name; “Rachel,” she replied. We were both smiling as she walked out, and I walked in to check the mail. She looked back and said, “Thanks for the hug, Kathy.”

She blew in like a gentle wind and then blew out—yet Rachel made a difference to me—as she may now have done to you.

I was thinking that the wind is like Infinite Spirit—it is intangible, yet we see the results of It. The power of the Infinite Spirit is ours. We are like the wind—messengers of Spirit. Any breeze—no matter how seemingly small—makes a difference. When we turn the corner—when we turn within—we feel the warmth of Truth—every time. There is no question our thoughts set the air current in motion—and then the Universe blows our Good to us. Will we recognize It? Perhaps the answer is blowing in the wind.

Light and Love,
Kathy Purcell, *Editor*

“Someday, after mastering the winds, the waves, the tides and gravity, we shall harness for God the energies of love, and then, for a second time in the history of the world, man will have discovered fire.” ~Pierre Teilhard de Chardin

TREATMENT

By: Terry Barrett

In the Infinity of Life, where I am, all is perfect, whole, and complete. I speak as the One that we all are. There has never been a better time to know that God is all there is, and I am one with God.

In the midst of change and chaos, there is always God, there is always Peace, Beauty, Compassion, Wisdom, Intelligence, and Love.

Within all that happens, these attributes of God are always here and now. I let the wonder of these and more fill me with the presence of Divine Authority, creating safety and encouragement on my path. I know that my needs are met. I take a moment to acknowledge the good that is all around me and good that works through me as I invite Love to express through me in an endless variety of ways.

I gladly accept that healing is always available to me and happens with ease as I surrender all physical, mental, and emotional challenges. I gratefully accept the outcome of my prayer Treatments that communicate with Love and with Law for the Good that circulates and encompasses our Center, our community, our country, and the world.

With gratitude and love, I let this word go with joy, knowing that all is well. And so it is.



The Butterfly by Heather Renee' Adamkiewicz

As love falls down from the sky,
It lands on the wings of a butterfly.
The butterfly sings its songs and rhymes,
And flies through the air, No concept of time.
It is the messenger of patience and change,
From flower to flower, it's odd and it's strange.
The butterfly can transform its world.
And give way to new beginnings, unfurled,
It is the keeper of transformation,
And flies on faith and imagination.
The butterfly has no fear of change,
It bravely escapes its homemade cage.
To change, it knows is necessary,
For all the burdens we need not carry.
The butterfly soars, and merrily sings,
For without change, it could never grow wings.



APPRECIATION

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 Mary Ellen Bartholomew
 Rev. Victoria Kelley

GRATITUDE FOR SUNDAY TALKS

Our Center thanks
 Terry Barrett R.Sc.P. , Rev. Michael Laakso,
 for doing talks this quarter.



INCOME & EXPENSE REPORT

	<u>APR 24</u>	<u>MAY 24</u>	<u>JUN 24</u>
Income	\$3,085	\$2,524	\$4,150
Expenses	\$3,347	\$2,983	\$3,697
Income minus Expenses (\$641)	(\$262)	(\$459)	\$453

HYBRID SUNDAY SERVICES

Attendance	ZOOM = 26	ZOOM = 45	ZOOM = 50
	In Person = 81	In Person = 67	In Person = 137
	Total = 107	Total = 112	Total = 187

CELEBRATE LIFE!

AUGUST

6 Jill Fairchild
 16 Tony Matsumoto
 17 Nathan Mayfield
 24 Jean Kipper
 28 Judy Balas
 29 Cathy Hamborg



SEPTEMBER

4 Victoria Kelley
 7 Sandy Roy
 7 Robert Drews
 8 Lynn Osborne
 12 Dottie Robertson
 15 Kay Snowhook
 16 Glenn Hathaway
 18 Larry Ficken
 19 Glenda Totten-Hatch
 21 Grace Slater
 21 Jozalyn Hamilton
 24 Tracy Wilson
 28 Lois Rice

October

3 Beverly Morris
 12 Joan Hathaway-Sheldon
 18 Robert Palomo
 23 Sharon Hamson
 23 Tom Maes
 24 Janet Husen
 27 Mary Huston
 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

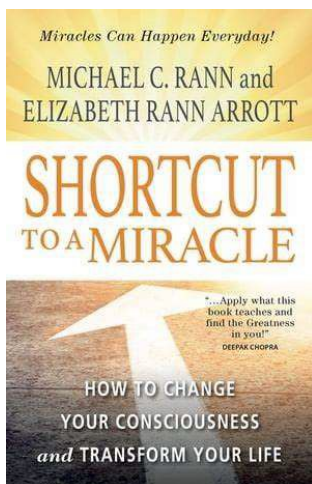
Wednesdays, 2:00 pm–4:00 pm
Starting September 11, Ending October 30, 2024
Suncrest Meeting Room, 201 E. Prairie, Sequim
Tuition: \$110 per person (includes the book)
See info below

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 Laakso

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 681-0177

NEW CLASS—SHORTCUT TO A MIRACLE



Sequim Center for Spiritual Living is presenting a class based on the popular book “*Shortcut to a Miracle*,” 2018 Edition. It is for anyone who would like to experience joy, health, success and prosperity; anyone who faces a seemingly insurmountable problem; or who is in need of healing. The facilitators for this class are **Terry Barrett, R.Sc.P.**, and **Rev. Lynn Osborne**, Minister of Sequim Center for Spiritual Living.

You will learn that we have the power to create wonderful lives by learning to shape our dominant thought patterns and how to develop a “miracle-making attitude.”

**You will learn that you can expect miracles every day and
in every aspect of your life.**

Come join us for this 8-week, non-accredited class beginning Wednesday, **September 11** – Wednesday, **October 30, 2024, 2:00 – 4:00 p.m.** at the **Suncrest Meeting Room**, 201 E. Prairie Street, in Sequim. The tuition is **\$110 per person** (includes the book). Please call **Cathy Hamborg** for more information and to reserve your seat today because space is limited. The last day to register and pay the tuition is September 4th.

Sequim Center for Spiritual Living / P.O. Box 2708 / Sequim, Washington 98382
Reservations: Contact Cathy Hamborg @ (425) 583-9461 sequimcslchurch@gmail.com
Visit us on our website at <https://cslsequim.org>

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.

AFRAID / A FRAYED—When we are **AFRAID**, our life seems to come unraveled.

To fix **A FRAYED** life, we sew in Love to the fabric of our being and we stop being **AFRAID**. And so it is.

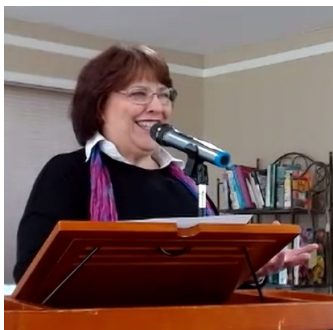
HEEL / HEAL—When we **HEEL** to the words of our inner voice, we **HEAL** all perceived separation from our Source.

EASEMENT / EASE MEANT—When we remove all **EASEMENTS** that may limit our happiness, we clear the way to experience Joy and the **EASE** of life that is **MEANT** by our birthright, to be ours.

H E A L
F
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E A S E M E N T
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D

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

SUMMER TERM – YEAR 3



This summer I am taking a leadership class—another leadership class. Leadership has become a skill and a trait that is considered very important at the Holmes Institute. This class is called Theories of Leadership. Transformational leadership, authentic leadership and emotional intelligence are contrasting charismatic leadership and situational leadership. They all have important things to offer, but some more than others. Authentic and transformational leadership allow the leader to model the desired outcome, as well as act on it, which brings a positive and effective result for everyone.

Along with a second speaking class in the fall, and a World Religions class, I will be preparing to teach a credited class for the Center for Spiritual Living in Kenya as one of the practicums I need to complete before next June. I'm very excited to have the chance to connect with the Center in Kenya. I learned that there will be a conference there in 2026. I could get excited about attending a conference in Africa. It would be great to go as a group.

I will be applying for a second scholarship in September to help get to the completion of the program in June 2025. I am grateful for this experience, the learning, and the connections that I am making in the process. As always, I appreciate our Center and the support that you all offer as I practice new skills on my way to ministry.

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

BOOK RECOMMENDATION

The Way of Mastery

BOOK ONE

The Way of the Heart

Published by: Shanti Cristo Foundation



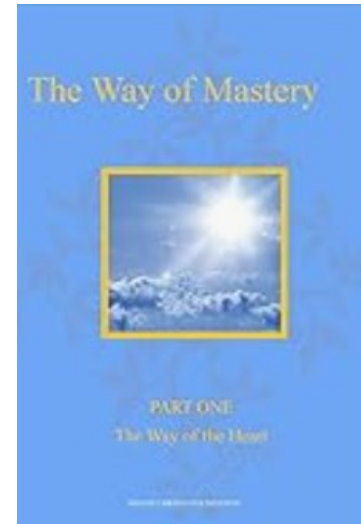
The treasured teachings of Jeshua Ben Joseph (Jesus) were given by him during the years 1994-1997.

This first book of *The Way of Self-Mastery* begins with a Promise made by Jeshua that the teachings presented will guide you in the desire to awaken to who you truly are and thereby leave behind the dream in which separation from the Divine Spirit exists. When the desire to awaken leads you, then with every breath lay at the altar of the heart everything you think you know, and everything you think you need. Love, which is all there is will provide everything that will awaken you.

With this promise, the teachings of the Jeshua are set out in 12 chapters that present the way that calls you home (chapter 1). To begin, the Christ within abides within each individual and meets them exactly where they are. The way home begins by recognizing that there are false beliefs that block the awareness of who each one of us truly is. What is believed to be true in the manifested world leads to the delusion of separation from the Divine Spirit. To see the true nature of the self is to understand that the self creates its reality. If that reality is not what the person wants, it is up to them to change how they think about their world. Choosing to make different choices is up to the soul—the individualized divine spark. The book lays out a path that will bring an individual to their spiritual home, if followed. This is the first of three paths that can guide someone to an enlightened state of spiritual awareness. The next two paths following this book are *The Way of Enlightenment* and *The Way of Knowledge*. I will enjoy continuing the journey with them.

This book is another approach to enlightenment similar to the Course in Miracles, however, it is worth considering as another way to understand the lessons of Jesus's teachings. It is a book to be pursued, contemplated, and returned to often.

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



“Every human has four endowments—self awareness, conscience, independent will and creative imagination. These give us the ultimate human freedom... The power to choose, to respond, to change.” ~Stephen Covey

BOARD OF DIRECTORS' REPORT

By Cathy Hamborg
Interim Secretary



The Board has been busy since the May Newsletter. They have been focused on ways to attract growth. As you have noticed, we are now wearing name badges because we have had a number of new folks coming to Sunday Services. It's quite a testament to the power of prayer and holding to the Truth that our needs are already being met. Certainly, with the growth of our Congregation, more generous tithing from all of you, and rearranging our bank accounts to obtain higher returns on our interest, May was our first month in 2024 to end with a net profit. Unfortunately, we slipped backwards in July, but the net loss was much smaller.

The Board isn't relying on just those gifts. Since COVID, we haven't offered classes, workshops or special events, so it has taken us some time to get back into the process of pulling a class together. We have been announcing a class based on the popular book, *Shortcut to a Miracle*, which has been scheduled for September 11 through October 30. We also have discussed a virtual yard sale, but, again, logistics are getting in the way of actually putting it into motion. The vision is collecting donated items that can be sold online, like Facebook Marketplace. We will need to prepare a description, take pictures of the items, and post them online. The stumbling block has been how do we make sure the person who will be holding the item feels comfortable and safe when strangers come knocking on their front door. We would love to get suggestions from you on how we can get moving forward on this project, or, better yet, you might even want to volunteer to help make this event a success.

PayPal was also a subject to look at—do we cancel our PayPal account or not? PayPal has made some security changes making it difficult to get funds transferred into our bank account. Additionally, we have fewer people using PayPal. So, with less use, should we continue to offer PayPal? There were discussions on both sides and two very wise women, thank you Sally Harris and Kathy Purcell, each suggesting that with the current growth of the Congregation and starting to offer more classes, workshops, and other events, why would you cancel it? It was an easy decision for the Board—PayPal stays.

The Board has made an additional change—we've added the Zoom link to our website so people who might be interested in attending service, but do not feel comfortable showing up in person yet, can join us on Zoom on Sundays.

And lastly, the Board thought we had settled on a new time for our regular Board meetings, but we've discovered it is hard to get six people's calendars to align. We are now meeting on the third Sunday of the month at 7:00 p.m. on ZOOM. As we have mentioned each month, the Board meetings are open to anyone who wishes to attend on Zoom. If you are interested in joining us, please email our Zoom host, Rev. Victoria Kelley (victorialkelley@aol.com) so she can send you a Zoom link.

**“As the tides of life rise and fall, life is constant, like the waves crashing upon the shore.
Persistence is the key in high and low times...” ~James A. Murphy**

SERENDIPITY DEMONSTRATION

This week Nicholas and I were at the fair. We were there as part of an organization called Project Safer, which started up in response to Nicholas being arrested four years ago. On that day, he got to Peninsula College, where he took one class with the scholarships he received as he finished high school the previous year. The day he was arrested, Nicholas had forgotten his phone and had stopped to use the restroom, so he missed the bus. Thinking he had missed the only bus, he became upset and worried. He started walking into the neighborhood, where he stopped at a house and began to act out and cause some damage to the fence.

The police were called. Without knowing Nicholas or his disability, the officer responded more aggressively than was needed. His gun was drawn as he approached, and he tased Nicholas as he tried to crawl under a fence. Nicholas was arrested and spent the night in jail because of an entry in the police report, a misunderstanding of what Nicholas had said. It was a scary and stressful day and night for both of us.

Project Safer was formed in response to that event and has steadily grown. Many organizations in the county have joined to tell the story and create options for safety. Information is now made available to emergency responders before they arrive at a location where someone with special needs resides, which helps lessen or eliminate fear and reactions. Presentations shared by Project Safer, in the state of Washington, help others create a safer way of responding as well.



There was a strong reaction when Nicholas was arrested. The newspaper interviewed me right after it happened. Because I had been educated through our Center for Spiritual Living and our teachings, I was able to respond to the incident with, "We are all in this together as a community. When we know better, we do better." That is the attitude we held with Project Safer. I had shared that I hoped to talk with the officer who had arrested Nicholas and just let him meet Nicholas as himself, unlike he was that day. Sherriff Brian King has been involved with this program from the start and has supported every part of it. The police chief and I had not met, though we had set a meeting that didn't happen due to police activity.

The day at the fair, as we were taken back to the area where the emergency vehicles were parked, the sergeant who arrested Nicholas was there. I had the chance to talk with the sergeant and have a calm and positive conversation with him. We talked about the way things had happened, and the call he responded to without any information about Nicholas and his disability. He said, "I'm sorry about the way that happened." Then Nicholas and he had an exchange and shook hands. It was such a great moment.

There was no plan for the officer to be there that day. It just happened. Immediately after we had that moment, I met the Port Angeles police chief, Brian Smith. He was interested in what was going on with Project Safer and shared some ideas he had. By the end of the conversation, there was a possible invitation to serve as a chaplain for the sheriff's department and the police department. I felt like a community member who had something to offer this community and agencies in the community were open to my offer. New awareness and compassion have come from this event. I am very grateful for this meaningful experience.

~Terry Barrett, R.Sc.P.

"You don't understand anything until you learn it more than one way." ~Marvin Minsky

HONORING TRADITION

I was moved to tears at the Clallam County Fair when my piece, “Honoring Tradition,” was recognized. On July 25th, I followed a nudge to Jamestown Beach, where the youth were paddling in the Paddle to Puyallup journey. Robert Lester, my husband Al’s best friend, who had passed away from ALS earlier this year, was on my mind. Robert was a pipe carrier, sweat lodge master, and founder of the One People Foundation, as well as a photographer mentored by a student of Ansel Adams. He also helped build a Quileute canoe a few years ago. It felt like Robert was there with me as I made my way down the winding beach road, unsure of what I would find.

When I saw the canoe through the reeds, I instinctively jumped out with my telephoto lens. As I stood there, something special happened. An elder raised his hands, offering a blessing that echoed across the water, straight to my ears and heart, connecting me to the Great Spirit. I began photographing the moment, and Robert’s presence felt so close, guiding me.

But capturing the image wasn’t enough. I needed to find the tribe and the canoe’s owner to get their permission to exhibit the image and gift prints to the paddlers. This led me on a journey of my own, far beyond our area. I reached out to different tribal centers, with no luck. It wasn’t until I visited the new Jamestown Tribe library that Eli, a helpful librarian, suggested a Facebook page dedicated to the canoe journeys. Within minutes of posting there, I learned the canoe belonged to the Marco Black Sr. family.

Even then, I had difficulty reaching the family. But I prepared the piece for the fair, trusting that if it was meant to be, it would all work out. Local printers and framers—Clear Image and Imagine it Framed—went above and beyond to help me. The final entry day was Monday, and on Sunday night, I made one last appeal on Facebook. My heart wasn’t at peace without the family’s blessing. Just in time, Beatrice Black messaged me, explaining she hadn’t been able to respond sooner. With her permission, I submitted the piece, and I also sent prints to her.

I shared the news and an image of the decorated photo with colorful ribbons on the Tribal Canoe Journey Facebook page. The response has been overwhelming with heartfelt messages from different tribes.

This is what I posted:

“Honoring Tradition” won Best of Show, Best of Division (Photojournalism), and First Place in Photography at this year’s Clallam County Fair. My deepest gratitude goes out to the Marco Black Sr. family from Taholah for allowing me to share this sacred image from the Paddle to Puyallup 2024.”

“I chose sepia for the photo to bridge the past and present. The tone evokes the feel of a vintage photograph, while the canoe filled with youth symbolizes a connection between the past, present, and future.”—**Sally M. Harris**



“What an enormous magnifier is tradition! How a thing grows in the human memory and in the human imagination, when love, worship, and all that lies in the human heart, is there to encourage it” ~Thomas Carlyle

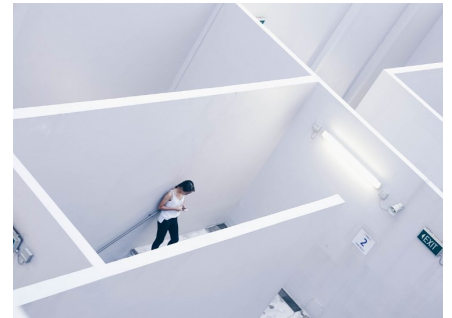
BASIC SOM QUESTIONS By Rev. Michael Laakso

We have an ongoing 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-Six

In this series of articles we have been exploring the Divine Qualities and Attributes of the Infinite. We have also looked into ways of thinking that run contrary to Divine Thought that get in the way of our expected demonstrations. The idea has been to support a fuller awareness of Infinite Mind and so have a better idea regarding the way Mind works. This can only improve our spiritual Mind Treatments and support swifter, clearer results.

Divine Mind, as we have discussed, thinks from a Wholistic worldview. Infinite Mind has no internal partitions, barriers or boundaries. It has no outer boundary and so has no outside; but only one side, an inside. This Infinity is absolutely integrated; the same at every point, continuous – not digitized – and absolutely unified. Infinity is infinitely present at every infinitesimal point within Its Limitless Beingness and so It is All-Aware, All-Loving, All-Intelligent. It is in full, direct contact with all that It is.



This is our natural and constant Context, being more of what this Mind is. Something within our local experience of Mind is always in contact with this Truth. Yet this contact is not a constant conscious state for many of us. We have examined some of the ways and strategies our mind uses to keep this natural awareness at bay. Today we will examine another one: the Karpman Drama Triangle.

Also called the Rescue Triangle, this observation of the workings of the egoic mind began in the late 1940s. Eric Berne developed it further into the 1960s. He wrote the book *Games People Play* illustrating these Insights. In the late 1960s, a graduate student working with him realized these were all the same game. He added certain insights. His name is Stephen Karpman, for whom this “drama cycle” is named.

Previously psychotherapists dealt solely with the mental content of the individual. Here, the therapist observes the interactions of the individual with their social environment, the people around them. This strategy revealed deeper *unconscious* thinking and reaction patterns. This game people play has three positions: Victim, Persecutor and Rescuer. These are roles the mind plays in various interactions, especially where there is internal tension, a problem, fear and spinoffs of fear; anger, sadness, hatred, despair, etc. Each person tends to identify with one of these positions predominantly, sometimes with two.

Victims feel helpless, afraid, sad, frustrated, ashamed and think they are being oppressed, damaged, powerless, hated, betrayed, taken advantage of, etc. They think there is nothing they can do to change their situation and that others are to blame for their misery. They act helpless, hurt, they cry and whine and pity themselves.

Perpetrators act as punishers and feel justified in whatever measures they use to afflict their victim. They feel outraged and righteous, and think they are superior and right acting. They act oppressing, controlling, authoritarian, critical, rigid, accusatory and blaming. They believe their actions are well deserved by the Victim.

~continued on page 12

“I stumble on this path with an open wound, but I am not my woundedness.” ~Sheniz Janmohamed

~continued from page 11

Rescuers feel compassionate and caring. They want to help in the situation and likely feel guilty if they do not participate. They think they have the answer and feel driven to participate to resolve the situation. When their efforts fail to resolve the pain of the Victim, they feel frustrated and even angry. They think they have failed or that their “gift” is being pushed away and this diminishes their self-esteem.



This game will probably sound and feel familiar to many of us. It is based on the teaching of the race egoic mind. Nonviolent Communications teacher Marshall Rosenberg called this teaching the “domination culture.” It operates in most cultures around the world. We learn it in our families of origin first by the behavior and words of the “big people” in our life and is reinforced by our peers, teachers, movies and TV. The Bible calls this the earthly consciousness we are called to overcome. The Course in Miracles refers to our “lower mind” where this teaching resides. Eckhart Tolle likes the term “egoic mind.”

Yes, we are back to the basics. This is a thought system. We may identify with one or two of these roles, but we are not a role; we are spirit. We are our Higher Mind. The Karpman Drama Triangle is an ego-driven thinking system meant to keep our problem unsolved. Those of us who have been involved in such relationship interactions know the problem does not get solved using this kind of thinking.

Let’s consider this thought system and contrast it with Infinity’s Thought. First, this is a game. What are games for? Diversion. Entertainment. To kill time. Does Spirit play games? It is timeless, so there is no time to waste, no time to kill. If anything, Spirit is ever involved in only constructive activity, eternally. No harm can happen due to the All-loving Intelligence that gives rise to every desire and decision. Only Good comes of every creation, the Self-expression of the Infinite. The egoic mind plays games to divert our attention from our current “problem.” This preserves its control over our mind. When we know as God knows, even a quick glimpse, we begin our search for the Answer we now know exists by means of our own experience.

Then role playing; does Spirit play roles? As Ernest Holmes points out, God is too busy contemplating Itself; Its Beauty, Grandeur, Strength, Peace, Joy, Wholeness, and all Its other infinity of Qualities. This is Its Creative Thought. This Thought demonstrates as Creation, including you and me. *Being* What It is must be far more fun and interesting compared to role-playing, that is, pretending to be something else. That is the ego’s game.

Victim, Perpetrator and Rescuer are pretend roles we play. They are never our True, Authentic Self. As Stephen Karpman observed, however much time we spend in our role of choice, we spend equal time in the other two roles. I may identify as a victim. Will I not spend time grumbling about the perpetrator in my life? Doing so, I am perpetrating; feeling perpetrator feelings and thinking perpetrator thoughts. Will I not also observe myself jumping in to “fix” other people’s “problems,” rescuing persons whether asked to or not? Identifying with one of these game board positions I will feel unconsciously compelled to spend equal time in the other two roles. Doesn’t this indicate these roles are really three faces of one fake identity – ego? Certainly they do not summarize Spirit! And Spirit is our rightful Identity eternally.

“When I discover who I am, I’ll be free.” ~*Ralph Ellison*

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Although this game was discovered by watching social interactions in interpersonal relationships, do we not have a relationship with Self, the same relationship we have with the Only Beingness there is? In our internal world, all is One. Others are just more of the Self I am, which is more of the Self God is. Being Infinite, there is no “Other.” Being a game of unconscious compulsion, playing it must keep us unconscious of what we in Truth are. We are created choosers. We have a choice in this matter. Do we want to indefinitely delay coming Home to Truth? Or have we a present desire to remember and unite with the One? Desire begins the process, every process.



This game revolves around the “Problem,” typically some sort of conflict. The unconscious object of the game is to preserve the conflict, keep the Problem. The Victim role denies this but shoots down “answers” as undoable. The Victim feels helpless and stuck. These are powerful feelings that must demonstrate. And so the Victim “identity” stays with the Problem. Who would I be *without* the Problem? Of course, being Victim-identified, I would lose my “identity.” How fun would that be? When will I become willing to question that role as my actual Identity? Both the Science of Mind and the Course in Miracles teach *no one is a Problem*. Like our Source, *we have no problems, only Answers*.

Furthermore, the *emotional currency* on this game board is shame and guilt. The Victim feels guilty and as Holmes points out, guilt draws punishment. The fact that a Perpetrator is drawn into the life experience indicates a guilty mindset, perhaps deeply buried in the subconscious. Perpetrators are looking for the guilty and are more than happy to supply the punishment. Perpetrators are unconsciously projecting hidden or not so hidden guilt in their consciousness. How can their rough treatment of another not feed the subconscious guilt, though they may deny its presence? Rescuers are compelled to rescue to assuage their guilt. When the solution they present isn’t accepted or does not work, upset is their typical response. This clearly indicates they rescue out of their need to “prove” their innocence, in the face of hidden or not so hidden shame. This game is all about trading guilt around. The guilt is in fact the Problem and the game is designed to keep the Problem.

There is no guilt in God. Infinite Mind, being all Goodness free of any contradiction whatsoever, is total Innocence. That is an aspect of the Thought that is causation for our Identity. How could “wrongness” in thought, feeling or activity be a possibility in Infinite Intelligence and All-Awareness? As Holmes notes, if any “evil” were present in God, due to It being All-Power, All-Intelligence and All-Aware, God would have cancelled Itself out and nothing would exist; no universe, no you and no me. That we all do exist is a demonstration of the One-sidedness/Wholeness of Infinity. Our Creator, being what It is, guarantees our natural innocence.

Moreover, the emotional currency of the Infinite is Love. Ernest Holmes also points out that guilt is self-hatred. If I wanted an experience of apartness from my Source, wouldn’t I choose to contradict Its Attributes and Qualities? These thoughts and associated feelings would not change what I am as God created me, but would demonstrate as experience God cannot have. Voila! I lose contact with Spirit and the Self it created as me. But the reverse is also true. If I want to rejoin consciously with my Source, I get to think, affirm and feel as my Source does. Jesus called this ‘being with God’ and that “with God are all things possible.”

“The word ‘innocence’ means a mind that is incapable of being hurt.” ~Jiddu Krishnamurti

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Divine Mind has deemed me like Itself. If I deemed myself otherwise, I have put my mind in need of re-deeming. This redemption does not come while playing on the Rescue Triangle game board. I must cease and desist playing that game, get off the board and stay off. Whatever role or roles I identified with, I need to stop doing so. And I require pursuing remembering God's Thought, still present in my Higher Mind, awaiting my freewill-coming-home to my Self. The Science of Mind teaches strategies for demonstrating that Return.

The Rescue Triangle is a game to keep my self-esteem low, to keep Love out of my awareness, and to keep peace away from me. Drama is not peace and cannot demonstrate as the Peace of God. Drama always involves conflict and conflict is not Peace. If I am in drama, if I am in conflict, I am on the game board. We have spiritual mind Treatment. We have affirmations. We have the practice of affirming our safety, our belovedness, our peace and our freedom. We have the practice of catching our mind repeating thoughts and feelings we do not want to demonstrate as experience, and choosing the Thoughts and Feelings of our Source, which will always demonstrate as the Good we desire. And we have an Authentic Identity far beyond all role-playing that is not only Real but the Whole of What we are. This Quiet Self cannot go away from us. We cannot dispatch It. And Its simple Presence within radiates constantly what the Course refers to as the Call to Joy. This Call is always irresistible.

The "Problem" at its deepest is our belief we succeeded in separating from our Infinite Source. This belief *is* the ego. The ego is not an "entity" though it pretends to be one. We pretend it is a separate intelligence. And so it is that we experience it as such. We feel victimized by it. We feel its scorn and vicious internal attacks when we try to turn away from it. We sense its "solution" (obedience to its demands) and we capitulate to avoid the upset that defying it generates within us. Our belief we are an ego, separate and alone, is the real problem. It is a lie we have held "holy" in our deeper mind, and so we protect it. We have given it the run of our mind and so it seems to be itself a separate entity. We fear its guilt-tripping, so we come to heel.

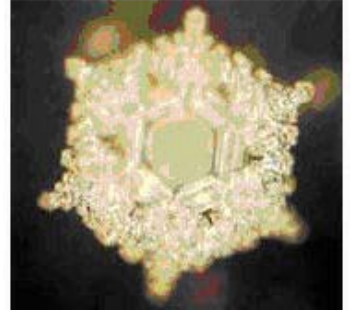


We have sold out our native powerfulness in this dynamic. Being the denial of our True Self, the ego denies all that this Self is, including our powerfulness. Our real solution is to begin seeing we are not that belief. We can reclaim and re-own the Power that created us like Itself. We have changed nothing about our Self, we only think and believe we have. This thinking can be reversed and we have the means to do so.

That Something within us that calls us Home is also our Guide to retrace our steps Homeward. Being like Its Creator, It speaks as our Creator's Voice, always loving, always comforting. It cannot abandon us or lead us astray. Its guidance is infallible as God. It is our solution to the ego game. As we more and more attune to that Self and so to its Source, the game becomes less and less addictive. Our contact with Reality validates Itself as who we really are. This is the "Truth that, when known, frees." And so it is.

“When we limit ourselves by being the person we “should” be, we limit our aliveness. We may achieve success but not fulfillment because we are not living out all the important truths about ourselves, truths we need to slow down to excavate.” ~Henna Inam

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.

