

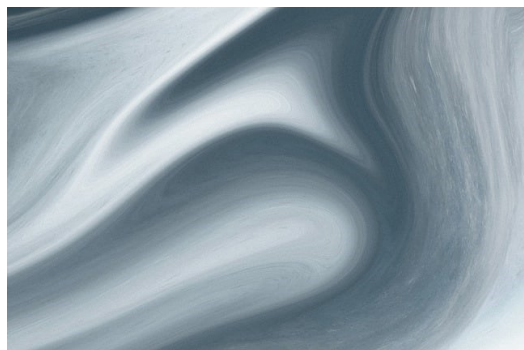
Minister's Letter

Minister's Letter

If we are paying a lot of attention to the world of effect, we might be experiencing feelings of disappointment, anger, anxiety and other feelings that are keeping us out of our Peace. We might be noticing expressions of separation – and a myriad of other issues that keep us from experiencing our Oneness.

When I write my page of the Newsletter, I always like to create something in the form of a gift that you can use for your health and happiness and, given the above paragraph, I decided to share a Treatment I gave in the May 2021 *Reflections* Newsletter because our world of effect is very similar to what we were experiencing then:

There is One Life – it is the Perfect Life of Infinite Spirit, forever expressing through all that is. I know that within me, God is now in full action, expressing wholeness through me in all areas of my Life. Spirit flows through my mind as Right Thinking, through my body as Health, and through my world as Order.



In Divine Mind there is a perfect pattern of my True Self aligning me with the positive side of Life. Worries and fear expressed by others have nothing to do with me and I give them no power.

All apparent evil is only miss-use of Universal Law and has no permanent reality. I now release any belief that a negative idea has any power over me. Angry thoughts of separation cannot exist where there is Love. I let Love shed Light in all the dark places of finite belief as I am led into an ever-widening expression of Infinite Love – a Love that is moving throughout all humankind to heal all areas of conflict and pain. As I release all fascination with worry or fear, I rest in the confidence that my Right Thinking creates my balanced and harmonious experience.

I now elevate my consciousness with thoughts of Truth – knowing what is true about Spirit is true about me. I walk in the Light of Truth. My pathway is radiant with Good as I am divinely guided in all my ways.

I give thanks to know my world is alive with Good – my world is alive with God. And so it is.

Blessings of Light, Love and Peace,

Rev Lynn

Sequim
Center for Spiritual Living

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EDITOR

Kathy Purcell, R.Sc.P.

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
iamlynnosborne@gmail.com
or visit us at
www.cslsequim.org

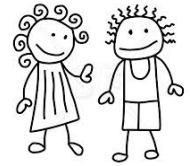


*I set my bow in the clouds
and it shall be a sign
of a covenant between me
and the earth. – Genesis 9:13*

EDITOR'S ESPRIT

Dear Friends,

How many times have we wondered where we get our talents? Do they come from a parent? My mom had a lovely singing voice. And what she could do with pencils—or even tempera paints—was a treat for our eyes! I don't excel in either of these areas. The best way for me to carry a tune is in my pocket. And my drawing abilities are sketchy at best—I'm at the level of stick people.



As most of you know, words are more my shtick. What is a word? It is letters put together to form a sound. Many letters look like sticks: L I F E for instance. Using 10 sticks we can create LIFE. I see more in the word LIFE than sticks. I see an acronym. I see **Love Is For Everyone**. I see possible acronyms in many words—even the word acronym.

**Projecting Our Sincere Self Is Broadcasting Love Everywhere;
All Creative Resources Offered Not Yet Manifest.**

Words can have many meanings. We see the word *word* is used in many ways: word of mouth; buzz word; wordsmith; have a word; leave word; last word; in a word. Even some software uses it—Microsoft Word and Corel WordPerfect.

Projecting
Our
Sincere
Self
Is
Broadcasting
Love
Everywhere

This brings to mind John 1:1—*In the beginning was the Word, and the Word was with God and the Word was God*. There is only One Source—Whole, Complete and Perfect. We are born of the One, so we are the Word—we are the WordPerfect! We are the Word brought to life to express the Infinite in myriad ways. We are unique expressions, eternally connected. If there is only One, then this must be so.

So how do we get word to the One when we are not feeling whole, complete and perfect? The word is out—we need to go within. Our thoughts become things. What we think forms a mold, and the Universe says yes to us accordingly. We understand this Law in principle, but sometimes forget the way it works. Our words have power. When we speak our word with conviction, we live the Spirit of the Law as the letter of the Law is enacted.

It is apparent to me that my talents come from the One. The words I use project a voice of love, and paint a picture of a joyful life. I sing out loud declaring the Perfection and Unity. I draw loving people into my life as I stick with the Truth. My gratitude is beyond words.

Light and Love,
Kathy Purcell, *Editor*

**“We are told that talent creates its own opportunities.
But it sometimes seems that intense desire creates
not only its own opportunities, but its own talents.”
~Eric Hoffer**

TREATMENT

By: Rev. Michael Laakso

I See the Light of God in Everyone I Meet

Infinite Mind is All-Aware. It's Knowing is All-Inclusive of all that It is, all that It expresses. This Mind is my mind now. Universal Mind is Love and Intelligence, Acceptance and Appreciation. This Mind is my mind now. Being Infinite, Divine Mind includes all that I am, ensuring I am one with It in every respect. There is nothing else I could be, for, being infinite, there is nothing other than Divine Mind.

Universal Mind's Awareness is my natural awareness always. What It knows I know, being one with It. The Light by which this Mind "sees" is not physical light but Its Natural, Spontaneous Knowing; the Pure Mind "Light" of Perfect Knowing. In Divine Mind is complete willingness to witness What It is, and so Its Knowing is Honest and Comprehensive. This honesty is mine also. I am willing to witness with Universal Mind Its Native Knowing at all times.



This Light is present everywhere in Infinite Mind. It is here now for me to witness, in every circumstance and person I contact. Being intrinsic to God, this Light is God. I see the spark of the divine at the very least and I allow my vision to expand to witness the whole Mind Light as everyone. No one is other than this Light wholly and perfectly. So I forgo judging people and situations as less than perfect. This practice is eliminated completely from my thought now. I am tuned to the Divine at all times, so I see as God sees Itself in all Its Purity and Goodness in all people and all Its creations.

With God, I accept and appreciate the unique goodness in everyone. I know that this is my act of giving to each and all their divine Identity. It is here for me to see, so with God, I see it. With honest willingness, I choose to recognize what Spirit has created and only that.

I am grateful for true vision now. I am glad and thankful to witness only the real. I am thankful for God's willingness that I see as It does; an active participant in witnessing Truth as It is.

I welcome the peace and love that comes with and as God's Knowing. I release this word to Law knowing it is done already. And so it is.

EXPERIENCING FOREST BATHING

On April 14th Debbie Harris came to facilitate a wonderful experience in the park where we meet for church Service. Debbie was completing a thorough training for 'Forest Bathing.' Debbie shared her knowledge of Forest Bathing, which began in Japan. She explained to us what Forest Bathing is and why it has become an activity most people appreciate. We walked through the park, noticing the way that nature is alive and active. Each of us in the group responded to the invitations to see something that nature had to offer.



APPRECIATION

VOLUNTEERS:

Terry Barrett
 Mary Ellen Bartholomew
 Barb Bolles
 JoAnn Fisher
 Cathy Hamborg
 Jozalyn Hamilton
 Sharon Hamson
 Rev. Victoria Kelley
 Kira Kersting
 Jean Kipper
 Rev. Michael Laakso
 Sally Parry
 Kathy Purcell
 Jerry Rhodes
 Glenda Totten-Hatch

WORKSHOPS:

Terry Barrett
 Rev. Victoria Kelley
 Rev. Michael Laakso
 Rev. Lynn Osborne

SPEAKERS:

Terry Barrett
 Rev. Victoria Kelley
 Rev. Michael Laakso
 Rev. Lynn Osborne
 Kathy Purcell
 Glenda Totten-Hatch

BOOKS:

JoAnn Fisher

MUSIC:

Terry Barrett
 Mary Ellen Bartholomew
 Al Harris
 Jean Kipper

FLOWERS:

Terry Barrett
 Rev. Victoria Kelley
 Sally Parry
 Glenda Totten-Hatch

PROGRAMS / WEBSITE:

Rev. Victoria Kelley
 Kathy Purcell

HYBRID SERVICE TEAM:

Terry Barrett
 Mary Ellen Bartholomew
 Cathy Hamborg
 Sharon Hamson
 Jerry Rhodes

ZOOM HOSTING:

Terry Barrett
 Mary Ellen Bartholomew
 Rev. Victoria Kelley

GRATITUDE FOR SUNDAY TALKS

Our Center thanks
 Terry Barrett R.Sc.P. , Rev. Michael Laakso,
 Rev. Victoria Kelley, R.Sc.P. ,
 and Kathy Purcell, R.Sc.P.



INCOME & EXPENSE REPORT

	<u>JAN 24</u>	<u>FEB 24</u>	<u>MAR 24</u>
Income	\$5,450	\$3,199	\$3,415
Expenses	\$4,622	\$3,731	\$4,056
Income minus Expenses	\$828	(\$532)	(\$641)

HYBRID SUNDAY SERVICES

Attendance	ZOOM = 49	ZOOM = 34	ZOOM = 54
	In Person = 56	In Person = 89	In Person = 92
	Total = 105	Total = 123	Total = 146

CELEBRATE LIFE!

MAY

4	Alice McCracken	
5	Robert James	
9	David Hull	
12	Carey Birkenfeld	
15	Sally Harris	
21	Debi Goetz	
25	Ed Marx	
25	Mary Ellen Bartholomew	
29	Robert Bardin	

JUNE

2	Mary Bland
2	Ruth Ann Franklin
7	Bill Nikirk
9	Marie O'Neill
11	JoAnn Fisher
18	Rick Marschall
21	Sally Parry
25	Gail Young
28	Dorian Harris
29	Maralee Johnson

July

3	Ruth Messing
4	Barbara Bolles
5	Pam Wilson
6	Steve Potts
17	Kathy Purcell
26	Carol Novis
26	Carol Novis
29	John Babcock
30	Jackie Lanum

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

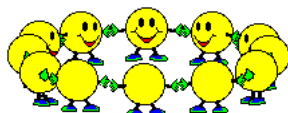
Tuesdays, 4:00 pm–6:00 pm
Via Zoom

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 681-0177

Laughter Presentation! Sunday talk on April 28, 2024



We had a jolly good time with our Sunday “Laughter Presentation.” Rev. Victoria Kelley arranged for two laughter specialists, Mr. Bill Cohill, and Professor Pete to join us, and the laughter ensued. We arranged in a circle of twenty-eight attending, and we were in a heightened state of mind and body when we came to a closing. As we all know, laughter is a tonic to heal the mind and body. Then in a short talk by Victoria, we were challenged to laugh more and especially at ourselves.

*“It is cheerful to God when you rejoice or laugh from the bottom of your heart.”
~Martin Luther King, Jr.*

*“We don’t laugh because we are happy, we are happy because we laugh.”
~William James*



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 we recognize our **INSIGHT** as Spirit within us, what we desire comes **IN SIGHT**.

If we feel disconnected or like there is a **HOLE** somewhere, we merely need to turn within and be reminded we are **WHOLE** just as we are.

We can make a **DIRECT** connection with our Source and **DIRECT** our thoughts to produce what we desire.

D W
I N S I G H T
R O
E L
C E
T

“Each of you is a unique child of God. God knows you individually. He sends messages of encouragement, correction, and direction fitted to you and to your needs.” ~Henry B. Eyring

MY EDUCATIONAL JOURNEY CONTINUES

As I write this report, I am smack dab in the middle of Spring term at the Holmes Institute. Two classes are in process: Cross-Cultural Psychology and Innovation and Change and Creativity. Both are moving through each week with a chapter to read and post a response to a prompt about the chapter. I've chosen a topic for each to create a bibliography and write a twenty-page paper. Once this term is completed, I will have four classes in the master's program and three in the Ministerial Certificate and then I am done! Next June will be my graduation in Napa Valley, California. A year seems like a long time, but it goes so fast.



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

“Our delight in any particular study, art, or science rises and improves in proportion to the application which we bestow upon it.” ~Joseph Addison

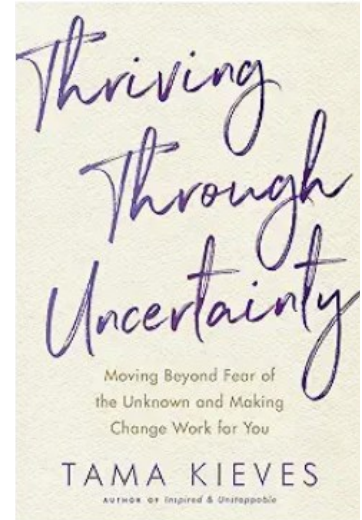
BOOK RECOMMENDATION

“Thriving Through Uncertainty: Moving Beyond Fear of the Unknown and Making Change Work for You”

by *Tama Kieves*



I had the pleasure of meeting Tama at a workshop she presented at New Dawn CSL in Aurora, Colorado. She was a wise, funny, and inspiring speaker. Her book is based on her journey from being an attorney at a prestigious law firm to becoming a writer and inspirational speaker. She chronicles this journey using honesty and humor. She shared compassion for how difficult it can be for a person to give up an established, but unfulfilling career to follow their calling. This book is filled with her desire to see others fulfill their life's passion by facing changes and uncertainty with techniques and trust that guided her through her own pursuit of her passionate desire to help people in taking a leap of faith.



Some beautiful wisdom shines through Tama's deeply held commitment to help people live their lives with truth and integrity. She offers guidance when the soul calls to someone to follow their life's purpose. Tama states in her introduction to her book that “An inspired life is the result of owning your truth—following your own indwelling authority.

It's the intimate landscape of learning how to listen to and trust the precision of your intuition or guidance. This is a life that isn't on any map. Some days it's frightening, like crashing through the air on a roller coaster. It's that wild and exhilarating rush, too, when life meets you in midair for a kiss.”

The basic goal of this book is to share what worked for her in her transition from a prosperous legal career through a time of absolute uncertainty of what steps to take in the transition a life of inspired living. Tama passionately believes that principles of change, and the deeply disturbing element of uncertainty can be faced and used to thrive. It is a journey well worth taking to become true to what inspires you, to the beauty of your own unique contributions to the world. She is a wonderful source of how to carry on through the uncertainty and shine as the person you came into this world to be.

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

“As my mother says, “You give back, you don't give up.” You can always choose to help others. If you do, it will change you.” ~*Susan Ford*

BOARD OF DIRECTORS' REPORT

By Cathy Hamborg
Interim Secretary

I would like to introduce you to our Board of Directors. Rev. Lynn Osborne is our Board President, and the Board Members consist of Rev. Victoria Kelley, Terry Barrett, Glenda Totten-Hatch, and our newest member, Kathy Purcell (who is also a past Board Member and our Treasurer).

Rev. Lynn often talks about the changes that are happening in our country and in the world. Well, Sequim Center for Spiritual Living is not an exception. Our Board has decided they want to be more transparent to our lovely Congregation, acknowledging that we are all in this together. So, starting with this edition of the newsletter, you will see a regular Board of Directors' report that will inform you of upcoming classes, workshops, fundraising opportunities, and events. The Board would like to extend an invitation to everyone who may be interested in sitting in at a Board Meeting. They are held on Zoom, usually the third Sunday of the month at 12:30 p.m. That allows people who attend in-person Services a little time to get home after the Church Service. All you need to do is let me know you would like to attend, and I will send you the Zoom link.



As you may recall, we received a bequest of \$21,417.28 from Patricia Bartlett in September 2023. There was a write-up about her in the 2023 Annual Report. When we received those funds, the Board was thrilled, thinking of all the wonderful things that we could do to stimulate growth within the Center. For various reasons – not enough worker bees to gather the honey, not enough time in the day, too many expenses that take priority – all of which have gotten in the way of moving forward. As a result, the Center's expenses have been slowly chipping away at that \$21,417.28. Because the Board feels this is important information for the Congregation to have, we have started to post the monthly income, expenses, and either the deficit or profit on the back of the Sunday Program for all to see.

The Board has already started planning workshops and classes that could possibly attract new people in our community to the Center. We are also talking about doing a twist on a yard sale periodically – collecting donations and selling them on Facebook Marketplace. But until those have actually been put into place, the Board encourages all of you to share your ideas, your suggestions, your time, and your talents in helping us thrive.

“Set your expectations high; find men and women whose integrity and values you respect; get their agreement on a course of action; and give them your ultimate trust.”
~John Fellows Akers

EQUIPPED THROUGH GOD AND COMMUNITY

On August 28, 2019, two wild animals—I mean active toddlers—were dropped off on my front porch. In that instant, I became a mom.

One Mother’s Day, I had convinced my husband to watch the movie, “Instant Family” with me while I lamented the plight of kids all over the world growing up without a family. My plan was to move to Mexico and solve the border crisis, with adopting all of the children. My husband’s level head prevailed, and he convinced me there were plenty of kids in our own city that needed resources, love, and hope.

We became licensed foster parents that August, and six days later we were thrust into the crazy world of foster care and adoption. We entered bright-eyed and bushy-tailed, full of hope, and the goal of changing the world, one kiddo at a time.



I didn’t have the benefit of a magical moment where minutes after birth I felt a love and a connection to this human I created. I didn’t have the first smiles, the coos, the baby giggles. Instead, I had hours and hours of therapy appointments, visits with biological family members, and a revolving door of caseworkers and guardians. Zero sweet moments existed in my memory bank to pull me back from the brink when things got hard. Then three awesome things happened, my community rallied behind me when I was out of tools. They encouraged, loved, and cheered me on.

One day, I asked a good friend if she could name three awesome things about my kids. When she did, I quickly scribbled what she said on a post-it and taped it to my mirror. Every day, I stood at that mirror and spoke out loud the good that other people saw in my kids. It took some time, but praying on it consistently became the truth that I could speak and believe about my kids.

We now have four kids who call me “mama” and I wear the name like the badge of honor it is. But I also hold it in my heart and honor the three women who were their first moms. Their little lives are miracles thanks to them. I share this day with them in a posture of deep gratitude. The love grew day to day and they truly are the light of my life.

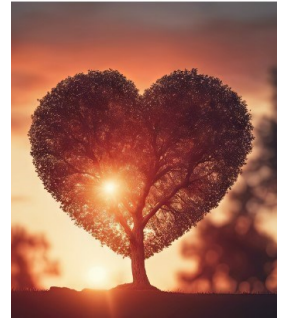
I am wiser, smarter, kinder, and much louder than I was in 2019. These four years have taught me to become a passionate advocate, not just for my kids, but for the other foster/adoptive kids in my State. I’ve learned that no matter how much truth you know, how many worship songs you sing, or how many prayers you pray—you need community, and that community is a gift from God. You need other people walking a similar road, people who can remind you during times when you might have forgotten—just how awesome your kids really are. I am so proud to be called Mom and it brings back the memories of my own Mother, that has passed, who was, and still is my best friend. Hooray for Motherhood and all of its different forms.

~submitted by Rev. Victoria Kelley

**“You might be temporary in their lives; they might be temporary in yours.
But there is nothing temporary about the love or the lesson.” ~Tonia Christle**

THE DEMONSTRATION CORNER

While walking one day, a beautiful and sunny Spring day, the idea struck me that if God is everywhere all the time he was with me right now and his love for me was with me right now. Although I was having a good time walking with a very agreeable furry companion, who seemed to be happy walking on that beautiful, sunny Spring day with me, I wanted more goodness. I thought, “Hey God, I would really like to see a personal expression of your Divine love for me, today. I know you love me and want to give me more goodness today.” I was feeling greedy and kinda needy, and left it at that. I continued on my walk with Oliver. I forgot about my request. My mind was wandering. Later, returning to the house, walking casually with my companion, relaxed, peaceful, I turned the corner. For no particular reason, I look to the left, and there in the fork—where two branches met in a tree—was a naturally occurring heart shape, with the sun shining on it! I had to stop, stunned, then smiled and felt such delightful glee. God put that lit-up heart in that tree at just the right height, at just the right time of day, for me to see! Ditto, God! Love you back!



~submitted by Jozalyn Hamilton

I have had so many demonstrations in my lifetime, they are too numerous to count. Some folks call them miracles, and I know miracles happen daily if we just look for them. However, I know that Treatments are strong and when fully believed in, you receive a demonstration.

I have had a recent demonstration in April of this year. I decided to take the week off from work and relax and enjoy the beautiful weather we have been experiencing and spend more time with Tom. The week began beautifully, and we walked to the beach and the following day went on a picnic. That evening while watching a movie I noticed my heart was racing. I called the local hospital, and they told me to come in. Due to the medicine I was receiving through IV'S they were giving me to slow the heartrate, my blood pressure went dangerously low. That is when it got scary! Without all the frightening details, they needed to use cardioversion, the paddles, to revive me. They diligently worked on me until three in the morning and then put me into the ICU unit. Later in the day I had a stroke. It caused blindness in one eye and blurriness in the other, a hard time thinking, slight memory loss and extreme weakness. As you can imagine Tom was very frightened and later, I learned he had told several that he thought he had lost me. I was in the hospital with great care for a week.



During this week's stay I learned that even though my cholesterol, triglycerides, and blood pressure are all low with clean arteries and veins, you can still have a stroke. This one was caused by my heart. I then learned how very fortunate I was to be alive, not blinded and not paralyzed.

I believe in silver linings if we look hard enough. Here are a few I have discovered. Tom had called the Ministry of Prayer group, and I was put on the list for Treatment. I was giving Treatments for myself with a positive attitude that I will return to normal, and that I do not have another stroke within the week, as that is a strong possibility. I was alive and not totally blind or paralyzed, and it put many things into perspective with my priorities in life. It gives me way more understanding and patience with a couple of my friends who are experiencing confusion and memory loss. I am starting to realize the body does slow down and to honor that fact. The fact that I was in the ICU when I had the stroke, what better place! The doctors and nurses tell me they are amazed at my progress, and I know the reason—Treatments, expecting, and manifesting a demonstration! I know as I progress with the therapy and doctor appointments more silver linings will be revealed.

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

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-Five

Infinite Mind is Knowing Mind. It knows by direct contact with Its Qualities and Thought contents. Knowing Its Qualities and Attributes, It knows What It is. Knowing Its Thought Content, It knows Its Self-expressions, that is, Its creations. There is no separation between Mind and Its Qualities and no separation between Mind and Its Expressions. Mind's Expressions are Its Thoughts and these Thoughts have only Infinite Mind in Which to be located. As the Course in Miracles states, thoughts do not leave the Mind that thinks them.

This direct-contact knowing ensures complete honesty and accuracy in all that Universal Mind knows. Being infinite this is the only Mind. What It knows is all there is, also due to Its Infinitude. Nothing else or other exists, since infinity is Totality.

Infinite Mind is completely certain about everything It knows. No doubt is possible due to Its knowing by direct contact. No confusion is possible. No guesswork is needed. Nothing needs to be believed in. No self-deceit is possible. Being Whole and Complete, there is no "other" self to deceive. Infinite Mind must, therefore, be in a state of total peace, contentment, sanity and bliss. It is experiencing directly all the Goodness that It is fully and freely with no interruption, no distraction and no diversion.

This is our natural state, as we are all expressions of the One Mind. In this state, we know as It knows and with the same completeness and comprehensiveness. We were created one with God. Being "with God" we experienced ourselves as God experiences Itself. Our self-acceptance was also total and certain, peaceful and appreciated.

Something motivated us to leave that state, which began our "hero's journey" of remembering and reclaiming all God knows us to be. When we return fully to that state, we will likely pass through remembering that motivation. We may then wonder, "What was I thinking?" or we may recognize something important was accomplished internally. In any case, we most likely will have come to appreciate our divine Identity to a deeper sense of joy and valuation. God's Self-valuation must be all-inclusive and boundless. So must ours be, being one with God. Perhaps, being created individuations of Unitary Mind, we require a backtracking from Self awareness, appreciation and valuation in order to come *fully* appreciate Who we are and decide to stay with that. When all questions have been answered we will clearly know what our experience has been all about.



“Never forget what you are, for surely the world will not. Make it your strength. Then it can never be your weakness. Armour yourself in it, and it will never be used to hurt you.” ~George R.R. Martin

~continued on page 12

~continued from page 11

In the meantime, God's creation of the divine Self that we are goes unrecognized while our mind is distracted by unknowing, guesswork, anxiety and tension. Being out of conscious contact with the Truths of our being, we default to opinion and belief.

New Thought and Science of Mind teaching begins with belief as our route back to our natural awareness of the all-encompassing Goodness of Infinite Mind. Ernest Holmes suggests we can only begin where we are. We have invested belief in the untrue, or we would not feel so uncomfortable. We have need of remembering the True and we begin by building belief in that. Our New Thought teachings heavily support our growing reclamation of Truth.



In the early days, we considered ourselves "Truth students." As discussed in others of these articles, we reached the stage in our development where we recognized we had a problem. Eventually we recognized our problem was all the falsehoods we had accepted, that is, our problem is in our mind, not "out there" in the arena of our experiencing. We came to see we knew not the difference of false from true. Without that, how could we avoid error thinking? Universal Mind is infallible and inerrant due to Its direct contact with Truth. So we began our climb back towards our natural certainty by learning Truth from falsehood and practicing believing in the Truth.

Ernest Holmes discusses belief and encourages us to move towards conviction. Belief can be unstable at first, due to competing, conflicting mental content. The practice of studying Truth Principles and speaking and writing our spiritual mind Treatments trains our mind to recognize Truth and build belief in it. Our demonstrations especially support building belief that our efforts are bearing fruit. Our goal is complete conviction. We want to be mentally absolutely convinced of the truth of which we speak. Then our word demonstrates swiftly and easily. Conviction is moving closer to knowing by direct contact with that known. It is movement towards our original state of unity with the Absolute Knower.

How do we encourage this internal movement? Study and practice. Classes and reading can be helpful. Contemplating the Principles we learn helps unearth and fill out our native understanding. Practicing treating for self and others builds belief as the demonstrations come. Our progress verifies our trust in the Principles we are studying and applying to our life situations, that is, to our thinking about them.

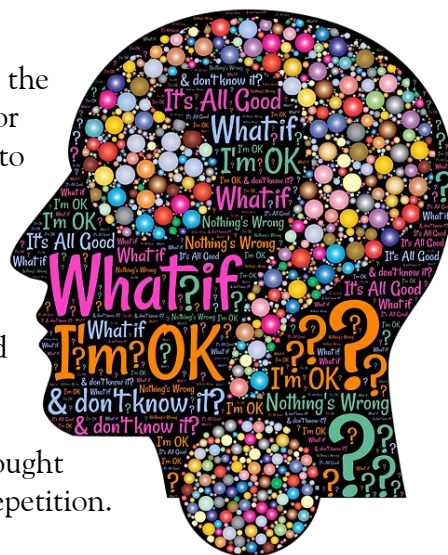
Other spiritual practices can also be helpful. Meditation is often recommended. This inner listening practice supports a mental and emotional reorganization: a sorting of false from true and a releasing of the untrue. To what are we listening when meditating? We begin by not knowing, but the act of listening invites the Truth deep within our mind to approach the surface of our consciousness. Our persistence indicates our commitment to learning and so encourages Truth's closer approach to our conscious mind. Much may need to be released – a serious mental housecleaning – before our mind is ready for deeper reconnection with the Divine Within. Typically, meditation works over time to facilitate a gentle internal shift that is easier to handle as our awareness grows. Eventually, we learn through direct contact to What we listen to as well as a trust that It cannot fail us.

"Inner guidance is heard like soft music in the night by those who have learned to listen." ~Vernon Howard

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Affirmations are also a tool for belief-building. At first we may declare the Truth repeatedly because it has been recommended and has worked for others. Repetition certainly retrains our subconscious mind over time to remember Truth and release falsehood shifting our thought-content unweighting the mind of false thinking. Eventually affirmations of the Truth can be used to challenge stuck-feeling falsehood in the moment that is persisting in our consciousness. If a falsehood keeps coming up, I interpret that as an indication my mind wants this healed now. I cooperate by persisting quickly with truth affirming statements when the troubled thought comes into my mind, rather than ignore it and the disturbing feeling accompanying it. I challenge the painful thought with the quiet Truth until it releases. Sometimes this requires much repetition.



These practices will be a review for most of us. The point, however, is how do we get to conviction? When our mind has fully accepted the truth of our word, demonstration becomes a matter of right timing. It becomes inevitable. Learning how to convince our mind more completely facilitates the manifestation of our desire. Conviction is a close approach to Divine Mind's Knowing. Infinite Mind's knowing is always wholly in acceptance of Its Word. With no dissent and total acceptance, Infinite Mind demonstrates perfectly and conclusively. This being our natural state, such knowing is natural to us. In the meantime, getting to conviction moves us in that direction.

In New Thought we learn how Mind works. The One Mind sets the pattern. Whatever the state of our consciousness today, we are also following that pattern. Thinking false ideas or Truth, as the subconscious mind comes to accept the idea, that will demonstrate. The Law acts equally on either. Like reproduces like. The question arises; what kind of life experience do we want? Living with false *and* true ideas, trial and error can eventually bring us to a decision point. We need to know what *cannot* work as well as what *does* work in order to make a decision for a better, truer thought and therefore a more peaceful, balanced and enjoyable life experience.

Divine Mind has no need of these practices since no dissent exists in Its Thought. The Course in Miracles counsels that we practiced our goofy thinking in order to produce subconscious acceptance and so get us into the pickle into which we find ourselves. This means practice in the reverse is necessary, at least at the outset. While a sudden insight can always occur, practicing the Truth primes the pump, so to speak, and begins a mental cleansing of the silliness we gave ourselves. This opens the door ever wider to Truth realization and the thoughts that heal our upset.

“Practice means to perform, over and over again in the face of all obstacles, some act of vision, of faith, of desire. Practice is a means of inviting the perfection desired.” ~Martha Graham

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At our inmost Center, we are always as Love created us. This means Truth is intrinsic to our Identity and is what we are. Truth's Voice cannot be removed from our mind, and will always be our resource to separate false from true. Our inner situation is always stacked in favor of the Highest and Best.

Following our practices and studies supports our spiritual growth. Science of Mind doesn't address this idea of "growing spiritually" so much, though learning the Principles and how to use them positively will clear our thought more and more leading us in that direction anyway. Spiritual growth just means our shedding of the untrue so the Living Truth within is all that remains. And how can this Highest and Best not reproduce Itself as a meaningful and abundant life experience, free of fear, want and lack?

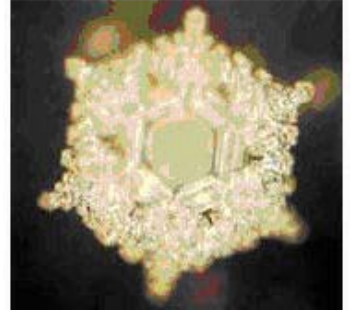
Divine Mind is the All Good with no opposite and no opposition. Being infinite, It cannot be otherwise. This Mind is always pure and perfect at our core. It is what we are. Our discordant thought may overlay that Center, obscuring It from our conscious awareness, but such thinking has not *changed* our Center and all the God there. We cannot be other than our Source. Infinite Mind being the Ultimate Reality, everyone and everything is included in this Beingness. *Its* knowing defines us, not the other way around. No goofy thinking has changed our Identity. To actually do so, we would have to change God's Mind about us *and* about Itself. We would have to change Love's Infinite Will, and who can do that? The fear that we have altered Perfection will be one of many casualties in our mind as we travel our course towards complete Truth recognition and the Peace that follows.

Our knowing who we are is safely here at our Center. We have felt that knowing in moments of Flow, Love, Beauty, Joy, when we dipped into that Center and spontaneously visited our Source. These attunements are evidence of our spiritual Identity and carry encouragement to seek deeper. It is our destiny to open fully to the Truth here and live from this Central Axis, being authentically the Good that we are. Everyone here is on that trajectory, whatever the current appearance of our lives may be. We speed our progress as we can consciously desire to be, know and live Truth, Love and Awareness, or whatever divine Quality that has touched us so deeply. Trust the inner Guide; open to Truth and Truth will open to us. It will come to us in the way that we recognize and know is the right approach for ourselves. We cannot fail because there is no failing in Universal Mind Who cannot fail us. And so it is.



“He allowed himself to be swayed by his conviction that human beings are not born once and for all on the day their mothers give birth to them, but that life obliges them over and over again to give birth to themselves.”
~*Gabriel García Márquez*

Water exposed to
Gratitude & Love



Remember the prayer for water

TO: A Very Valuable, Worthwhile Person

Sequm Center for Spiritual Living
Rev. Lynn Osborne
PO Box 2708
Sequm, WA 98382



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

