

## *Minister's Letter*

A long time ago there was a Fairyland Kingdom that was oppressed by a dark tyrant called "The Shadow." All the fairies, elves, and animals in the kingdom fled in terror of the Shadow. They had given the Shadow so much power that he was about to turn the entire kingdom into one huge shadow, and the light would never again be seen. No one had the courage to confront this adversary.

One-by-one, they had believed he was real. This went on for a very long time, until, finally, only one day of light was left before darkness would rule completely. But, there was this one little girl who refused to believe in this outside power, who would not accept herself as powerless. And, on that last day of light, she armed herself with a single candle and decided to challenge the Shadow by heading straight for the dreaded one's care. And, unafraid, she entered the Shadow's chamber and lit the candle. Well, that was the end of the Shadow; for the moment the light shined, it revealed that the Shadow had no substance.

There are shadows in our lives today—personally and in the world-at-large, and the first thing we need to know is they have no substance and the only reality they have is the reality we give them through our limited thinking. Our thought is a powerful energy source that can either be a blessing or a curse in our lives.



When we are participating in negative thoughts, words and actions, we are bringing on the dark and if we share this dark energy with those around us, we create a chain reaction that goes out and touches those we may never even know, becoming part of the race consciousness. But, because thought is energy, we can always choose to use this energy in constructive, loving ways, thereby, creating a chain reaction that is a blessing in our world.

Mahatma Gandhi was an example of how a spiritual chain reaction can work for good, reaching out to all around him to set in motion a chain reaction that eventually resulted in making positive change for the people of India.

We are powerful beyond anything we have ever imagined. Let's start a chain reaction of Love and Peace that lights up the dark corners of our own consciousness and then share that with each other to transform the entire race consciousness. We have the Power to bring this about.

***Blessings of All Good.***

*Rev Lynn*

**"The most valuable possession you can own is an open heart. The most powerful weapon you can be is an instrument of peace."**

***~Carlos Santana***

Sequim  
Center for Spiritual Living

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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  
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 struck 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. We are the wind.

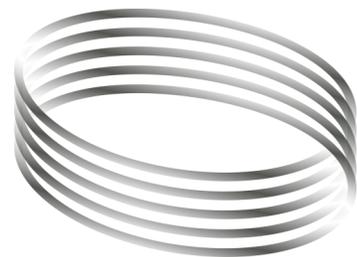
Light and Love,  
Kathy Purcell, *Editor*

**“Anyone who thinks fallen leaves are dead  
has never watched them dancing on a windy day.”**  
**~Shira Tamir**

## TREATMENT

by: Glenda Totten-Hatch, R.Sc.P.

In times of difficulty and chaos, I know I am divinely guided by the Universal Mind and comforted by Christ Consciousness. The Presence and Power that is manifested in all things is loving, abundant, compassionate, and omnipotent. Anything unlike the nature of the Divine Source is only an illusion and therefore cannot harm me.



Knowing this spiritual truth, I allow myself to be guided as well as being comforted. I can never be abandoned or punished by this Loving Presence. I can only be held in the safety and security of the living Spirit Almighty. I look upon the manifest world, and I know and accept that all is divine and all is One. I see that what has been falsely seen as real has no power over me when I choose to be aligned with spiritual truth. I do declare and accept that in times of trouble, in times of fear, when only darkness is all around, there is a Light that shines on me, and I let this Light be my guide. I am always loved and held dear in the heart and mind of the Creator.

I am so thankful that this Truth is eternal, infinite and within everyone, every being, and all the manifest world. I know peace and joy as I expand into this Truth. And with love and gratitude I release these words into the Law of Mind and rest in the awareness that they are already so, and so it is.



“A hidden fire burns perpetually upon the hearth of the world. In autumn this great conflagration becomes especially manifest. Then the flame that is slowly and mysteriously consuming every green thing bursts into vivid radiance. Every blade of grass and every leaf in the woodlands is cast into the great oven of Nature; and the bright colours of their fading are literally the flames of their consuming. The golden harvest-fields are glowing in the heart of the furnace. By this autumn fire God every year purges the floor of nature. All effete substances that have served their purpose in the old form are burnt up. Everywhere God makes sweet and clean the earth with fire.”  
~*Hugh Macmillan*

# APPRECIATION

**VOLUNTEERS:**

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 Barb Bolles  
 Cathy Hamborg  
 Sharon Hamson  
 Rev. Victoria Kelley  
 Jean Kipper  
 Rev. Michael Laakso  
 Sally Parry  
 Kathy Purcell  
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 Glenda Totten-Hatch  
 Pam Wilson

**WORKSHOPS:**

Terry Barrett  
 Rev. Michael Laakso  
 Rev. Lynn Osborne

**BOOK REPORTS:**

Glenda Totten-Hatch

**SPEAKERS:**

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

**PROGRAMS / WEBSITE /**

**NEWSLETTER:**

Kathy Purcell

**HOSPITALITY:**

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 Glenda Totten-Hatch

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**FLOWERS:**

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**ZOOM HOSTING:**

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 Mary Ellen Bartholomew  
 Rev. Michael Laakso  
 Kathy Purcell

**HYBRID SERVICE TEAM:**

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 Mary Ellen Bartholomew  
 Cathy Hamborg  
 Sharon Hamson  
 Jerry Rhodes  
 Amberwight Schaper

**USHERS:**

Barb Bolles  
 Glenda Totten-Hatch  
 Pam Wilson

## GRATITUDE FOR SUNDAY TALKS

Our Center thanks  
 Terry Barrett R.Sc.P , Rev. Michael Laakso,  
 Steve Potts, R.SC.P and Kathy Purcell, R.Sc.P  
 for doing talks this quarter.



### INCOME & EXPENSE REPORT

	<u>APR 25</u>	<u>MAY 25</u>	<u>JUN 25</u>
Income	\$3,207	\$3,127	\$2,885
Expenses	\$3,602	\$3,654	\$4,019
Income minus Expenses	(\$395)	(\$527)	(\$1,134)

### HYBRID SUNDAY SERVICES

	<u>APR 25</u>	<u>MAY 25</u>	<u>JUN 25</u>
Attendance	ZOOM = 23 In Person = 90 Total = 113	ZOOM = 20 In Person = 73 Total = 93	ZOOM = 20 In Person = 114 Total = 134

## 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

#### 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  
Love Offering

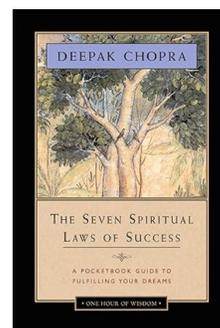
Sequim Center for Spiritual Living  
is “Open at the Top.”  
We welcome members of the  
community to join us.  
For membership information,  
please contact Rev. Lynn at 681-0177

### Sequim Center for Spiritual Living Presents a Class Based on the Book

#### *The Seven Spiritual Laws of Success*

**FACILITATOR:** Terry Barrett, R.Sc.P.  
**DATES:** Thursdays, August 14 – October 2  
**TIME:** 10:00 a.m. – 12:00 p.m.  
**LOCATION:** Online via Zoom (link provided after registration)

**TUITION:**  
Offered on a Donation/Love Offering basis  
(\$40 minimum required for CSL certification)



### FUNDRAISER for Sequim Center for Spiritual Living (SCSL)

sponsored by Walter Clark  
(360) 797-3653

Anybody who gives Walter Clark a real estate lead that results in a closing, 10% will come back to our Center—which is anywhere from \$5 to \$1,000. Contact Walter and he'll do the rest.

## 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.

**ICU / I SEE YOU** – If we feel in need of **ICU** we can know God is saying **I SEE YOU**. What better intensive care can we have than the inner care of Our Source.

**CLARIFY / CLEAR IF I** – If I get foggy about my identity, I can make it **CLEAR IF I** just turn within and **CLARIFY** the Truth of who I Am. I am an individualized expression of the One Infinite Source.

**SO WHAT/ SOW WHAT** – If we make an error, Infinite Mind says **SO WHAT!** A condition can be changed through what we sow. **SOW WHAT** you ask? Sow thoughts of Love, Peace, Harmony, Unity.

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*“No one has a problem with the first mile of a journey. Even an infant could do fine for a while. But it isn't the start that matters. It's the finish line.” ~Julien Smith*

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## THIS IS THE END!

When I started at the Holmes Institute, I began working on a master's degree in consciousness studies and a ministerial certificate.

I completed the master's degree months ago but have continued working on the ministerial certificate.

This month, I will complete the ministerial program. I started this month with five practicums to begin and finish, in addition to the nine that were already in progress or completed. It seemed almost impossible to find a way to cover the remaining concentrations that still needed to be completed. Somehow, with some help, I am working on these five activities and will complete the practicums for the program. Along with these activities, I am finishing two classes this month. Now, after over three years, I will actually finish the ministerial program!

Of course, there is the capstone test in September!

Thank you all for being on this journey with me. I can see the finish line.  
With love and gratitude,  
Terry Barrett, R.Sc.P.



## BOARD OF DIRECTORS' REPORT

By Cathy Hamborg  
Board Secretary



Since my May Board of Directors' Report, the Board meetings haven't had a lot of activity in these last three months, so my article will be noticeably shorter. Our calendar is filling up quickly starting in August, so come November we should have a lot to talk about.

It has been a long time since December 2024 when the Board first decided to create a Facebook page. Well, we actually now have it up and running. We are experiencing a little difficulty getting viewers, which is probably usual when it first goes online. Currently, only the flyers announcing our weekly speakers are getting posted so we need more postings, and we need followers. While we work on filling our page with interesting and helpful information, we could use the help of everyone reading this Newsletter who is also on Facebook. Please pull up the Sequim Center for Spiritual Living Page and join as a follower, and if you are so inclined, share it with your friends. That would be of great help to us and we would appreciate it.

In March, we held our election for a new and expanded Board of Directors consisting of seven members – Rev. Lynn Osborne, Terry Barrett, Kathy Purcell, Rev. Michael Laakso, Alice McCracken, Pam Wilson, and Sally Harris. In July the Board received an email from Sally Harris explaining that she needed to resign due to unexpected circumstances. She often offered insightful contributions to our discussions and the Board will miss her. Sally's departure leaves us with an empty seat on the Board. Our Bylaws allow the Board to appoint someone to fill Sally's position until the end of her term. If you are a member of Sequim Center for Spiritual Living and you would be interested in serving on the Board, please get in touch with Rev. Lynn to discuss it.

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## HAPPY BOOKER

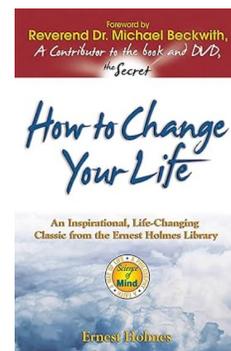
### *How to Change Your Life*

Ernest Holmes

Published 1982, Science of the Mind Publishing

This book starts by presenting the basic ideas of Science of Mind. The power of thoughts is explained, and it explores how to change your life by changing your thinking. Each chapter builds on the understanding that the universe can be scientifically reduced to one ultimate, invisible Essence. This Essence is the manifest body of creation, and it has spiritual principles that can be used to manifest the life you dream of.

The chapters have questions at the end for self-study and greater focus. The questions are designed to help you apply those spiritual principles. All appearances of lack or limitations will stem from a misperception or faulty belief. In order to change your life, any faulty belief about life needs to be identified and evaluated. If you judge it as erroneous to your current values, you can change it to one that reflects your thoughts and feelings at this moment. Sounds simple but can be difficult to put into practice. This book lays out clear guidelines you can use to develop a philosophy based on spiritual reality. The dream life you desire is sure to manifest as you understand your creative nature.



~Glenda Totten-Hatch

## THE DEMONSTRATION CORNER

One of the Hallmarks of Science of Mind is the facility it affords us to demonstrate what we need and want in our lives. In addition to giving thanks for blessings received, we want to give public testimony so that others can both celebrate with us the good that has been made manifest to us as well as recognize the power of Treatment that is available to all of us. Learning about the demonstrations taking place around us gives encouragement to all to persevere in our Treatments.

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### FINDING WHAT WE THOUGHT WAS LOST

For the last six weeks my daughter, Marie, and her daughter, Sophia, were in Ireland while Marie attended an art class. She went on a hike with her classmates up in the hills around the school campus. The terrain was very rugged and at one point, Marie had to slide down a difficult section. Her phone fell out of her pocket which she didn't realize until the hike ended. Everyone was certain the phone could not be found, but Marie decided to go back the next day. Again the trail was a struggle for her, but she pushed on. At one point she had the thought about her being Irish, and how she could use the help of the fairies. As soon as this idea came into her mind, she looked down and there it was. The phone that no one thought could be found was right there. Luck of the Irish, Divine Intervention, or did the little people of Ireland respond to her wish?



The next day after Marie shared this story, I had a miraculous situation come up for me. I discovered one of my hearing aids had fallen out. I was certain I would be unable to find it as I had just come back from walking Gypsy. I went to bed that night with the thought I would have to replace it and I would be calling for an appointment the next day. During my morning routine of getting myself ready for the day, I feed the cats and put water down for them. When I looked down to pick up the cats' bowl, I saw something that had an odd shape. Closer inspection revealed my hearing aid sitting there. It had not been there the night before! Best guess—the cat found it and dropped it by her bowl. I was so grateful and in awe of how the Divine Spirit works.



~Glenda Totten-Hatch

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**“On life’s journey faith is nourishment, virtuous deeds are a shelter, wisdom is the light by day and right mindfulness is the protection by night. If a man lives a pure life, nothing can destroy him.” ~Buddha**

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## OPPORTUNITY KNOCKS

Knock, Knock. Who's there? No one!

I am just completing an intense and long day setting up our neighborhood's fundraising Yard Sale. Sitting in a car that refuses to start, I'm anxious to get home so that I can return by 7 A.M. to head up the sale. Looking out my stalled car's window to see if anyone is around, I am becoming aware of the increasing cool weather, accentuated by the wind tunnel created by the hatchback being unable to close. I call my husband to see if he can drive over to assess the situation. He and a neighbor arrive to try jumping the battery: nothing. I call Triple A while John goes home, bringing back jackets. The waiting game begins as the hunger increases. Why does this have to be happening? I currently have no idea!



By now, upon giving up “woe is me” thoughts, I begin to breathe consciously and slowly. We call Pacific Pantry, ordering 2 of our favorite pizzas. The breathwork continues as we enjoy our pizza party. This is getting to be quite an enjoyable evening! The sun is dipping low in the sky.

Triple A does not call. I dial the number and am not feeling lucky that I am #13 in the Q. It is now 7:30. As we gaze at the sky, we are noticing beautifully artistic cloud formations being scattered about by the wind; it becomes a mantra for our meditation. We are unable to reach the driver. We remind ourselves to Just Breathe! Wow, why have we not been outside enjoying these summer evenings?

By 8:30 we receive a call from the driver, apologetically saying that he has been rescuing a vehicle on a logging road, out of phone contact. By this time, we are yawning and ready for sleep. What to do? Nothing except breathwork!

He arrives after 9 P.M. We find out that he is from the same county in California from which we moved to Sequim; we have a delightful sharing session, as he completes jumpstarting the battery. The breathwork transitions from “smooth and steady” to intermittent sighs of relief. At 9:20, we are ready to take a spin around Sequim to make certain that the charge is strong.

The cloud formations and colors are stunning! It is absolutely the most beautiful, majestic, stunning sunset that we have ever experienced. We head toward the house as we express gratitude for this inspirational reawakening.

Now we know why this has happened. We have a vision and mantra that will last forever in our hearts, minds and meditations. Yes, EVERYTHING HAPPENS FOR A REASON!

~Pam Wilson

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“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

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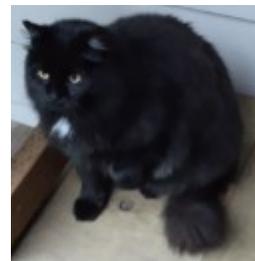


**Sequim Center for Spiritual Living  
Celebrating 30 Years!**



## TALES OF STU, THE CAT

Every day Blue and I go on an early morning walk. When we return, I feed Blue. Then I look outside the big window that oversees the ramp and the top of Stu's house. If I don't see Stu, I go out and call him. Often I will hear a few meows from the east tree. I'm not sure what he's saying, but soon he climbs down and heads west to the porch and then onto the ramp. In the meantime, I put his food dish down in the designated spot. He usually comes over by me and rubs his face on the back of my hand before he goes for food.



He still only eats when I am outside. In the morning, I make a point to be with him for three or four 10-15 minute visits. Just before we are ready to leave for work, I go out one last time and announce, "last call." Stu knows to come grab any last bit he wants to eat and give any last morning face rubs on my hand. Then he turns and walks down to the porch, across the front of the garage and stops near the base of the east tree. Most times he climbs up the tree before we go out to get into the car. Sometimes he waits and dashes up the tree once the car is started. Normally he stays in the tree the whole day, only coming down after we get home and Blue goes inside.

Stu hasn't been spending as much time in the tree over the last month. He has been staying at the base of the east tree even when we go out to the car. When he's on the ground I position myself so Blue doesn't see Stu as we walk to the car. We know when Stu's walking around the yard during the day because of the security system we have; it sends us an alert when it detects activity.

Back in January I purchased a toy for Stu. It is called a cat charmer. It is a long, narrow piece of colorful flannel (about an inch wide) that is attached to a long, thin, clear acrylic stick. The premise is you hold the acrylic stick and drag/shake the fabric in front of the cat. I was excited about having a toy for him. However, when I shook the stick, Stu got scared and ran down the ramp. I tried it a second time but got the same result. I was a bit disappointed.

In June a friend suggested making a ball out of aluminum foil and see if Stu would fetch it and bring it back. I made the aluminum foil ball, excited about the potential. It was not received with the same excitement. I left it on the rug in front of his house. The next morning I heard some noise on the ramp. I looked out and it was Stu playing with the aluminum foil ball. I was pleased. Since then, he's played with it periodically.

I was talking with Rob about Stu's charmer. He suggested putting the acrylic stick on the top of Stu's house, securing it with a brick, and then draping the fabric over the top, allowing it to flow down the front of Stu's house. That sounded like a great idea, so I set it up accordingly. And then I waited.



One of the things Stu does is scratch the rug in front of his house, then he drops and rolls back and forth—as mentioned in the last update. During one of those rolls I took a chance and started waving the charmer fabric in front of him. He grabbed the fabric with his front claws and drew it to his mouth. He let go and then started swatting the fabric back and forth. Success! I have caught him playing with it on his own. Sometimes when he does the drop and roll, he stops mid-roll and looks up at me. Perhaps this is his way of inviting me to be part of the fun he is experiencing. It does give me great joy.

~Kathy Purcell

## **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 Fifty**

*My God is my Good.*

*My Good is my God.*

*My God is Life, Love, Truth, Substance, Intelligence,  
Omniscient, Omnipotent, Omnipresent.*

This is the first of five affirmations Emma Curtis Hopkins recommends for raising our thinking. Hopkins is known as the “teacher of teachers.” In the late 1880’s through the early 1920’s she taught classes in New Thought ideas. Her students and those whom they taught went on to found Unity Church, Divine Science and other New Thought organizations. Born in 1849, she met Mrs. Mary Baker Eddy, founder of Christian Science in 1881, experienced healings and became subsequently involved in Mrs. Eddy’s organization, at one point as the editor of the Christian Science Monitor. By the end of that decade, Hopkins had moved to Chicago and began teaching New Thought principles. Among her students were Ernest Holmes who found her in the 1920’s and took a cycle of twelve classes with her. She passed in 1925 leaving behind a legacy of a diverse spread of New Thought Centers.

The affirmation above is a way of telling our mind the truth of our origin and being. When we get our Identity right, we get everything right. Recognizing Divine Mind as the full and final Absolute Reality will dispel from our thinking that we have made something “other” of our Selves. Since the Infinite is the Perfection of all things, we open our mind to consciously participate in that Perfection. So, if God is my Good and my Good is my Health, then God is my Health. If God is my Good and my Good is my Peace, then God is my Peace. If God is my Good and my Good is my Supply, then God is my Supply.

This affirmation turns our attention to the Source of every Good we can ever experience. Curtis speaks of the “High Watch.” This means putting our attention on the Source of every Solution and Answer we may ever need and keeping it there. Contrast this with the “low watch” – that is, allowing my attention to obsess on the problem instead of where the Solution must arise. God being Infinite, there is no “other” from which my Answer can come. Perfection in healing, inner peace and right supply has only One Source; the Complete and Infinite Presence Who is the All of my Good.



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**“Dissolving our ego is merging with our spiritual identity. It is highly comfortable to our soul, but our ego can, and probably will, experience it as life-threatening. The discomfort is temporary, and the blessed result is permanent.”**

**~Donna Goddard**

~continued from page 12

If we are experiencing a perceived need, our mind needs to turn towards That Which has no needs. Being All That Is, God withholds no Good, that is, nothing that It Is, from Its daughters/sons who ask. Jesus points this out with his teaching to 'ask and you will receive, knock and it will be opened to you...' Omniscient, Omnipotent and Omnipresent indicate the capability of God to supply us with every request. Inherent in this affirmation is the counsel to ask for the Good-Only.

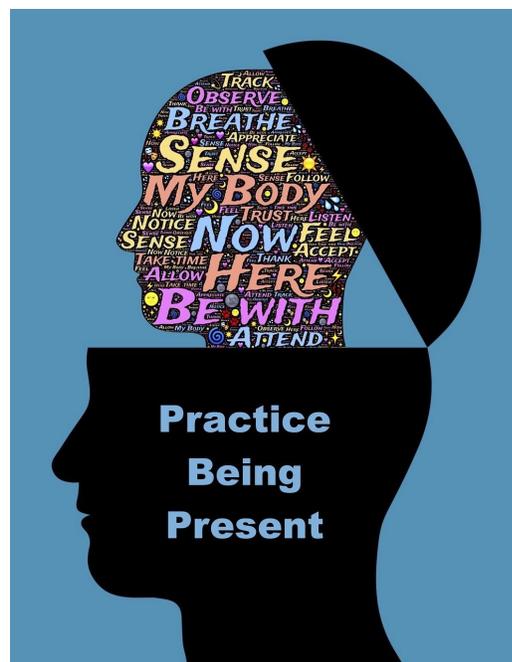
We learn in New Thought that every thought and feeling is a prayer, a request. Since we come here and find ourselves immersed in a dualistic thinking culture that we learn from day one, we also learned to ask indiscriminately for Good and not so good. As we desire for a better life experience, we see a need for learning how to master the High Watch. This is only a matter of catching our mind focusing on the problem and choosing to reorient our thought towards Where our Good is. Like any practice, we get better at it as we do the practice. Furthermore, the results speak for themselves. Only solutions come from our Source Who has no problems.

*In God I live and move and have my being.*

This is the second of Curtis' five affirmations. This affirmation expands on the Omnipresence of God. Being Infinite the One Mind has no outer boundary. So It has no outside to It. All It is, all It creates is here in the Mind that thinks the Thought that expresses as that creation. Thoughts do not leave the Mind that thinks them, nor can that One Mind leave those Thoughts. We are all Immersed in all the Divine Qualities, all the resources of Infinite Mind. The availability of Universal Mind cannot be curtailed. This affirmation invites our mind to recognize our true and eternal Context. We, too, are a Thought of Infinite Mind forever *in* that Mind.

This affirmation also reminds our mind that any belief in separating from our Source is an impossibility. No such thought or belief has actually occurred. All beliefs that spin off from a belief in separation from our Source also have not occurred. These beliefs include such ideas as, "I have no help. I am not enough. No one loves me. I am alone, etc." These thoughts are the "problems" with which we wrestle. They are false beliefs, yet they can feel real and so demonstrate as our perception of life, others and ourselves. Since my Good is my God, the solutions to these apparently problematic and painful ideas have a solution in the very Mind in Whom we are immersed.

What would it feel like if I could consciously feel that Presence and also feel the Reality of God? What would God feel like if my mind had no separation ideas? We know the Divine Qualities are such as Love, Joy, Abundance, Acceptance, Wholeness, Exuberance, Expansion for a start. Multiply this with our own deepest moments realizing Truth and we still have not entirely encompassed the Infinity of the Divine Attributes. But turning our mind toward our Source and contemplating those Qualities and others that arise in our mind begins opening to directly experiencing the Reality of our Source. Wouldn't that change our orientation to ourselves as well as our confidence in Source Mind?



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*I am Spirit, Mind, Wisdom, Strength, Wholeness.*

This is the third of Curtis' affirmations. It tells the Truth of What we are. Since "like produces like," we must be like our Source in every way. This affirmation invites our mind to remember and re-own Who and What we are as our Creator knows us to be. Can we accept these as truths of our Nature today? This can feel difficult or even absurd. That feeling only indicates the commitment to our untrue self-assessment. New Thought is all about challenging the limitations we have accepted about what we are and reclaiming the Divine Truth of our Identity. Having been raised in a Good-denying culture, we learn to deny what God creates as us – an extension of Itself. Again, once we get our Identity right, we get everything right. Remembering What our Source is and that we are expressions of the limitless Good, our problem-thinking dissolves. We edge towards Solution-thinking for our Source is problem-free.



This affirmation also dispels the false idea of separation and its corollaries by naming a few of our innate attributes. Repeating this affirmation has the possibility of revolutionizing our thought about ourselves. As we keep observing, this is the crux of our "problem," a persistent self-misidentification. Spirit, Mind, Wisdom, Strength, Wholeness correctly identifies what is essential and unalterable about all of God's Creations. Reclaiming these Qualities as our own through repetition of this affirmation will shift our self-assessment as well as how we see others.

*The I AM works inevitably in me and through me to will and to do that which ought to be done by me.*

This is my personal version of Curtis' fourth affirmation. I added the *in me and*. In this affirmation, the Divine I AM is the affirmation of our Divine Identity and so also of our Divine Source. The "I AM that I AM" in answer to Moses's asking the burning bush to identify itself is also the I AM that we all are – a basic tenet in New Thought ideology. The sameness of Spirit and ourselves isn't a thought in mainline Christianity and still is held suspect in literalist circles. One day all of humanity will awaken to this Truth. In fact, this is Jesus' teaching in his final discourses in John 14 – 17 at the Last Supper. Elsewhere he said, "You shall know the Truth and the Truth shall set you free."

What are we; mind or a body? Identification as a body, as a *form* of life is a basic corollary of the separation belief. Detaching from that belief frees us to reconnect with Mind as our Reality. We are not "a form" of life but Life Itself, experiencing the earth plane. We have spiritual business here. The body is an opportunity, a vehicle for spirit's experiencing materiality that the soul-entity that we are, needs to experience for itself the goofy thinking that does not work. We need that feedback in order to make a new decision about what we are. Moreover, the body also provides an opportunity to contribute to the whole group its movement toward true self-identification. This is the spiritual business for which we all came. Each one's awakening supports everyone else's awakening.

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**"I am not a teacher, but an awakener." ~Robert Frost**

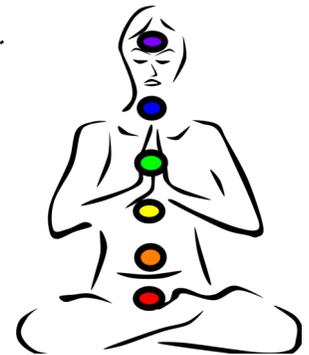
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The I AM is the Christ-Self, God's creation of our Self for companionship with Itself. Here are all the Divine Qualities. And here is the Love, Intelligence and Wisdom to bring what is truly helpful to our fellow souls here in the earth plane with us. Really, the opportunity is simply to honestly love the people and the planet from the Source of Love within. Each of us has a unique, personal capacity to contribute to the symphony of Love and Wisdom that is uplifting the whole group. This affirmation reconnects our mind with its divine purpose for being in the earth plane now.

*I am governed by the Law of God and cannot sin or fear sin, sickness or death.*

The fifth of these affirmations focuses on Divine Government. This idea comes from Mary Baker Eddy, that a Divine Government exists keeping all in Perfect Order. So there are no accidents, mistakes or goof-ups. What is now, today, is meant to be by the Divine Love back of everything. This affirms Safety, Order, Divine Intent and Intelligence as well a Divine Love as motivation and purpose for today's events as they unfold. It also affirms our place in the Divine Governing as lawful and therefore fitting in with that Divine Loving Intention.



Because this “Law” is “of God” there can be nothing to fear, certainly not the commonly held fears of sin, sickness or death. In order for these to be “realities” they would have to be part of the One Reality, God. Since God cannot die, get sick or commit any kind of “wrong” – a sin – they are not possibilities, not realities but “vain imaginings.” New Thought repeatedly claims that if it has no presence in Universal Mind, it has no presence. As we can accept this idea, we exempt ourselves from experiencing sin, sickness and even death, because we cease running the idea of sin, sickness and death in our mind. Especially, as we cease fearing these ideas we cease fearing the experiencing of these ideas. We release them for the Good that God is.

We know it is thought that is creative of everything we will ever experience. When we claim our oneness with the Divine Government, we also claim a serious upgrade to our thinking. We opt out of the negativities in the earth consciousness, the teaching of the culture of dualistic thinking. We claim God as our “thought governor.” Like a steam engine has a governor that keeps it from running out of control, keeping it in safe limits, so we have Divine Love and Intelligence to keep our thinking within the spectrum of Truth. What, then, need we fear? Not only will we walk this earth in integrity and love but our body will have no cause for illness. The thought of Divine Wholeness manifests as health, Divine Love and Respect as honor and care in all our relations, including with ourselves.

And when we remember we are expressions of Continuous Livingness, who can fear the release of the body? No longer identifying it as our self, we know that we came from Spirit and but return to Source Mind. The time will come when we simply lay aside that which was once useful for our next stage of experience in an ongoing aliveness never ending. Everything is a stage of growth in our spiritual awareness that someday we will outgrow. This is a Good thing and not to be feared.

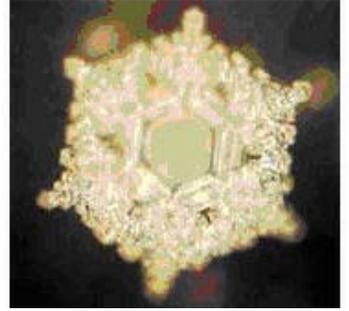
Emma Curtis Hopkins has been one of the guiding lights in New Thought as it developed in its early years in America. Her writings are available today, particularly her books Scientific Christian Mental Practice and High Mysticism. I find her work inspiring and very much in integrity with the First Principles of New Thought. For her contributions and consciousness I am very grateful. And so it is.

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“Our chief want is someone who will inspire us to be what we know we could be.” ~*Ralph Waldo Emerson*

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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.

