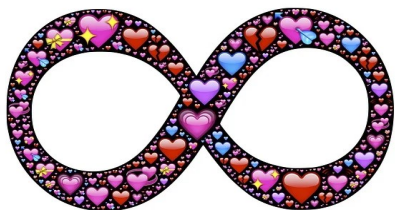


## *Minister's Letter*

In February, the topic of our Newsletter is Love. And I was drawn to the beautiful Emmet Fox writing intitled: "Love."

"There is no difficulty that enough love will not conquer; No disease that enough love will not heal; No door that enough love will not open; No gulf that enough love will not bridge; No wall that enough love will not throw down; No sin that enough love will not redeem ....It makes no difference how deeply seated may be the trouble, How hopeless the outlook, How muddled the tangle, How great the mistake, A sufficient realization of love will dissolve it all....If only you could love enough you would be the happiest and most powerful being in the world."

These ideas are so needed in the world we live in today. It is difficult to observe the world and not see the appearance of violence at all levels of human experience. But the good news is that we can choose love at every level as well. And our Season for Nonviolence brings attention to this. The Season begins every year from January 30, the anniversary of the assassination of Mahatma Gandhi and going to April 4, the anniversary of the assassination of Martin Luther King Jr. Dr. Michael Beckwith and Dr. Mary Morrissey were instrumental in helping to develop this time of remembrance in order to celebrate the philosophies of these two individuals who exemplified Love and Non-violence.



A Course in Miracles tells us: "Every loving thought is true. Everything else is an appeal for healing and help, regardless of the form it takes – all anger is nothing more than an attempt to make someone feel guilty." So, it seems our task must be to seek love. Well, that shouldn't be difficult to do – because we are love and love pushes everything unlike itself up to the surface where we can see it and deal with it.

ACIM: "See the Love of God in yourself, and you will see it everywhere because it is everywhere." The ACIM statement saying that there is either love or fear appeals to me because it helps me to recognize that when I am taking offense or think I have to defend myself, I am in fear. When I think I have no need to defend, I am in my love energy – feeling safe. Does this mean we take no action when we see an appearance of harm? That doesn't seem reasonable. But, can we remember a time we were able to make a sensible, truth-centered decision when we were in fear? Centered in Love certainly seems to be the way to make wise decisions – the decisions that bring about the highest and best result for ourselves and everyone concerned.

*Love and Blessings for a Happy and Loving  
Valentine's Day,  
Rev Lynn*

---

**"Accept yourself, love yourself,  
and keep moving forward. If you want to fly,  
you have to give up what weighs you down."  
~Roy T. Bennett**

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Sequim  
Center for Spiritual Living

### BOARD OF TRUSTEES

Rev. Lynn Osborne, President  
Kathy Purcell, Treasurer  
Terry Barrett  
Rev. Victoria Kelley, R.Sc.P.  
Glenda Totten-Hatch, R.Sc.P.

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### INTERIM CHURCH SECRETARY

Cathy Hamborg

### MUSIC

Al Harris, Pianist  
Mary Ellen Bartholomew, Vocalist

### BOOKS

JoAnn Fisher

### HOSPITALITY

Glenda Totten-Hatch, R.Sc.P.  
Barbara Bolles  
Kira Kersting, Greeter  
Jozalyn Hamilton, Cleanup

### 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  
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,

It's February – the month when love is promoted, as Valentine's Day takes center stage. (Well, it *is* in the *center* of the month, and sometimes people *stage* a special Valentine's Day experience.) We see hearts all about advertising love—even boxes of candy are shaped like hearts. We see the chubby cherub with bow and arrow symbolizing the possibility of love. What is love? How do we find it? How do we express it? Does Cupid hold the answer?

It's interesting that Cupid carries an arrow. An arrow can be a weapon of destruction. How can that signify love? There is only One Source of Love—God. God is Love and God is Law. God as Love points the way; God as Law makes the way possible. We are one with the One Source. Love is God's essence, and therefore is our essence. But we also have volition; we decide how we express Love.

Looking at Cupid and the bow and arrow I see a symbol of God. The arrow is Love; the bow is Law; we are Cupid. The arrow knows only Love, the bow knows only to move that Love in the direction we set through our thoughts. The emphasis we put to our thought is like the amount we pull the string of the bow. The stronger our conviction, the more power there is behind the thought (string), and the greater the result. It is our intent that determines if an arrow is hurtful or loving.

When an arrow hits us, it gets our attention, particularly if it is a hurtful one. Sometimes we find we are the shooter. This is a good thing because once we are aware, we can look at our thought process; in rethinking we can change our thought and change the outcome.

Shakespeare asks: *"Whether 'tis nobler in the mind to suffer the slings and arrows of outrageous fortune, or to take arms against a sea of troubles, and by opposing end them?"* The outrageous fortune and sea of troubles we suffer are our own creation in our individualized minds. In Universal Mind there is only Good. We can make Love our armament. We can choose to lay down the arrows of false beliefs, to bow down, surrendering to the Truth of who we are.

Turning within we find Love is already ours. It flows in, around and thru us. By consciously expressing Love, we discover more of it, for what we send out is multiplied and reflected back to us. Our loving thoughts unite us all and propel us forward to our highest good. It doesn't have to be February to promote Love; we set the stage with every thought. Just think about It!

Light and Love,  
Kathy Purcell, *Editor*

**"Love is a force more formidable than any other. It is invisible—it cannot be seen or measured, yet it is powerful enough to transform you in a moment and offer you more joy than any material possession could."**

**~Barbara de Angelis**

## TREATMENT

### Divine Mind is Never Disturbed

by: Rev. Michael Laakso

Universal Mind is the Fullness of all Good. Being infinite, there is not one iota of room for any opposition to this Universal Beingness. The Goodness of God is infinitely present at every point. This Mind is my mind now. This Wholeness is everywhere without limitation. In this Goodness I live and move and have my being.



Moreover, I am built of this Goodness. I fit in seamlessly with Source Intelligence, being more of What It is. No matter where I go, I am enfolded in this Universal Blessedness. All the Love there is pervades me and surrounds me. From this

Love that I am, I see all people as more of the rest of what I am and What God is. I identify all people and myself accurately now; the One Presence is all there is, both in Beingness and in Expression. We are That.

As this Mind cannot be disturbed, this is also true of me. Deep within my center is my natural knowing of my goodness as God created me and all else. I gratefully live from this invulnerable awareness allowing any distress that arises to pass on through revealing, again, my natural serenity. I stay with Divine Mind and live my centeredness in peace. The All Good protects me from self-negation. This Mind clears me of negating thoughts. Gratefully I accept this protection of my peace-awareness.

I look for the Good and I find it. Knowing it is ever-present, I open to feel that Loving Goodness now. I am undisturbed by the words and behavior of all others. I declare the safety of all my fellow souls. I do behold the Beloved in whom Spirit is so well pleased, in myself and in all others. I refuse to get confused. I stay centered in Truth. I know this supports all my brothers/sisters throughout this world.

In loving gratitude, I release this word to Law, knowing it is already so. And so it is.

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*“We all have a spiritual connection to certain individuals, which transcends the mental and physical illusions of this experience we call life. It cannot be forgotten, even if we refuse to interact with those people concerned. This connection is true love, and nothing we say or do can break it.” ~Wayne Gerard Trotman*

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## ANNUAL CONGREGATIONAL MEETING

All Members and non-members are invited to our **ANNUAL CONGREGATIONAL MEETING** on Sunday, **MARCH 23, 2025** following our morning Service. It will be a bit different from our past Annual Congregational Meetings. There will be music and food will be provided. We will be recognizing those who have served our Center. We hope you will join us to celebrate the accomplishments of the past year and welcome the abundance around us with open arms and open hearts.



## 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. Michael Laakso  
 Rev. Lynn Osborne

### SPEAKERS:

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

### BOOK REPORTS:

Glenda Totten-Hatch

### MUSIC:

Terry Barrett  
 Mary Ellen Bartholomew  
 Al Harris  
 Jean Kipper

### FLOWERS:

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

### PROGRAMS / WEBSITE:

Kathy Purcell

### HYBRID SERVICE TEAM:

Terry Barrett  
 Mary Ellen Bartholomew  
 Cathy Hamborg  
 Sharon Hamson  
 Jerry Rhodes

### ZOOM HOSTING:

Terry Barrett  
 Mary Ellen Bartholomew  
 Rev. Michael Laakso

### GRATITUDE FOR SUNDAY TALKS

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



### INCOME & EXPENSE REPORT

	<u>OCT 24</u>	<u>NOV 24</u>	<u>DEC 24</u>
Income	\$2,665	\$3,153	\$3,475
Expenses	\$3,859	\$3,593	\$3,757
Income minus Expenses	(\$1,194)	(\$440)	(\$282)

### HYBRID SUNDAY SERVICES

	<u>OCT 24</u>	<u>NOV 24</u>	<u>DEC 24</u>
Attendance	ZOOM = 23	ZOOM = 23	ZOOM = 40
	In Person = 85	In Person = 82	In Person = 133
	Total = 108	Total = 105	Total = 173

## CELEBRATE LIFE!

### February

3 Laura Anderson  
 3 Nancy Brody  
 12 Liz Lohmann  
 14 Joanne Johnson  
 17 Lou Foldoe  
 23 Al Harris



### March

3 Cathy Hathaway  
 3 Kira Kersting  
 8 Alethea Mari  
 17 Susan Pennington  
 18 Lynda Marinics  
 20 Robert (Spider) Medsker  
 22 Pam Bedford  
 22 Roger Maes  
 22 Renee Meyer  
 24 Connie Jenkins  
 29 Tom Cunningham  
 30 Stephen Landess  
 31 Linda Enger

### April

1 Steve Curtis  
 1 Linda Kahr  
 10 Diane Hood  
 10 Isabel Paniagua-Stevens  
 12 Jan Marshall  
 15 Charlie Kahr  
 16 Dinah Day  
 20 Rebecca Hall  
 29 Barbara Baker

## 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

*“Love is the outreach of self toward completion.” ~Ralph W. Sockman*

## UPCOMING CALENDAR OF SEQUIM CENTER FOR SPIRITUAL LIVING EVENTS

### FEBRUARY

- Annual Membership Drive letters to be distributed
- 16 SCSL Board Meeting, 7:00 p.m. on Zoom

### MARCH

- 23 SCSL Annual Congregational Meeting, 11:15 a.m. at Garden Clubhouse

### APRIL

- 6 Administrative & Board of Directors’ Retreat, time and location to be determined
- 20 SCSL Board Meeting, 7:00 p.m. on Zoom
- 26 Rev. Michael’s Healthy Nutrition Workshop at the Unitarian Church



#### **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.

**LIES / LIES**—Our happiness **LIES** in uncovering the **LIES** that we have let ourselves believe. The Truth sets us free to experience more of the love that we are.

**STUFF / STUFF**—If we **STUFF** false beliefs and try to ignore them, the **STUFF** that shows up in our lives is false. It is from the Truth that the good **STUFF** is made.

**ADVERTISE / AVERT EYES**—If we **AVERT** our **EYES** from our true identity we miss seeing our Unity. When we realize and **ADVERTISE** our acceptance of who we are, we experience our Oneness.

A  
D  
V  
LIES  
R  
STUFF  
I  
S  
E

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*“Love—not dim and blind but so far-seeing that it can glimpse around corners, around bends and twists and illusion; instead of overlooking faults love sees *through* them to the secret inside.” ~Vera Nazarian*

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## THE JOY OF SERVICE: LOVE, LAUGHTER, AND REFRESHMENTS

I've recently discovered a fun way to be of service! I signed up to provide refreshments twice in the last couple of months and was rewarded with smiles and gratitude. Refreshments bring people together. Sharing food nourishes both the body and soul. During the years of COVID, when that wasn't possible, we missed this social experience. Today, we appreciate this tradition even more.

Here's what I've learned about doing this: there are so many possibilities! It's nice to have something sweet, and maybe some chips, vegetables, fruit, or nuts. The dollar store has inexpensive plates and dishes for serving, if needed. If you don't want to prepare the food yourself, Safeway and Costco offer prepackaged items.

I spent many years as a member of the local camera club. Two people would sign up to provide refreshments for each meeting. It made the task easier, and we got to know each other better. Sunday mornings are special for me, what I call “inflow.” I receive heart-opening blessings. The music, talks, and treatments fill my heart and rejuvenate my spirit. Outflow is important too. When I provide the refreshments, I notice there's a balance of inflow and outflow. Being of service is outflow, and it's such a privilege.



There's a unique perspective from the other side of the refreshment counter. From there, you gain a bird's-eye view of the interactions between souls as they chat, laugh, chew, and sip their beverages. An aura of joy and love surrounds the people after the church service, and it goes straight to your heart. That was an unexpected gift.

~Sally Harris

## BOOK RECOMMENDATION

### Supercommunicators

How to Unlock the Secret Language of Connection

Author: Charles Duhigg



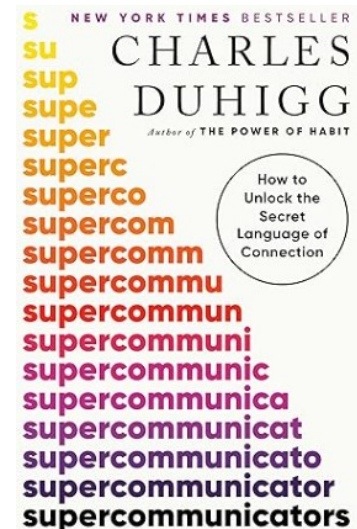
This subject is one I paid close attention to as I have often wondered what makes good communication in difficult situations. What does a “supercommunicator” know about the art of meaningful dialogue? According to Felix Sigala, one successful conversationist, it is a set of skills, and there is nothing magical about it. Basically, anyone can learn how to connect with other people effectively.

The key ideas that aid discourse are explored by the author and the first key idea is that many discussions people engage in are actually three different conversations. There are practical decision-making conversations that focus on *What’s This Really About?* There are emotional conversations that explore *How Do We Feel?* Last, is the social conversations that explore *Who Are We?* When having a dialogue with someone, it is common to move in and out of all three. The key element is having the same kind of conversation as our partners at the same time. Another key is to have a “learning conversation.” The last big idea is to learn to unlock our instincts.

These ideas are explored in depth, and I found some fascinating points to consider. Learning how to be effective in emotionally charged interactions between people with opposing beliefs is extremely important in the current atmosphere of separation, and hostility towards others who do not share our world or political viewpoints. How does a meaningful dialogue such as situations like this take place? This book explores the answers to this question by interviewing both the researchers engaged in finding those answers and people who are supercommunicators.

I highly recommend this book as a way to understand the art and the gift of supercommunication. It seems like getting back to agreeing to disagree while honoring another’s point of view would be a welcome change in our current cultural schisms.

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



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“Love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is done well.” ~*Vincent van Gogh*

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## BOARD OF DIRECTORS' REPORT

By Cathy Hamborg  
Interim Secretary



In November we had a good gathering at the Thanksgiving Gratitude Potluck at the Suncrest Apartments. There were even a few Suncrest residents that attended. We had a lot of good food, conversation, and laughter. As always, we want to thank Suncrest Apartments for welcoming us. It was a success!

On December 20 we held our Candlelight Service and were happy to have a large turnout. The seven candles representing Joy, Life, Love, Peace, Power, Beauty, and Light were read by members of our Congregation, interspersed with Christmas songs and special music by Al Harris and Tom Cunningham, along with a humorous rendition of The Night Before Christmas, sung by Terry Barret, Nicholas Barrett, and Mary Ellen Bartholomew. After the Service, there were refreshments and conversation. It was an evening of celebration and joy.

At our first Board meeting in 2025, or as we refer to it as our "New Year Clean-up Board Meeting," we focused on a number of 2024 agenda items that had fallen along the wayside, as well as the future goals of the Board. Some of those items are still sitting on the wayside, but we haven't lost them forever. We talked about the Virtual Yard Sale fundraiser that did not get accomplished in 2024. We are still working on the logistics of how to manage it. We are having conversations with other organizations that do these regularly. We've discovered this is going to take a team of volunteers from our Center to help us. So, all of you out there listening, if this would be of interest to you, please reach out to us.

Also, we talked about the idea of creating a SCSL Facebook page. We are pleased to announce there is now a team, consisting of Sally Harris, Kathy Purcell, and Sharon Hamson, working together to create it. We foresee this as a useful tool to reach out and be more visible in our community. So, be on the lookout for the Sequim Center for Spiritual Living page and become a follower.

We have a few 2025 events we are now working on. This year our Annual Congregational Meeting will have a much different format, which we hope will entice you to attend. This event has been scheduled for March 23rd. We are working on the details now; more information will be revealed soon.

Another event is one that we hope will attract members of our surrounding community. We are working on a healthy nutrition workshop, something that all of us should attend. We are looking for a group that we can partner with to bring this event to everyone and we are considering having it in April. More information will be provided when we get it.

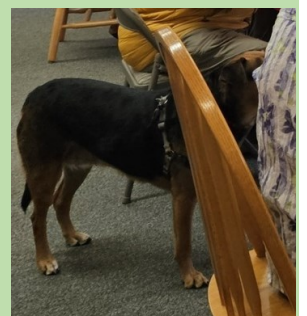
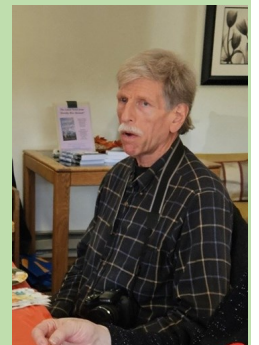
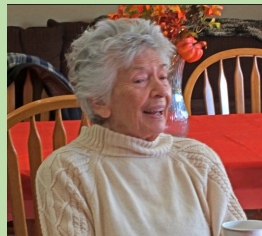
We are also planning a retreat for the administrative staff and Board, possibly in April. Again, we are in the early stages of planning that.

We are grateful our year-end income was \$41,457.84, but sadly our expenses were \$44,372.17, leaving us with a shortfall of \$2,914.33. We know we can do better, so that is why we are making a concerted effort to do more in fundraising with the intention of producing growth within our Center.

**"Love is the magician that pulls man out of his own hat." ~Ben Hecht**



THANKSGIVING POTLUCK—GIVING THANKS TOGETHER



# CANDLELIGHT SERVICE



## PRACTICING ON THE PATH TO MINISTRY

The end of the spring term completes three years on this path to ministry. I began the summer term of 2022. My path has consisted of the pursuit of a master's degree in Consciousness Studies, the Ministerial Certificate, made up of weekend classes that support ministry, and practicums, fourteen of them. I have taught a non-accredited class, working on helping create an accredited class for the CSL in Kenya and then teaching it to Kenyans via Zoom. I'm still working on that one. Preparing a service, a fundraiser, an event for Practitioners, a visioning session, and others are on the list.

I have completed the master's degree in Consciousness Studies and nearly completed the ministerial classes. In April, I will attend the final retreat for the program at Asilomar, and I had planned for graduation on June 7<sup>th</sup>. But... As I began to fill out the tracking paper for applying for the capstone tests, I realized that there were a few classes in the Ministerial program that I was missing. At first, I felt a wave of panic, then frustration. I began searching through computer files, emails, and any record I could find to complete the list of classes.



That was an eye-opener. In the flurry of activities over the past three years, I have failed to organize it all. With the number of papers, mail, and information I have been inundated with, organizing is no small task! Now, it seemed I would face missing deadlines for completing the work in time to graduate.

Thank goodness I have consistently practiced meditation each morning. It helped me take a step back and realize that whatever happened, it would all work out. With some help from the Dean, Rev. Jay Lang, at the Center for Spiritual Living and school in Napa Valley, California, I have a plan. I will walk at graduation, though I will finish classes over the summer term.

I realized that I had been praying for the right outcome in my quest to become a minister and begin serving. It seems the answer to that prayer is to give me a little more time before I step into the role. I have found peace with this situation and the plan to complete the program. I think this was a practicum that was Divinely sent. It has been good to practice accepting what is and knowing that Good ultimately comes with it. Even if it isn't the way I thought it would be. I am on. I look forward to completing the program and stepping into the next part of this journey.

With love and gratitude,  
Terry Barrett, R.Sc.P.

The time and thought  
put into giving my children  
a full feeling Christmas  
is something I hope to pay  
forward in the future. Thank  
you for your generosity  
towards us this Christmas.  
Without you all, our Christmas  
would have felt empty.  
We didn't feel like we spent  
it in a DV shelter.  
I appreciate you!  
♥ Melia

### SHARING LOVE AT THE HOLIDAYS

Our Center adopted a family for Christmas through Healthy Families of Clallam County. The family is a mom and two daughters.

We received a hand-written thank you from the mom expressing gratitude and explaining what a difference our gifts made in their Christmas.

## LET IT BE

Several months ago, I decided that my dear friend might truly resonate with Science of Mind, so I invited her to attend a Sunday service with me. She politely declined, explaining that she had a lot on her plate. I felt disappointed, concluding that I might try again later. On a recent Saturday eve, I decided to call her with an invitation to pick her up for church the next morning. Ready to dial, my intuition kicked in, saying “No, do not push her, just let it go and say a prayer about it.” I reluctantly followed that advice.

Sunday morning, while mingling with the congregation members, I glanced across the room and was stunned to see her standing there, smiling radiantly. We embraced while she explained that she had been thinking about coming, so just decided to show up. I was elated, whispering a prayer of gratitude.

This was a big “AH HA”! I’m increasingly relying on my intuition, which lovingly assists me in letting go and letting Spirit. As a result, I’m experiencing miracles more than ever before.

I listened intently when she called the next day to say that she enjoyed the service and that it was quite different than what she was used to. Did I try to fix, change and control her? Did I offer lots of advice? I’ll let you take the guess.

After listening and hanging up, I began to hum the Beatles song” Let It Be.” The well-worn flexible “Let It Be” bracelet helps. And as always, my prayer list continues to grow.



I am happy to move on with planting seeds. They may or may not grow. I’m excited to see which ones do!

~Pam Wilson

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*“Give freely to the world these gifts of love and compassion. Do not concern yourself with how much you receive in return, just know in your heart it will be returned.” ~Steve Maraboli*

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## THE SUN

by: Amitav Radiance

Every sunrise is a new awakening  
Illuminating the intellect with power  
To dispel darkness from the world  
Embracing every heart with its warmth  
And nurturing love to full blown flowers  
Making this celestial garden resplendent  
Its beautiful rays prancing in every particle  
Holding the brightness of the sun within



## TALES OF STU, THE CAT

In the last newsletter I wrote about the two-story house we purchased and set up for Stu. We introduced him to the heating pad, first just outside his house, then inside. He now knows where his front door is. He uses the house sometimes, though not always at the times you would expect. Some of the cold nights Stu has chosen to not sleep in his house, but rather up in one of two trees in the front yard that he has claimed. One is just east of the garage and the other is to the south. He can see the ramp and his house from either of the trees. He can also see our front door.



The top of his house comes up to about my hip. It is about two feet square. Stu will jump up on the railing and then step over to the top of his house. I will stand to the west side of his house. He walks to the front and looks around. He seems rather majestic. He will then jump down and go over to eat some of his food. He eats little bits at a time. Then he will walk down the ramp, go on to the sidewalk and stop at the end of our house. He will take some time to look around. Then he'll come back up the ramp and heads right to me. Maybe he's reporting in that everything looks ok on the front perimeter. Then he'll go eat some more food, jump up on the railing, step over to the top of his house, look out, jump down, go eat a bit of food—and the cycle runs through again.

Sometimes the cycle is slightly different. Stu will come closer for me to pet him. He will stretch his neck and I stretch my neck and he rubs his face against mine. Is this Stu claiming me as his 'person' as Rob says? A few times Stu stayed close for a while, and I felt his breath against my cheek. Those were special moments. Stu really likes his ears and the sides of his face rubbed. One of the new things he does is he will put his head down for me to rub and suddenly he flops his entire body down on the top of his house. It's like he melts into a pile of goo. That's when the purr machine starts. He puts his head back so I can rub his neck. It's an interesting experience because I can feel his purring as well as hear it.

Stu has had a couple of close encounters with coyotes. One night there was one coyote in the front yard while Stu was on the ramp near his house. He went down the ramp, under the car and out the other side. Well, there was a second coyote, and they both wound up chasing Stu to the east through the blackberry bushes. A minute or so later Stu came out from the brambles and went up into the south tree. The coyotes showed up again and looked up in the tree. They stayed for a minute or two and then left going to the west. Stu slept in the tree that night.



Earlier this week Stu came out of his house, went down the ramp, and scurried down the driveway; he headed east just before the tree near the end of the driveway. A minute later a coyote came out from the west trail they use and headed south down the driveway; thirty seconds later a second coyote came out and ran down the driveway, followed by yet a third coyote. They all went east at the road that intersects with our driveway. Stu spent that night off premises but showed up the next morning for breakfast and pets.

When Stu had been with us for a couple of months I imagined conversations with him. He'd say things like, "where's my water nice lady?" or "thanks for the treat, nice lady." I'd always smile. Recently the conversations have changed; he's saying things like, "thanks for staying out longer with me. Thanks for the face and ear rubs, mom." I realize that these conversations are in my mind, but perhaps they reflect how comfortable and close we have become. All creatures—whether they are two-legged or four-legged—need love. Sharing love expands It as It connects us all.

~Kathy Purcell

**"Time spent with cats is never wasted." ~Benjamin Franklin**

## **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-Eight**

The Givingness of the Infinite is endless. It is the All That Is. It is Limitless Love. It is Total Compassion. Its desire is Self-Expression. How would It not be thrilled to give Itself away continually? But here is the rub; It has only Itself to give. To ask for what It isn't It cannot give.

In this series of articles, we have examined many Qualities of Infinite Mind. These Attributes are What this Mind is. They are intrinsic to Universal Mind, inseparable from Infinity, unified as this Mind. These are the gifts the One Mind has to distribute; for instance, Love, Intelligence, Wholeness, Peace, Wellbeing, Power, Awareness, Abundance, Creativity, Safety, Joy, Aliveness, Strength, Integration, Truth, and truly an infinity of further Qualities. The infinity of Goodnesses would have to be as endless as God.

As Jesus observed, "With God are all things possible." Attuning our mind to this All That Is, we open our mind to be a channel of Divine Expression. This attuning must come naturally to all of us, being Expressions of Infinity. Our challenge comes only from our forgetfulness of who we are and from Whom we arise. So some practice may be needed to restart our familiarity with our Source. Meditation, affirmations, prayer, and study are some practices that clear distractions from our mind and are themselves attunement activities.



With our attunement comes a deeper awareness and experiencing of our Self and our Source. Its Qualities become clearer and those that we personally resonate with come to the forefront of our mind. We, too, are built of the Divine Qualities and very likely, a few will feel especially valuable and close to our heart. These are the ones on which to focus. More will be revealed.

As our mind becomes used to a trustworthy connection with Source Love and Intelligence, and the Qualities that have the most meaning for us, we gradually begin living, thinking and feeling from Source Mind rather than from our forgetting mind, egoic mind. The expansion of awareness also becomes familiar as does companionship with our Creator. What is occurring is a mental rise into our natural status and relationship with our Source. Biblically, this is our "natural estate." Jesus commented on this unification process in John 14 – 17, in his Last Supper discourse. Gradually we reclaim our natural oneness-awareness with Source Mind.

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**"The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live."  
~Mortimer Adler**

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What a different way to live! A shedding of impossible demands of Spirit gradually takes place. The forgetful mind (or mentality) and what it thought to be necessary for a good life fades.

The “Life Divine” gradually replaces the urgent compulsions, the fears, the misplaced values and confusions of the egoic mind. Divinity knows nothing of compulsion or struggle, failure or confusion. Its natural abundance and joy, confidence and trust replace stress and distress.



Forgetful mind has unremembered Love as Its Source. It has forgotten the Divine Goodness that is its Author. It imagines it has split from the All Good and even forgotten that. Now this mind runs on its frightened thought, insecure and feeling vulnerable. Now it dreams up strategies for safety and fulfillment not based on Goodness but on being bereft of goodness.

Attunement to Divine Mind – to Reality – gradually awakens the mind to What it forgot including What it is. The stress and tumult quiets. Ah-hah moments of Truth flash across the mind answering asked and unasked questions, shifting the perspective little by little. Life quiets as this mind quiets. Trust re-grows. A sense of safety returns. Horizons widen. Demonstrations come ever more easily. The Goodness of God shows up spontaneously. The thoughts of distress are more and more turned over to the Truth within which becomes ever clearer to the mind.

Aligned more and more with Universal Mind, our thinking comes more into unison with Its thinking. As the Good God desires to express does so fully and freely, so our thought begins to manifest as easily. This may seem miraculous for a while, but this is as lawful as our former thinking, only now, being more synchronized with the Divine, the Good of God is automatically authoring our thinking. The same Law is operating, but now our thoughts match God’s thoughts more closely and so the results God gets are more easily and fully ours.

All our training in the Science of Mind aims towards this state. Spiritual Mind Treatment is another way of mentally attuning to Source Mind. As we treat for the Good of God to show up by means of our thought and we experience our demonstrations, we find we have successfully removed our goofy thoughts more and more. Since we are built in the Nature of Source Mind, the removal of untrue ideas and beliefs simply reveals our eternal substrate. Our mind naturally awakens to its native attunement with our Source. The daily practice of spiritual mind Treatment – affirmative prayer – moves our mind towards its Source as our mentality clears.

As our mentality clears, we are spontaneously more available to divine guidance. It supplies more and more the words we speak and the ideas from which we draw. Not only the words come more directly fresh from Source Mind but the feelings backing up those words also pour forth. Since a thought plus a feeling produces a result, those results come quicker and with less resistance. More of our mind is *for* the results we desire and knows we can receive that demonstration. We are coming into registration with the Infinite Who is always *completely for* the expression It desires and Who demonstrates effortlessly and swiftly.

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**“To be uplifted, convince yourself that you can achieve anything you put your mind into.  
Psyche yourself out of fear and go for the win.” ~Dr. Anil K. Sinha**

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In fact, our desired demonstrations evolve from *my own* expression to allowing *God* to more fully express *Itself* through my words and experience. For instance, I formerly treated for prosperity, say, from my hesitant idea that I might deserve more than I have been experiencing. The doubt in my mind of my worthiness kept my demonstrations tight and at a trickle. As Treatment gradually erased the belief in unworthiness and as I gained confidence in the abundant givingness of Source Mind, Spirit became able to more fully express Its Abundance in my experience.



God's Givingness is more of God's Self-Expression. We limit our receptivity to God's unlimited Givingness by our small idea of both ourselves and our worthiness to receive. That is alright for we must start from where we are today. God desires to more fully express Its limitless Abundance, but cooperates with our current willingness to receive. Divine Mind, who gave us volition, respects our current use of that choice in the matter and awaits our expansion of our willingness. This is another way Divine Mind loves us, for respecting our choice is another "part" of Love. As we do grow in our acceptance of a greater worth and a greater idea of ourselves, Divinity can more fully be expressed through our demonstrations.

I heard Dr. Rev. Kathy Ann Lewis say in a Sunday service in Seattle, "If you want a bigger life, get a bigger you – *and get a bigger God.*" Despite the culture's teaching, there are no limits on our divine Identity. Due to the culture's teaching, for most of us, we get to grow into God's Idea of what we are. But we also have a need to grow into God's Idea of Itself. Infiniteness means without limit. This is the dynamic Divine Mind is always willing to express. Can we open to *all* of that today? If not, can we open to *more* of that today?

To let God express more in our life experience requires we join God more fully in Its knowing of what *It* is, but also that we join God in what It knows *ourselves* to be. Our little idea of ourselves *will* demonstrate, and will not allow the fullness of God's Givingness into our experience. God will not be fully expressed. Our attunement practices will expand our awareness of the God with Which we are dealing, but will they expand our awareness of the Creation of God that we are? Cultural programming may need to be dealt with more directly. Enter spiritual mind Treatment.

On a deeper level, we probably became susceptible to that programming because at some time and somewhere, we shrank our idea of ourselves. Welcome to the human race. After all, that "programming" was really just the *opinion* of a parent or some other person we trusted. Why do we take it in so deeply? My theory is we selected that idea of ourselves much earlier, and now we entered the earth plane to make a different choice. So we need to hear that idea again, feel the limitation it produces, and, with Spirit, find out and accept the Truth that frees. Infinite Mind has a way bigger Idea of us than our shrinking littleness. Are we willing to find out God's bigger, better Idea?

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**"The more intensely we feel about an idea or a goal, the more assuredly the idea, buried deep in our subconscious, will direct us along the path to its fulfillment." ~Earl Nightingale**

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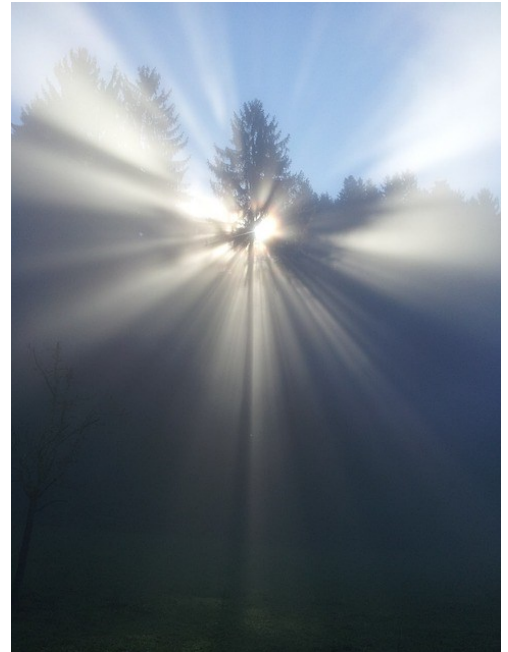


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Because God cannot shrink Itself or Its Idea of us, we have contact with the Truth of It and of ourselves both somewhere within us always. Being One with our Source makes this so. A willingness to allow a growing into God's accurate Idea of us might require some courage. It might require some patience with ourselves. It might require some practice of partnering with Spirit in beginning this adventure. Maybe some sort of distress is involved. But a successful outcome will be another expression of the Fullness of God's Love and Compassion; God's Givingness.

The Givingness of God is inescapable. God is our Source and also the Source of every Good that we allow into our experience. The good we receive through our Treatments is an expression of this universal, limitless Goodness. And so is the total Goodness of our Identity as defined by our Author. There is no other Author. There is no other Good. Infinity means One and no "other." The "Truth that frees" is facilitated by our logical examination of the Infinite. However, this Truth frees us as we *know* it. Knowing as God experiences it requires a direct contact with that known. This is not an intellectual process. I can inspect a map of a territory with my intellect, but it takes going there to actually know that territory.

God *is* the territory we have been inspecting. This is the Truth that frees. Ultimately, we must go there and experience that Infinity of Love, Intelligence and Peace directly. All the mystics have done so. Their reports are all in agreement. They received their taste of freedom. It is our destiny that we follow in their footsteps. As Jesus gave, "You shall know the Truth and the Truth shall set you free."



*In the Infinity of Now, I remember Spirit is the All in All. It has no limits and no limitation. This Presence, being infinite, is the fullness of all that is; all possibilities and all manifestation. I am a creation of this Intelligence. Because like produces like, I am like my Source in every way. I am that love, peace, self-acceptance and joy.*

*Within me is God's guiding Voice, always ready to lead me into all Truth. I am ready to open to Divine Mind's awareness of what It knows me to be. Gladly I shed small ideas of my Identity. The Infinite is my Creator and It alone defines me. Humbly I accept this greater Idea of my Self. I release small, painful thoughts. I let go of my own self-assessment. I am guided in this release, opening the way to feel and know God's knowing of me. I have the courage. I have the willingness. And my willingness grows gladly now.*

*I am aware. I know God's Mind regarding my Identity, for Divine Mind holds nothing back from my request to know. I realize my Self accurately and gratefully now. I know all my brothers/sisters are also blessed as I remember what I forever am.*

*I gratefully release this word into the Law that makes this my experience.*

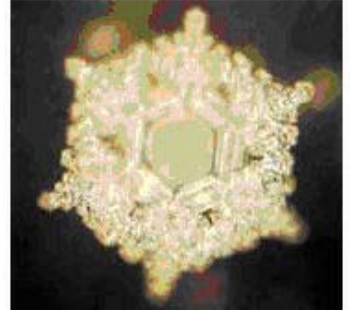
*And so it is.*

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**"Never, never rest contented with any circle of ideas, but always be certain that a wider one is still possible."  
~Pearl Bailey**

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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  
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Sunday Service  
10:00 a.m.

