

Minister's Letter

It is May – the month of May Day, Mother's Day and Memorial Day. Since those topics will be covered in other programs this month, I pulled out a 2017 issue of the Science of Mind magazine with the topic of Imagination. The Daily Guides were beautifully written by Dr. Terry Drew Karanen and topics of Imagination and Intention are mentioned. These are great topics as we enter the Spring Season.

Then it came to me that people, in general, are often focused on success, which usually is the beginning of any forward motion. Then we move to Imagination. With Imagination in place, we are able to think about what is possible and envision that which doesn't yet exist. And, when we are able to envision and imagine the success we want coming into existence, then, it is a good idea to set an intention – what is the starting place, what are the components we want to have in place for our demonstration to come forth?



Meditation and Spiritual Mind Treatment are very useful tools in each of the three topics:

Meditation on Success: First of all, we need to get a picture of what success means in our life at this time; it is probably different from what it was ten years ago.

Meditation to develop Imagination: This is where we meditate in such a way that, in addition to knowing what this success means to us, we also meditate on what it looks like in the world we live in.

Meditation on Intention: We certainly change our intentions as we go through life. We need to let ourselves go deep into our present-day Intentions to see if they fit in with our present idea of success.

Can we, day-by-day, stay true to our Intention?
If not, perhaps we need to make a change:

1. Reimagining our idea of success
2. Imagining something different and
3. Setting a new intention.

Love and Blessings for a Happy Spring.

Rev Lynn

“It's not only moving that creates new starting points. Sometimes all it takes is a subtle shift in perspective, an opening of the mind, an intentional pause and reset, or a new route to start to see new options and new possibilities.” ~Kristin Armstrong

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Sequim Center for
Spiritual Living Sunday Hybrid Services
10:00 a.m.
In person at Pioneer Memorial Park
387 W. Washington, Sequim

For information contact:
Rev. Lynn Osborne
community@cslsequim.org
or visit us at
www.cslsequim.org



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

EDITOR'S ESPRIT

Dear Friends,

We're in the month of May. What comes to mind when you hear the word May? Some people think of Mother's Day—a time of love and nurturing. Those who live in Sequim may think of the Irrigation Festival. Now in its 129th year, it is the oldest continuing festival in Washington State—the first celebration taking place on May 1, 1896, at Crazy Callen's farm. Today the festival begins the first weekend in May, commemorating the raising of the first headgate on the Dungeness River—which occurred on May 1, 1895.

Often people not from Sequim shake their heads and ask why Sequim would have to irrigate. And why do we have a festival around it? They see water everywhere. They look to the north and see the Strait of Juan de Fuca—and there are many rivers, streams and creeks. What they may not see are the areas with crops and cows and chickens, but with little water. The early Sequim settlers dug irrigation ditches to bring water to the parched prairies. The Irrigation Festival website states: "Water is Wealth." It's easy to see how water nurtured the land and brought out its best qualities for plants, animals and humans. The Sequim Irrigation Festival involves the entire community—there is a definite sense of unity.

This scenario brings to mind a spiritual connotation. Water is thought of as Spirit. Like the water that is seen everywhere in Sequim, Spirit is everywhere. Our roots are connected to It, for we were born of the One Spirit. It is our Source. Its nurturing Love is our essence. Sometimes we may feel parched—like the fields prior to irrigation. The water/Spirit needed is near; it's just a matter of connecting to It. A definition of irrigate is: "to supply water to land or crops to help growth, typically by means of channels." We don't have to settle for arid land. We can crop out the old false beliefs that dehydrate us, and field our thoughts to the waters of Truth. It is the Father's great pleasure to give us the Kingdom. The abundance of the Universe is ours and we can choose to accept it. And we can state this Truth. As we do, we provide the channel for the Good to flow to us, through us. While Spirit flows freely, the best qualities are unearthed and we can celebrate this!

Like the raising of the headgates on the Dungeness River, our thoughts open us to our highest and best. But It may only begin when we connect to our Source. So the next time we hear the word may, we can remember the healing waters of Love that surround us. We are the channels of Spirit. And we may allow the Love to flow easily through us at any time. As we raise our consciousness, Love washes over us and we joyfully experience a greater depth of Oneness. May we continue to rejoice in this knowing.

Light and Love,
Kathy Purcell, *Editor*

"The spiritual path is not a solo endeavor. In fact, the very notion of a self who is trying to free her/himself is a delusion. We are in it together and the company of spiritual friends helps us realize our interconnectedness."
~Tara Brach

TREATMENT AGAPE LOVE

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

In this moment, I turn within and listen to the small, sacred voice of the Divine Spirit. This comforting and loving Presence is always there, simply waiting for me to open the door to Love. Divine Spirit is Love, and from this Love and the self-knowingness of Source, I am guided with divine right order. The Divine Mind is in the manifested universe, from the tiniest subatomic particle to every galaxy, and beyond.

I hold faith and trust in the lovingkindness of my Creator to guide me to the right place, at the right time, and with love and beauty walking with me. Divine right answers and actions are mine to accept and make manifest. As I know completely that it is not I, but the Divine Mind Individualized as me that brings love to every moment, I am grateful. I know that when Spirit is in charge, my path forward is secure. I see the Divine in all things. I know all is the whole of Agape Love. From this knowing comes peace and joy. I see the Light in everyone. I am free because the accepting love of my Creator is reflected in all I behold.



It is with heartfelt gratitude that I look upon all the miracles of life, both large and small. I am grateful for the wisdom of the wayshowers who understood the Light and Love of the Divine. I am made humble in the face of unconditional love, and I am grateful to surrender the beliefs that tell me I am not good enough, that I will never amount to anything, that I have to work hard and struggle for everything in this world. I surrender to the love that I am because I am the “Beloved” of Divine Spirit. I let my words go into the Law of Spirit that makes them so, and I know it is already manifested by this Law.

And together we say, “And so it is.”

Nurturing Soul’s Light

By: Amna Fayyaz

Take the time today, for yourself, to cherish,
Nurture the inner child, and let your spirit flourish.
In this busy world, pause to receive,
From the universe, let abundance perceive.
You’re not meant to constantly go and work,
Give yourself room to breathe, don’t shirk.
Balance is the key, you’re here to give,
But also to receive, so that you may live.
Create and share beyond yourself, it’s true,
But self-care is vital, to nourish, and renew.
Quiet the mind, let peace rest in your heart,
Your vibrant shine, is an essential part.
You’re a beacon of light, a breath of fresh air,
But beware of burning out, of losing your flair.
Take time today, for self-love and care,
In your own embrace, find comfort to share.



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Glenda Totten-Hatch

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 Pam Wilson

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>JAN 25</u>	<u>FEB 25</u>	<u>MAR 25</u>
Income	\$2,736	\$2,773	\$4,774
Expenses	\$3,945	\$3,710	\$4,508
Income minus Expenses	(\$1,209)	(\$937)	\$266

HYBRID SUNDAY SERVICES

	<u>JAN 25</u>	<u>FEB 25</u>	<u>MAR 25</u>
Attendance	ZOOM = 32	ZOOM = 32	ZOOM = 30
	In Person = 96	In Person = 102	In Person = 109
	Total = 128	Total = 134	Total = 139

CELEBRATE LIFE!



MAY

- 4 Alice McCracken
- 5 Robert James
- 9 David Hull
- 12 Carey Birkenfeld
- 15 Sally Harris
- 25 Ed Marx
- 25 Mary Ellen Bartholomew
- 29 Robert Bardin
- 31 Jenny Schaper

JUNE

- 2 Mary Bland
- 2 Ruth Ann Franklin
- 7 Bill Nikirk
- 9 Marie O'Neill
- 11 Jo Ann 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
- 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

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

Mother

The water of her womb, your first home
The body she pulled apart to welcome you to the world.
The spirit in you she helped grow with all she knew.
The heart that she gave you when yours fell apart.
You are her soft miracle.
So she gave you her eyes to see the best in the worst.
You carry your mother in your eyes.
Make her proud of all she watches you do.



—Nikita Gill



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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.

If we feel there is **A LINE** separating us from what we desire, all we need do is **ALIGN** our thoughts with Truth and the all Good shows up.

When we use our **INTERNAL EYES**, we **INTERNALIZE** the Truth of our connection to our Source and to everyOne.

It's easy to feel **PEACE** when we recognize we are a **PIECE** of the Great I am.

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“Self-study, self-exploration, self-empowerment—these are the virtues of a great education.” ~Shimon Schocken

PRACTICUMS ARE FOR PRACTICE

I have been taking classes and attending the yearly retreat throughout this ministerial program. Now, I have reached Senior status, and the Senior Seminar meetings are happening monthly until the end of the program. I am working on two courses this term and my last two over the summer term. And that's it!

Meanwhile, I'm finishing the last of the practicums, which include fourteen different competencies. Included in the list are Center/Ministry Operational Leadership, Organize a spiritual event, Expanding prosperity Consciousness, and Volunteer training under Administrative leadership. Certificated course teaching, Non-certificated course/workshop, and Youth and Family under education leadership. Plan a service, Deliver a message, Practitioner event, Spiritual care, Lead Visioning, Event for a Cause, and Technical application under Spiritual Leadership. These competencies bring the chance to practice the activities that a minister will need to use in the many different aspects of ministry.

I am still working on the practicum for Youth and Family, Volunteer training, and a Practitioner event. These are all important areas of ministry in The Center for Spiritual Living. I look forward to completing these competencies, which will all lead to graduation from this program.

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



BOARD OF DIRECTORS' REPORT

By Cathy Hamborg
Board Secretary



Board of Directors' Report
Cathy Hamborg, Secretary

Board activity has been low this quarter since they did not have a meeting in March. As in the past, March is when we gather for the Annual Congregational Meeting, giving the Congregation an opportunity to review the Center's state of affairs, you might say, and look at the accomplishments of the prior year. On March 23rd we did just that, but we took it to a new level. In addition to reviewing the 2024 end-of-year financials and holding the election for new Board Members, we also wanted to do more to celebrate Sequim Center for Spiritual Living. Rev. Lynn started us off with a review of how the Center survived the pre-COVID, COVID, and post-COVID years. After that, we tried singing a new Congregational song, Yes I Am, by Daniel Nahmod, which was a lovely song, but we will need to practice it a bit more for next time. Then, our pianist, Al Harris, played music during an intermission while we set up for lunch. Next, Terry Barrett shared her vision of the future for Sequim Center for Spiritual Living along with a Visioning Exercise. And in closing, the Congregation was invited to share their comments and suggestions. If you weren't able to attend this March event, consider putting it on your calendar for next year. It was both an uplifting and joyous meeting.

As many of you are probably aware, for all the years we have held our Services at the Pioneer Park Clubhouse. We had never been told we could not reserve the space, thereby requiring us to hold our Service on Zoom. That is, until this year. We were given two Sundays that the Clubhouse would not be available, causing the Board to look elsewhere for a space. By chance, Terry Barrett was driving by the Sequim Valley Chapel and took a chance on talking with them. After a very short meeting, it was mutually agreed that we could hold our Services there. It is a lovely space with the energy of a spiritual room, much like walking into a church. They have very comfortable chairs that are already set up, and best of all, cleaning the facility after the Service would not be necessary.

Another option for space we are exploring to hold our Services if we are told the Pioneer Park Clubhouse is not available to us, is the new Sequim Library, once the construction is completed. That is another space that would fit us well. They still can't give us all of the information as they are not anticipating the new facility will be open until the end of summer, but we are gathering information as they learn it.

The Board also has a couple updates – the Facebook page is getting close to completion so keep an eye out for that, and it looks like Rev. Michael's Healthy Nutrition Workshop is rescheduled for some time in September. It is our intention to make this event available to the Sequim community, so we will need time to plan a wonderful 3-hour event and explore advertising options. If anyone would be interested in becoming involved with bringing this event to fruition, please let us know.

And lastly, please welcome our new Board Members: Sally Harris, Rev. Michael Laakso, Alice McCracken, and Pam Wilson. They join Terry Barrett, Rev. Lynn Osborne, and Kathy Purcell, making it a full 7-Member Board.

THE SWEET LOVE

Since I was a little girl, Mother/Father/God has placed animals in my life that have loved me with such honest and sweet love.

My first joy was a collie mix dog who joined the family when I was two years old. She was my companion and showered me with love. I discovered that having an animal love you unconditionally was something I didn't know I was missing. She stayed with us until she passed away at 14 years of age. I understood why she needed to leave, as painful as it was to me. She had led a good life and loved us with every fiber of her being, I could acknowledge her treasured gift to all of us and release her to the Rainbow Bridge.

At this time and in this place, my Divine Source has given me the gift of love beyond measure. Her name is Gypsy. From the second we locked eyes, I was completely captivated. Our saga together began on what had been a devastating few days. Let me flesh out the story in a way I know will explain and make clear how devastating the last four days before meeting Gypsy were.

I had just returned home from a two-week trip to visit my daughter, who lived in Colorado. It was 14 hundred miles round-trip, which was very hard on my mom, who was in her early eighties. When I returned home, there was a problem with our golden retriever. He was 11 years old and had been diagnosed with lymphoma. My husband and I had decided to let him go on until it was obvious he had lost his quality of life. When I saw him struggle to get up, I knew. I made the arrangements at our local vet, and the next day we took him in. Now I also had a shepherd mix dog named Chubby who was 13 years old. Three days after putting Griffy down, I woke up to find blood splatter everywhere. It was Chubby, and we ran him to the vet immediately. Turned out he had pancreatitis, and there wasn't much hope of his healing. So, the vet wanted to observe overnight, but that only delayed the inevitable. The next day, they called to say we would need to come right away if we wanted to say goodbye.

So, it was that on this day I had to say goodbye to a dog who had made me his own. I hardly knew what I was doing when we left him that day. I got in the car and I began to drive. It was almost a compulsion that steered us to the Humane Society. I couldn't fathom getting another dog, but there we were, and there she was. She was out in an enclosure by herself, and it was the first day she was available for adoption. Her eyes were so sad, we fell in love with her instantly. Her eyes met mine, and her soul leaped out and asked me to please, please take her away from there. Well, I was caught hook, line, and sinker. Ditto with my husband and my mom. We adopted her that day and went back to pick her up two days later.

Now, after 11 years with us, she is a senior dog with aches and pains, allergies, and settling into a new way of life. She has some problems, but nothing too concerning until recently. Then her face swelled up, and if touched, she yelped in pain. She was very lethargic and struggled to get up. This was Sunday, so I had to wait for the vet to be open. On Monday, I called to make an appointment at the vet's office to put her to rest. I couldn't stand to take her in that day, so I made it for the next day.

~continued on page 10

**“I think dogs are the most amazing creatures; they give unconditional love.
For me they are the role model for being alive.” ~Gilda Radner**

~continued from page 9

Gypsy is a well-loved dog of many people, my children, my friends, and our spiritual center's community. I cried for two days, and people began a prayer Treatment for her. A miracle happened.

On the day of the vet appointment, I went for our morning walk, and I noticed she seemed better. When we got home, she jumped on the bed, and she stared at me intently. The swelling was gone, her eyes were filled with light, and she smiled at me as though to say: "It's all okay, Mom." My heart soared, and I thank the Great Spirit for every precious second we are together. I give thanks to everyone who cared enough to pray for her and me.

It was with absolute gratitude that I cancelled that appointment. She was back and perkier than she had been in a long time.

I am so grateful for the prayer Treatments given by all the Ministry of Prayer team, as well as other caring people. It has been a treasure to have more time to enjoy Gypsy's presence in my life. A beautiful gift of precious time. Thank you, thank you, thank you, Divine Spirit.

~Glenda Totten-Hatch

"Dogs are not our whole life, but they make our lives whole." ~Roger Caras

MORE THAN A PARKING SPACE

Recently, I attended the Special Olympic Swimming Competition in Federal Way. This year, the competition was scheduled for the day before Easter, which meant two regions were included in one day. Parking was difficult at best! I parked in the nearby neighborhood and walked into the King County Aquatic Center.

Before lunch, I offered to pick up the sandwiches ordered for the team and coaches.



As I started back with a large container of sandwiches, I said out loud, "A good parking place would be very helpful." As I returned, I pulled right into the backside of the parking lot, finding no spaces open. I continued into the front parking lot and stopped behind a couple of vehicles that were waiting for a van that was unloading. I felt calm and confident. Then the driver of the van closed its doors and moved over. At the same time, a car parked in the first row after the disabled parking spaces unexpectedly pulled out, leaving that spot open. I said thank you as I pulled into it. As I loaded up the large container and two bags to carry in, I was even more grateful for the parking space. It may have been just getting a parking space, but it was such a helpful result for me.

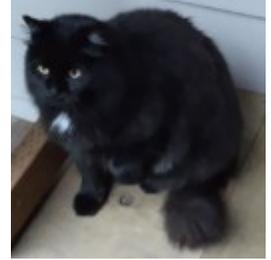
~Terry Barrett

"Appreciation is the highest form of prayer, for it acknowledges the presence of good wherever you shine the light of your thankful thoughts." ~Alan Cohen

TALES OF STU, THE CAT

Stu hasn't spent much time in his house since the last update. At night and during the day while we're at work, he typically stays in the east tree. I can't recall when we last saw him in the south tree.

In the mornings if he is not on the railing waiting, I go out and call his name. Often I'll hear him meow, but I don't know what he's saying; I imagine it is him acknowledging my call. I hear rustling in the tree and soon he is on the ground running across the front of the garage, onto the porch and then to the ramp. His first stop, however, is by me; he'll rub his head on my hand. Then he'll head to the food bowl. He still eats in little increments. In between he will go down the ramp and look around in the yard—or he will jump up on the railing and then onto the top of his house to look out and also to get a few up close rubs on his face and neck.



He's had a couple of not-so-close encounters with some critters. One evening I looked up at my computer monitor and noticed Stu on top of his house, and there was a raccoon at Stu's food bowl. It was already dark out, but the porch light was shining. I grabbed the big flashlight and headed to the front door. When I opened it, the raccoon ran off the ramp, onto the porch and partially across the front of the garage—then it stopped, turned around and looked at me. I waved the big flashlight, but it didn't seem to care. I walked down the ramp and started to head toward it. Finally, the raccoon headed into the blackberry brambles on the east side of the property.

Stu eats only when I'm out on the ramp with him. Who taught him that? I try to go out to be with him a little bit each hour; usually it is between 10 and 25 minutes each time—with an average of 12 minutes. One evening last week I looked up at the clock and noticed it was time to go visit Stu. I glanced at the monitor and saw Stu was on the top of his house. I went to the front door and opened it—staring in his direction the entire time. But something in my periphery off to the right caught my eye. It was an opossum just leaving Stu's food bowl, backing away and scurrying under the ramp.

In both of the above situations, Stu was on the top of his house, and he saw the critters—but he didn't try to scare them away. He allowed them to eat some of his food; he shared what he had.

Stu has a new activity. We used to have a small bristly rug in front of our front door. Once we put out Stu's two-story house, that rug went in front of his house. It has remained there ever since. He scratches on the rug multiple times a day. I guess instead of having a scratching post, he has a scratching rug. His new activity is to scratch on the rug and then throw his body down on it—and then he rolls back and forth. While he's rolling, he's reaching out his front legs. Sometimes he rolls enough that he physically moves his body several inches. He likes to roll himself close to where I'm standing and he reaches out to touch my shoes. He has his claws out. I keep telling him I'd play with him, but no claws. I pull the cuff of my sweatshirt over my hand (to protect it) and I motion a fist bump toward him. Often, I'm met with his outstretched paw and his claws go into the fabric slightly. He's usually purring the entire time. Can Stu learn a clawless fist bump?

Sometimes Stu will be on the top of his house and he'll throw himself down and roll. At least twice he almost rolled off the house. He doesn't seem to grasp the idea that the top of the house has a finite amount of space. When he's on his house I will go stand on the west end of it so if he rolls too far, I can stop him from falling. Maybe he just sees unlimited possibilities.

Another new thing happened just last Saturday; it's only happened that one time so far. He was on the top of his house. I was standing on the west side of it, blocking him if needed. Stu came up to me and pressed his entire body against mine. He stayed like that for nearly a minute. If he was trying to push me away, he did a poor job. I think for some reason he needed that closeness—or did he think I needed it? Some bonds don't need explanation—they simply are.

~Kathy Purcell

“A bond between souls is ancient—older than the planet.” ~*Dianna Hardy*

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-Nine

Infinite Mind is the Allness of every possibility conceivable. Being Infinite, no possibility could be left out. These possibilities will include all manifestation as well as all yet unmanifest; the actualized and the potential. Infinity is infinitely inclusive, leaving nothing out.

Infinity is also completely Good. As Ernest Holmes discussed, if evil was a presence in this Infinite Mind, Good and evil drawing on the same Qualities of infinite Intelligence, Awareness, and Power – not some Power but *all* Power – this Mind would have instantly obliterated Itself. There would be nothing; no Mind, no Creation, no you and no me. But there is something, therefore infinity must be Unitary, One-sided, Wholly Good. The fact that this Mind has no outer boundary and so no outside to It, therefore only one side, an Inside, also illustrates Infinity's One-sidedness. This One-sidedness applies to everything about Unitary Mind, including Its Thinking.

God's Thinking must be Wholistic, that is, wholly Good and free of any conflict whatsoever. The culture teaches dualistic thinking. Dualistic thinking assumes an evil as a *reality* that *counters* every Goodness. Dualistic thinking is inherently conflicted. Dualistic thinking is not whole but divided, not peace supporting but war supporting, not Good affirming but Good denying, not love but fear. This kind of thinking has been called the basis of the "domination culture." Culture is first a way of thinking. Domination over others has been in practice for many millennia, from observing the fossil record. Not all ethnic groups practice this type of culture, but currently many do.

Wholistic thinking supports peace, since it is conflict free. Wholistic thinking supports unity, since it is in agreement with the reality of Good alone. Wholistic thinking supports Love and cannot trigger fear in those who also think wholistically. It may trigger fear in those who think dualistically, since they may feel threatened. We identify with our culture, and therefore with the thinking that spawns that culture. We will tend to unconsciously defend that with which we identify.

In the Bible's opening cosmology, the Wholistic Thinker creates (expresses Itself as) a wholly Good Expression. After completing the doings of each of the seven phases they were expressly called Good. This is a clear indication that a Wholistic Thinker is at work. Here is a Good and Perfect Creation established. In the Garden story following, a disruption seemingly happens in that Creation. However, we should note that all cosmologies are *internal* cosmologies. Creation is internal to God Who has no outer boundary and therefore only a limitless Inside. We, being one with our Source, naturally and originally share in that Good-Only orientation as an internal identification.



“You are not limited to this body, to this mind, or to this reality—you are a limitless ocean of Consciousness, imbued with infinite potential. You are existence itself.” ~Joseph P. Kauffman

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The Garden story illustrates the Problem with which humankind has entangled itself – internally. As we have discussed in this series, the problem began with earth-embodiment, with body-identification. This led to naming everything seen, that is, slicing up Unity into individual identities/labels. Unity consciousness became suppressed in the human mind by giving diversity a “particalized reality” resulting in a loss of awareness of the Unity and Oneness back of it all. After this confusion came the idea we are *not* like our Creator – but we can become like our Source by internalizing a dualistic outlook, that is, a dualistic way of thinking. The “liar” who perpetrated that goofy idea was symbolized by a serpent. Mysticism gives varying explications of this symbol. Essentially, it is an energy in our own mind we now call “ego” comprised solely of the idea that I am separate from and other than my Source, the basic contradiction of our Divine Identity.



These steps into “the Problem” are both completed and ensured to continue by the adoption of a dualistic way of thinking, completely at odds with the Wholistic Thought of Infinite Mind. We have given our selves an internal problem that is self-sustaining and self-replicating. The domination culture, powered by dualistic thinking, soon became embedded in families and is transmitted to succeeding generations automatically. Its application begins by assuming the child is born bad and must be corrected from birth, trained to become obedient to human authority, law-abiding, acceptable, an asset to the family and the culture in the opinion of the culture. In the last book of the Bible, Revelations calls this the ‘teaching of the world.’ It certainly isn’t God’s awareness of what we are or What It is.

This is an explanation of the dynamics of “the Separation.” Yes, New Thought truth students found their spiritual insights validated in the Bible. Our problem is in our thinking. We have changed nothing at the level of Divinity/Absolute Reality. We have a way out of this self-created dilemma and that will be to change our thinking, and ultimately our *type* of thinking. What is true about us is still as God created it. This is a constant resource for every one of us.

That way out begins by working backwards, that is, starting with changing our thinking – a basic tenet of New Thought. In our classes and studies, we learn about affirmations and spiritual mind Treatment. These practices are techniques for making changes in our thinking regarding specific thought assumptions, generally called our “belief system.” We acknowledge this belief system is largely subconscious, yet we can discover certain beliefs that are limiting the Good in our experience. We start here with the beliefs of which we become conscious. We use our affirmations and mind Treatments with persistence to erase self-negating ideas by affirming self-positive ideas. We watch our conditions begin to change.

All the while we are in this beginning practice, we are also building trust in the Science of Mind principles. We eventually learn we are using true principles that are therefore absolutely trustworthy to work. Our building trust in these principles energizes our thought and our spoken and written word with the feeling this must work. Our faith in the principles is building towards a conviction we are on track for demonstrated success. The speed for this faith-building will vary with the individual mentality and the issue we are working to change. This is entirely natural. We are putting a dent in the dualistic thought system we learned and dent by dent, we are shifting our thinking and so our conditions.

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Ernest Holmes emphasized our faith that the Law will operate on our thought to produce that thought's reflection in our lives is essential for successful demonstrations. The Law acts upon our felt faith and trust as well as our words. It is not just a thought but a thought *and* a feeling that brings the result. The feeling that we are worth what we desire is also effective as is the feeling of identifying with the goodness of that for which we are treating, both for ourselves and for others. All these changes in our thinking are clearing negations and self-negations and we are loosening our attachment to the dualistic idea that is the basis of dualistic thinking.



Infinite Mind's limitless Goodness free of opposition is reflected in Its Wholistic Thinking. As we repudiate and release negations in our thinking, gradually our thought becomes all good like God's. As we think like our Source, our results will be the same as Its results. We are simply moving our thought back to its original state of our creation where only Good results from our only Good thinking.

Meditation, being a listening practice, in the beginning spontaneously helps clear our mind of untrue, that is, negating ideas in a sort of mental and emotional detoxification. John of the Cross famously called this the "dark night of the soul," which is a specific, internal cleansing process. In my eighteen month "dark night," much spiritual support accompanied this experience, demonstrating how loved we are by our spiritual Source. We are so welcomed as we show and live our decision to draw nearer to Spirit. Continued meditation practice subtlety continues a mental and emotional clearing of hidden negativity, further erasing dualistic thinking. Fear is lessened and awareness of Love increased. We are moving out of the practice of dualistic thinking as our mind clears and returns to our natural basis of thinking wholistically.

Another practice supporting this return to our natural and original way of thinking includes further study of the Qualities and Nature of the Infinite and therefore of our own nature. We thereby reclaim our oneness with Spirit. This re-identification with our Source is practiced in every spiritual mind Treatment we speak or write or act out. We first remember What God is and then tell our self the Truth that What God is, I am. My Author defines me, not me. I have altered nothing about my Identity by thinking dualistically. Again, that practice has only distracted my mind from recognizing its God-given Identity. To realize my full and complete freedom and liberation, I must stop thinking Self-obscuring, untrue thoughts and think only Self-revealing, true Thoughts, that is, God's Wholistic Thoughts. To remember my freedom amounts to releasing the dualistic paradigm and accepting the wholistic paradigm.

The dualistic paradigm is fear-based and fear producing. How could assuming evil is real not produce fear? The wholistic paradigm is Love-based and so Love-revealing. Love is safety-affirming; how could I have any reason to fear if I live and move in the protection of all-encompassing Love? Whatever paradigm I select, my mind will unconsciously project onto the world and so I will see either danger or safety. What I see will feel real to me, the looker, and will seem to verify the root belief I chose. A lie or the Truth; these are my only choices. My seeing will show me accordingly and I will live in the world I selected.

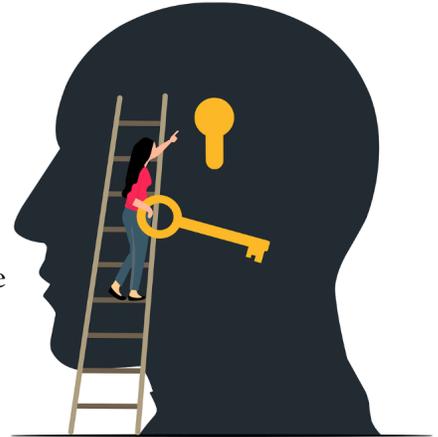
“Expose yourself to your deepest fear; after that, fear has no power, and the fear of freedom shrinks and vanishes. You are free.” ~Jim Morrison

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Who really wants to live in constant danger and continual fear? Isn't this internal situation a form of bondage? Yet it is all made up! Infinite Mind is the only Reality and we are still one with this Universal Presence. It is the wholistic Truth that frees us from the consequences of the dualistic paradigm.

In terms of the Science of Mind and spiritual mind Treatment, we pray more effectively the closer our mind is functioning in alignment with Source consciousness. As Jesus counseled, "With God all things are possible." The more my thinking and feeling is aligned with God, the quicker and more complete the demonstration. It follows that the less I think dualistically and the more I think like God, wholistically, my life experience will naturally and easily manifest the Good that God is.

There are impossibilities in Infinite Mind. That It can lie is one of them. Universal Mind stays in integrity with the Truth of Its Being. It knows the Truth of Itself by direct contact. Nothing can persuade It to deviate from that Truth. Universal Mind knows nothing of lying, pretense or pretending. To ask for something this Mind knows naught of is to ask for nothing. Since lies have no presence in Infinite Mind, I cannot receive them. Lies are not things but ideas that contradict Truth. Only Truth is Real. So lies by definition are unreal, illusions, pretenses, self-deceptions.



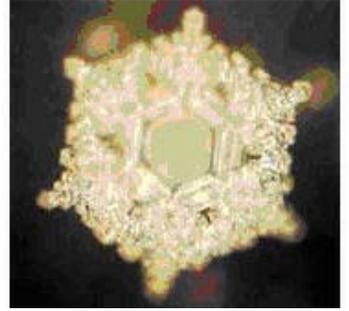
Dualistic thinking is simply a self-deception. It cannot bring us our desired Good for it is the denial of the Good. That is all what we call "evil" is: a contradiction of the Truth, which alone is Reality. Being unreal, a lie is actually nothing. By extension, dualistic thinking is nothing and brings us nothing. Because we are conditioned to think it is something and that we can have that something, we experience disappointment when we get nothing, or at least not the goodness we expected. Only Truth can give us a real something. So what can result from dualistic thinking but frustration and despair. These emotions indicate we are barking up the wrong tree; we are trying to get something using nothing, denying that "like produces like."

The Science of Mind teaches us the difference between something and nothingness. God is the All in all. Being infinite, everything real is part of and an extension of the Infinite. We open to ever more success in every area of living as we release dualistic thinking and remember our rightful and natural wholistic thinking. A successful life can only develop as we join with God as totally as we were created, forgoing the lies we accepted that gave us the *experience* but not the reality of apartness from Universal Mind. Our unification with Infinity cannot be sundered, no matter what we think, say or do. A belief we are different and separate from our Source being a lie has no power to make itself so, for lies deny Power.

All this is cause for rejoicing. Everyone is still as God created us. We have only gone to sleep to the Truth of our being. We can awaken and as Ernest Holmes claims, inevitably all shall awaken to the fullness of our Goodness, Loveability and Freedom as Infinite Mind knows us to be. We have the means to remember this Truth and we have the Divine Guidance to succeed. And so it is.

"We are here to awaken from the illusion of our separateness." ~Thich Nhat Hanh

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.

