

Minister's Letter

The Year 2025 is soon coming to an end. It has been a Year of Changes – and we know change is a constant. All changes give us new opportunities for Wakening.

I would like to review some ideas about awakening that have given me positive information in the past and are worth going over as we contemplate the coming Year of 2026.

These are called “*The Eleven Symptoms of a Spiritual Awakening.*”

1. An increased tendency to let things happen rather than make them happen.
2. Frequent attacks of smiling.
3. Feelings of being connected with others and Nature.
4. Frequent overwhelming episodes of appreciation.
5. A tendency to think and act spontaneously rather than from fears based on past experience.
6. An unmistakable ability to enjoy the moment.
7. A loss of ability to worry.
8. A loss of interest in conflict.
9. A loss of interest in judging others.
10. A loss of interest in judging self.
11. Gaining the ability to love without expecting anything.

If this list seems too overwhelming, remember, they can be managed more comfortably if we take our lives one day at a time, perhaps we could give ourselves permission to spend as much time as it takes. After all, we will be given a whole New Year to work on it. The main thing is to use the list as a road-map for our new Journey of 2026 which will take us to another level of Spiritual Awakening into who we really are, as we give our grateful thanks for all lessons learned, and the Spiritual Growth we have attained.

Life is a Journey as we take one Spiritual Pathway into the other, and each Pathway is important to the others.

Blessings of All Good.

Rev Lynn

“Your greatest awakening comes,
when you are aware about your infinite nature.”
~Amit Ray



Sequim
Center for Spiritual Living

BOARD OF TRUSTEES

Rev. Lynn Osborne, President
Kathy Purcell, Treasurer
Terry Barrett
Rev. Michael Laakso
Rev. Julie Lobato
Alice McCracken
Pam Wilson

PRACTITIONERS

Terry Barrett, R.Sc.P.
Rev. Victoria Kelley, R.Sc.P.
Rev. Michael Laakso
Rev. Julie Lobato
Rev. Lynn Osborne
Kathy Purcell, R.Sc.P.
Glenda Totten-Hatch, R.Sc.P.

CHURCH SECRETARY

Cathy Hamborg

MUSIC

Al Harris, Pianist
Terry Barrett, Pianist and Vocalist
Mary Ellen Bartholomew, Vocalist

HOSPITALITY

Glenda Totten-Hatch, R.Sc.P.
Barbara Bolles

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,

What does the face of gratitude look like? There are as many ways to show gratitude as there are things to be grateful for.

It could be you let the person behind you in line go first. It could be you call a friend when you are feeling sad, and you cheer up your friend in the process. It could be a friend offers to drive you to a meeting; you both have company for the trip. I have been on both the receiving and the giving ends of all three of these scenarios. Sometimes it's hard to tell which is which – giving and receiving are two sides of the same coin.

Gratitude could also be sharing music – with voice, a piano, a harp; it could be sharing words – spoken or written; it could be sharing a hug. It could be awareness of some/all of these. Gratitude has many faces.

As I was driving to work the other morning, trying to decide what to write about gratitude for this article, a TV show called House came to mind. It is a fictional medical show about Dr. House, who is a somewhat abrasive character, but whose heart is in the right place. He is a diagnostician with three doctors on his team. Every episode there is at least one patient who has an unexplained illness.

The doctors have a whiteboard on which Dr. House makes two columns. On one side he writes all the symptoms and on the other, the possible diseases. They run this test and that test, trying to discover what the culprit is so they know what to recommend for treatment. Sometimes, until they know for sure, they treat for what they think it “most likely” is. As test results come back negative, diseases are crossed off the board. As new symptoms appear, they are added to the board. More tests are run and the process continues.

Just when you think the patient is going to succumb, Dr. House will be talking with someone – perhaps a regular on the show, perhaps not – and a comment made by that person strikes a chord in House. He has another test done and voila! An accurate diagnosis is made, and required treatment is started. It is interesting that most of the time the key comes from something someone else says – the comment triggers the answer in Dr. House's brain. He recognizes something in the words. I can relate to that. At some level he already knows the truth.

So why did House come to my mind? The articles I write for the *Reflections* newsletter are reflections of things I see/experience in the world around me that reconnect me to the One Source. To experience these things, I have to be ‘aware’ of them. The trigger for awareness can come from anywhere. It could be from someone who is a ‘regular’ in my life, or someone who is making a guest appearance. It could be from watching the rain fall. I am grateful for these triggers of awareness.

What does the face of gratitude look like? To answer that, all we need do is look at the faces of those around us. No matter which side the gratitude coin lands on, we can choose the best way to spend it. I spend mine being grateful for all of you.

Light and Love,
Kathy Purcell, *Editor*

“Gratitude is the single most important ingredient to living a successful and fulfilled life.” ~Jack Canfield

TREATMENT

by: Terry Barrett, R.Sc.P.

As we experience the beauty and the coolness of Autumn, I know that there is One Power, One Presence, One Source of all Good. I know that each and every one of us is the expression of this Source.

I speak as the one that we all are, knowing that on this day, and every day, I am blessed with all that I need and desire. I am blessed with health and wholeness. I give of my bounty of goodness, and goodness comes back to me expanded.

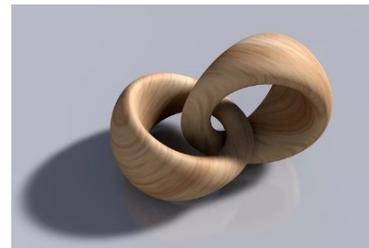
As I send love to the many expressions of the Divine all around the world, in our own country, and in our own community, I know that all are protected and loved in the vastness of God. We are here to share our love in our own unique expression.

As the abundance of golden leaves release from the trees, we are blessed with plenty. We are blessed with food, with friends and family, and we are blessed with the beauty that this amazing planet earth brings to us.

I am so grateful, so blessed, and so free.

I release my word with gratitude and love.

And so It Is.



“It is through gratitude for the present moment that the spiritual dimension of life opens up.” ~Eckhart Tolle

CANDLELIGHT SERVICE

We will be having a Hybrid Candlelight Service this year. It will be Thursday evening, December 18, 2025, at 7:00 p.m. in person at Pioneer Memorial Park or via ZOOM. An email will be sent with the program and ZOOM link a few days prior to the Candlelight Service. Although we won't all be together in person, we know that in truth there is no separation of Spirit. We will light the seven candles to honor the seven qualities of God and then light our individual candles to honor the Light within each of us. In unity we experience the harmony of love that lights the world. We are the light of the world.



Come join us in this festive evening to celebrate the Light and Love of Christmas.

APPRECIATION

VOLUNTEERS:

Terry Barrett
 Mary Ellen Bartholomew
 Barb Bolles
 Cathy Hamborg
 Sharon Hamson
 Rev. Victoria Kelley
 Jean Kipper
 Rev. Michael Laakso
 Rev. Julie Lobato
 Alice McCracken
 Kathy Purcell
 Jerry Rhodes
 Glenda Totten-Hatch
 Pam Wilson

BOOK REPORTS:

Glenda Totten-Hatch

WORKSHOPS:

Terry Barrett
 Rev. Michael Laakso
 Rev. Lynn Osborne

SPEAKERS:

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

HOSPITALITY:

Barb Bolles
 Glenda Totten-Hatch

MUSIC:

Terry Barrett
 Mary Ellen Bartholomew
 Al Harris
 Jean Kipper

FLOWERS:

Terry Barrett
 Rev. Victoria Kelley

ZOOM HOSTING:

Terry Barrett
 Mary Ellen Bartholomew
 Rev. Michael Laakso
 Kathy Purcell

HYBRID SERVICE TEAM:

Terry Barrett
 Mary Ellen Bartholomew
 Cathy Hamborg
 Sharon Hamson
 Jerry Rhodes
 Amberwight Schaper

USHERS:

Barb Bolles
 Glenda Totten-Hatch
 Pam Wilson

PROGRAMS / WEBSITE / NEWSLETTER:

Kathy Purcell



GRATITUDE FOR SUNDAY TALKS

Our Center thanks
 Terry Barrett R.Sc.P. , Rev. Michael Laakso,
 Rev. Julie Lobato, and
 Glenda Totten-Hatch. R.Sc.P.
 for doing talks this quarter.



THIS SUNDAY, November 23, 2025

We will be having a Thanksgiving Potluck at the **Suncrest Senior Social Room** following Sunday Service that day. Our Center will provide the turkey, dressing and gravy. Residents are invited to join us.

CELEBRATE LIFE!

November

15 Frank Benson
 17 Elsbeth McLeod
 17 Lary Darby
 22 Sharon Medsker
 28 Martin Shaw



December

4 Walter Clark
 4 Terry Barrett
 4 Carol Clark
 7 Bobbie Magee
 11 Pat Shook
 17 Annette LaRue
 26 Laura Murtha
 30 Rose Marschall

January

4 Lillian Twerdy
 12 Dorothy Bristow
 14 Rose Prestipino
 16 Rev. Michael Laakso
 19 Patricia Earnest
 25 Rev. Deborah Nygaard
 30 Renee Renninger
 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



INCOME & EXPENSE REPORT



JUL 25 AUG 25 SEPT 25 OCT 25

Income	\$6,690	\$4,688	\$3,085	\$4,134
Expenses	\$3,823	\$4,258	\$3,983	\$3,689
Income minus Expenses	\$2,867	\$430	(\$898)	\$445

Attendance	104	116	111	112
------------	-----	-----	-----	-----

HYBRID SUNDAY SERVICES

	<u>JUL 25</u>	<u>AUG 25</u>	<u>SEPT 25</u>	<u>OCT 25</u>
Attendance	ZOOM = 22	ZOOM = 25	ZOOM = 21	ZOOM = 20
	In Person = 82	In Person = 118	In Person = 90	In Person = 92
	Total = 104	Total = 143	Total = 111	Total = 112



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.

AFRAID / A FRAYED – When we are **AFRAID**, our life seems to come unraveled. To fix **A FRAYED** life, we sew in Love to the fabric of our being and we stop being **AFRAID**.

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

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

E
A
F
R
A
I
D

S
H
E
A
L

M
E
N
T



“Gratitude is one of the strongest and most transformative states of being. It shifts your perspective from lack to abundance and allows you to focus on the good in your life, which in turn pulls more goodness into your reality.”
~Jen Sincero

TEACHING BRINGS THE LAW INTO FOCUS

In August, as I hurried to finish the practicums for the ministerial program I was completing, I set out to teach an accredited class. The class I chose to do was *The Seven Spiritual Laws of Success* from the book by Deepak Chopra.

This class was a delight to teach and to engage with the generous participants who helped me by taking the class!

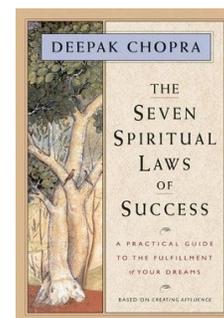
Cathy Hamborg was so helpful in quickly lining up the necessities for getting the class started. I am grateful to Pam Wilson, ME Bartholomew, Sharon Hamson, Sally Harris, Annette LaRue, and Rev. Lynn Osborne for participating.

Each week the class offered a law of success to explore; Pure Potentiality, Giving, Cause and Effect, Intention and Desire, Detachment, and Purpose in Life. A video was given for each week that was beautiful and inspiring.

I enjoyed the interaction that was inspired in the group. It was a wonderful opportunity to find my way into one more area of ministerial activities and responsibility.

I plan to offer this class again in the future. It is a class that we can offer to others in the larger community who would like to join us.

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

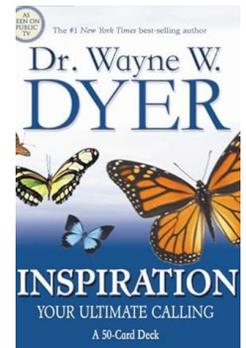


HAPPY BOOKER

Inspiration Your Ultimate Calling

By Wayne W. Dyer

I was “inspired” to present a book review on *Inspiration Your Ultimate Calling*, by Dr. Wayne W. Dyer. I feel that Wayne Dyer is one of the best inspirational speakers, and that his written work is clear and easy to understand. The author has done a beautiful job of explaining what inspiration means in an individual person’s life, as well as the impact that person can have on others.



What does it mean to be inspired? First up is being “in the Spirit,” experiencing that deep, burning call to action from our spirit. It can be seen as a built-in yearning to seek our inspired self and feel wholeness, a kind of inexplicable sense that patiently demands recognition and action. Inspiration is different from motivation in as much as it comes from our higher self, while motivation relies on the ego-driven determination.

It is from that basic understanding of inspiration that Wayne Dyer takes the readers on a spiritual quest to understand their yearning for their spiritual path, what calls each person forth to their spiritual adventure. There are suggestions, questions and practice activities to become clear on that calling for each person.

I enjoyed this book and picked up some new ways to feed that divine hunger. In closing I would like to share the quote the author used to introduce his subject matter: “When you are inspired...dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be.” —Pantanjali

~Glenda Totten-Hatch

CELEBRATING REV. LYNN'S 90TH BIRTHDAY!



THE TRANSFORMING POWER OF GRATITUDE IN A GOOD NIGHT RITUAL

In New Thought teachings, we are reminded again and again that what we focus on expands. Few spiritual practices embody this truth as simply—and as profoundly—as the practice of gratitude. When we turn our attention toward the blessings in our lives, we shift our vibration, open our hearts, and align ourselves with the ever-present flow of Divine Good.

Many years ago, my beloved husband Tony and I began a nightly ritual that has become the cornerstone of our spiritual life together. Just before drifting off to sleep, one of us gently asks the other, “*What are you grateful for?*” Without fail, every night, we take turns naming the gifts of the day—from the smallest kindness to the largest breakthrough—and we listen with full presence as the other shares.

This simple question has become a sacred doorway. Through it, we have learned to end each day in appreciation rather than worry, connection rather than distraction, and love rather than taking each other for granted. Over the years, this practice has shaped our consciousness, strengthened our relationship, and continually reminded us that ordinary and sacred acts of kindness are always near—often hiding in plain sight.

I believe our lives have been profoundly transformed by this beautiful ritual. Gratitude has taught us to see the Divine in everyday moments and to trust that no matter what unfolds, there is always something to bless, acknowledge, and give thanks for.

As we move through the weeks ahead, may we each find our own way of returning to gratitude. A quiet pause. A whispered prayer. A shared question at the end of the day. How ever you practice, may gratitude open your heart and illuminate your path.

I know tonight I will be listing our beloved community, Sequim Center for Spiritual Living, in my gratitudes.

In Love,
Rev. Julie Lobato



“Appreciation can make a day, even change a life.
Your willingness to put it into words is all that is necessary.” ~*Margaret Cousins*

BOARD OF DIRECTORS' REPORT

by Cathy Hamborg
Board Secretary



Unlike my August Board of Directors' Report, the Board meetings are now getting busy. So, I will jump right in.

As we all know, our hybrid Services offer in-person and online attendance. Since we started using Zoom during the Covid years, we have been using Mary Ellen Bartholomew's Zoom account, generously paid for by her. This issue was brought to the Board to consider whether the Church should have its own separate Zoom account. The Board Members realized there were advantages in having a dedicated Church Zoom account; we could use it for our Services, our online classes, our Board meetings, and possibly more. So, the Board's response was an overwhelming Yes. Kathy Purcell created the new Church Zoom account for us, and she has also tithed the expense of the account to the Church. Now it is being used for our Services and Board meetings, and it was also used by Terry for her online The Seven Spiritual Laws of Success class. So, many thanks to Mary Ellen for what it was and to Kathy Purcell for what it currently is.



Have you noticed an improvement in the sound system lately? The poor quality of sound was finally addressed at the Board meeting in September. The Board approved looking into a solution to the problem. Terry Barrett and Mary Ellen teamed up to find a way to improve the sound, and voila, for a modest expense and a very quick turn-around, we now have a great sound system. Ahh, that teamwork, it works every time.

It has come to the Board's attention that our current Bylaws need to be reviewed and updated, considering they were the original Religious Science Bylaws, dated November 18, 1998. We are finding that this could be a long project, but with the team of Rev. Lynn, Lynda Marinics, Terry Barrett, Rev. Julie, and myself, we hope to accomplish this within a reasonable amount of time.

We are now entering the busiest time of the year. The Board is looking at the schedule for December (our Healthy Families gift drive and our Candlelight Service), a Membership and Pledge Drive the first of the year, and March (our Annual Congregational Meeting) – a lot is happening. The October Board meeting focused on December's events. Our gift drive for Healthy Families will be the same as we have done it for many years. When we get the gift wish list from the family that is assigned to us, a sign-up sheet will be available for all of you to participate in this wonderful event. A Christmas Committee was also organized to plan the December Candlelight Service. Thank you, Terry Barrett, Rev. Julie Lobato, Pam Wilson, Lynda Marinics, and Mary Ellen Bartholomew. Our intention is to have a wonderful and inspiring Candlelight Service, so we hope you will all choose to join us. More details will be coming soon.

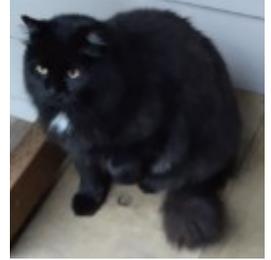
The Board has been aware that on Sunday, March 8th and Sunday, April 26th we will be unable to hold our Services at the Garden Clubhouse due to the Sunshine Festival and the Garden Club's plant sale. The Board has been exploring other alternatives, but to date the Board has been unsuccessful in finding a location. We would welcome any suggestions from anyone. We are trying to avoid having to be on Zoom only on those two Sundays. So, let's team up together, please share any thoughts you may have.





TALES OF STU, THE CAT

Where we live it is rural and we have security cameras around the property. We receive alerts when a camera detects motion. We received an alert one evening in January 2024. Checking the cameras, we saw a long-haired black cat; it was the first time Stu came up our driveway.



After three plus months of coming and going—sometimes for weeks at a time—the cat decided to stay. I've never been around a long-haired cat. Stu's body is a bit wide, and with the long hair he looks even more—let's say portly. It is not from overeating.

We have had cats come up the driveway in the past, but most stop before they even cross in front of the house. One such cat came up the driveway early last year. It was a short-haired gray tiger cat; Rob commented how skinny it was compared to Stu. That cat came back a few weeks later; Rob announced that Skinny Cat was walking up the driveway. Skinny Cat came back a few more times, once with a small copy of itself in tow.

Something interesting happened one evening two weeks ago. We got an alert; a cat was walking up the driveway. It looked a lot like Skinny Cat, but it had white on its paws and on its chest. It stopped short of the front of the house, turned around and walked back down the driveway. I called it Skinny Cat 2. Less than a half hour later another cat walked up the driveway. It was a short-haired black cat. It walked across the front of the house and up the sidewalk. It turned around and sat down where the sidewalk meets the ramp up to the front door. I called it Visitor Cat. It stayed there for about 10 minutes.

I was surprised because Stu was under the car which was parked next to the sidewalk. There's no way the two black cats didn't see each other. Maybe they were communicating with each other in cat language. Visitor Cat got up and headed down the driveway. Stu came out from under the car and looked toward the driveway.

Since the last Stu update, I started taking out a towel with me. I place it on the top of the ramp just outside the front door. Stu's food and water bowls are less than two feet in front of me. I kneel down (in the L-shaped position) on the towel; this makes it easier to pet Stu. If I am standing and not bending down far enough, he will raise up and touch my hand with his face. Sometimes I kneel all the way down, where my butt is touching my shoes; this brings me even closer to Stu. He will walk down my left side, then across the back, then up my right side. Sometimes he flops down with his back to my leg.

One morning about a week ago, I was kneeling in the L position. Stu walked down my left side and disappeared behind me. I was waiting for him to come up on my right side, but he didn't. Then I felt something at my shoes. I turned as best I could and there was Stu, starting to lie down between my legs near my feet. I smiled and laughed. Stu stepped over my leg, walked up my right side and flopped down.

The next time I went out I placed the towel in a position where I could sit and lean against the wall. I stretched out my legs. They were about eight inches from Stu's food and water. Stu walked up between my legs, laid down, curled up and put his head on my knee. I could feel the heat from his body, as well as feel and hear him purring. I smiled. This has become somewhat of a routine now. I am so grateful for Stu's presence in my life.

~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-One

Infinity means Freedom. It is Free and absolutely Free. Having no boundary, Infinity is unbound. More than this, Infinity has no internal restrictions, no internal inhibitions and no reason not to express Itself to the fullest extent. We have called this “Audacity.” It is more of the limitless Freedom of Infinite Mind.

The Infinite is free to know, free to think and free to do everything It desires, and do so instantly, being timeless. Infinity knows nothing of limitation, internally, and there is nothing external to It. There is nothing in Infinity to curtail It or oppress It.

For the human mind, fraught with internal conflicts, inhibitions and fears, this can feel difficult to picture; difficult to relate to. Yet this is the Mind that is the Source for each and every one of us. The human mind is burdened with an ego, the idea of separateness from our Source. This is the “alternate” identification to our God-given Identity which makes real Freedom seem incomprehensible. Thinking itself as other than its Source, it denies every Divine Quality, including Freedom. It thinks itself as endangered, threatened. It thinks its freedom is gained by fighting off its imagined threats. But bondage is inherent to the egoic thinking system.



Our Science of Mind teaching affirms there is no truth to this approach to Self, others and Life. Divine Mind being our Creator, It is the full and final Authority on What we are; that is, more of the rest of Itself and like Itself in every way. Infinity has no ego, no idea of apartness from Itself. It has no thinking that denies What It is anywhere in Its Infinite, Unified Mind. This Mind carries no burden, no heaviness, no self-suppression. So this Mind is free to know Itself directly, authentically, spontaneously.

Jesus called the ego, our internal accuser, the lie and the father of lies. In contrast, Infinity is Universal Truth, free of any trace of dissent. The ego's intent is confusion and obfuscation of the obvious. This is how it protects its presence and activity in our mind. The ego is the hider of What we are from ourselves. This is the source of our apparent lack of freedom. We somehow added to our mind this goofy idea and gave it the run of our mind.

Jesus knew the Law, “Like produces like.” He knew the ego's domination of the mind that contemplates it is just the Law in action. Contemplating this first lie, the Law will continue to replicate that lie. Running scared, we have submitted to this lie's domination by acting as if it is true. It is a lie. Lies deny Truth and Truth's Qualities. Denying our Power and Freedom, the lie is powerless and helpless to stand up to our word of elimination. Jesus said, “Get thee behind me!” Get out of my sight, begone from my attention. Because he knew of his Real Identity, his word carried conviction and it was done.

“The best and safest thing is to keep a balance in your life, acknowledge the great powers around us and in us. If you can do that, and live that way, you are really a wise man.” ~Euripides

~continued from page 12

We have the same capacity to erase that ego idea from our attention and the day will come when we will do so. This is the same as declaring our freedom, for this lie is our true oppressor. This lie (and its spinoffs) is the only thing disrupting our natural awareness of our eternally free state. As freedom from this lie demonstrates, a formerly hidden clarity comes with it, as Jesus experienced. This was the beginning of his healing ministry.

Jesus could live free and unafraid once this lie was exorcised. He did have more to face down in the Garden, in his process leading up to the crucifixion, and that was the renouncement of the other lie, probably the first, that he had a will other than the Will of Love. That idea of a will other than Source Will enables the lie that I can be different from my Source. But I am not apart in any way from Source Mind and Its Functioning. One Universal Mind means only One Will. All of us are extensions of that Love, Intelligence, Knowing and Its Will.

Universal Mind never entertains ideas that do not affirm What It is. It stays in complete Integrity with What It directly Knows Itself to be. This is the Nature of Source Mind, the Nature of Infinity. There is a natural uniformity to Infinity, being infinitely present at every point in Its Beingness. This natural state of Being edges out any possibility of anything different occurring. There are no gaps in Infinity and so nothing that is not Infinity.



This natural feature of the Infinite assures that all Its Creations are more of What It is. We all share a Oneness with this Source Beingness. There is nothing other of which to be built. This natural state is also the source of Infinity's Freedom. It is immune to any Self-questioning of Its Freedom, or any question regarding any of Its natural Attributes for that matter. As Ernest Holmes noted, the Infinite is in constant contemplation of Its Nature and Beingness, as It has nothing else to contemplate. This contemplation is treatment and will demonstrate, hence a Creation arises that matches the Creator's Identity.

This Self-contemplation replicates and extends the Identity of the Infinite. It is the Freedom of Infinite Mind that ensures only Freedom is extended and without interruption. The purity of Good that Infinity is means no conflict with this Goodness can arise in the One Mind. Its contemplation of Goodness means nothing outside this Good exists and so only this Good will demonstrate.

Infinite Mind's motivation is sharing the limitless Good that It is. It created us as recipients of this Goodness who are also equipped to share it. Universal Mind knows all It gives can only bless. It is given at the right and perfect time and timing. Being timeless, Universal Mind already knows that perfect moment of giving. Unlike the human mind, Infinity has no shame or guilt, no doubt or fear to cloud Its knowing of the Perfection and Rightness of Its giving.

This giving accomplishes two things for Infinite Mind. First, Love is freely and fully expressed in Divine Perfection. But also, because Its giving is free of any ulterior motive and so is honest and pure, the gift will return only more of that loving Good back to the Giver. Since God gives constantly, freely and without reserve, It's Goodness is constantly flowing back to Itself. Because giving and receiving are the same, Universal Mind keeps all that It is by giving Itself away.

~continued on page 14

~continued from page 13

The ego has a different idea of giving and receiving. Coming from the idea of scarcity (the denial of unlimited abundance), the ego thinks to give is to lose that given. So, getting is its focus. This impoverishes the ego, since the getting from others is what returns to the ego. Focusing on taking, the ego is routinely taken from. It keeps losing what it intended to gain. The good it thought to gain keeps slipping through its fingers. Universal Mind is completely free of this dynamic. Giving freely It retains and regains Its Freedom, which is consequently never lost.



The Course In Miracles explains this by referring to ideas. When I share an idea, it is strengthened in my own mind while it is accepted by another mind. And since all minds are one, the strengthened idea blesses the whole group mind. Physical objects but represent ideas to the mind that we are, so whatever tangibles we give it is the intangible thought represented that increases in both minds.

The ego is the thought I am not mind but rather am a body, something tangible. Thinking the ego is correct, I will identify as a body. Part of undoing the ego is to realize this tangible body represents an intangible thought, the idea of separation or aloneness. This thought *is* the ego, pure and simple. It denies that I am mind and so denies I am unified with Infinite Mind. Our teaching declares this denial to be untrue and encourages the remembrance that mind is what I am first and foremost.

The Freedom of Infinite Mind is not held up to an oppressor as a foil. It is Freedom that knows nothing of its absence, knowing no challenge to Its Nature whatsoever. This Freedom cannot be threatened. It is “baked in” to Infinity. Like all the Divine Qualities, it is never questioned, never doubted and accepted fully with complete certainty. It is not a “right” but a self-evident Truth. It is not about doing but about being. This Mind isn’t concerned with what It can do, but with What It IS.

This is the shift in emphasis we are called to contemplate. Am I free to do whatever I want or free to be the Truth that I am? Claiming the Truth I release the doing and return to being. Here is where Freedom awaits our agreement, in our being, for here is where Infinity’s Freedom resides.

Once we accept our Freedom as intrinsic to our beingness, what can dominate us? What can confuse us? What can frighten us? To know we are the Freedom of the Infinite, we know we have it to give. We know it is the Truth of everyone. The dualistic thinking is over. There is nothing to challenge that Freedom of being. Who or what can argue with what I am when I know, again, the Truth of my being?

This is the genuine Freedom. This is the Freedom of the Infinite. It goes beyond doing what I want. It goes beyond not being oppressed. It goes beyond “you are not the boss of me.” It cannot be struggled for since it cannot be doubted. It is known by direct contact as the Self I am.

“To know yourself as the Being underneath the thinker, the stillness underneath the mental noise, the love and joy underneath the pain, is freedom, salvation, enlightenment.” ~Eckhart Tolle

~continued from page 14

God does not “do anything” with this Freedom. It lives from it. It thinks from it. It feels Its Nature from this Freedom. Its Creative Thought arises from this Freedom and universes are born. This Freedom is constantly radiant throughout Infinite Mind. It is as inherent in the demonstrations of Universal Mind’s Thought as It is in the Infinite Mind that God is.



Within this Mind are ALL possibilities. Though the Thought of the Infinite demonstrates as this diversity of conditions – *every* possibility – yet does the Reality that is the Infinite carry through unchanged. Its Freedom is stamped in every demonstration, as well as all other of Its Attributes. Each possibility this Mind recognizes as wholly Good.

The human ego has alternative opinions. It does not use the Wholeness and Uniformity of Infinity as its basis for evaluating the circumstances it experiences. It thinks there is an actual “bad” balancing every Good. The ego looks for this imagined “bad” and thinks it sees it. Contemplating that “bad,” puts the thought and feeling into the Law and the bad feels very real. It seems true, yet that hinges on the ego’s untrue starting point.

Freeing our mind from the ego in part requires that we reassess the ego’s opinions as they come up. I find my feelings will alert me to untruth. If I feel anxious, upset, afraid, helpless or angry, I am on the ego’s wavelength and no good will come of this opinion. I will be blinded to Universal Mind’s mental stance. The Freedom of Universal Mind is accompanied by Peace, Serenity and Trust that this will all work out OK. My uncomfortable feelings are registering imagined threat and danger, and there is no danger in Infinity. The Limitless Good is and will always be completely safe.

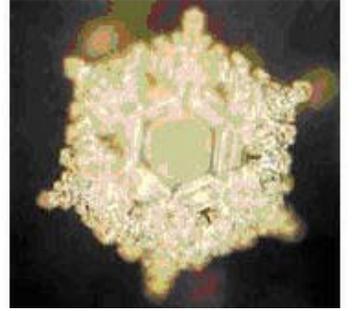
Universal Mind is eternally free to be Itself. It has no opinions as It knows only Truth. For It there is no alternative interpretation. It knows this Truth by direct contact which makes its knowing self-verifying. This is another way Infinity’s Freedom is maintained automatically. As we come to know in the same way as does our Source, the Freedom of the Infinite will be ours, along with Its Peace, Certainty and Immunity to falsehood. Since there is nothing other than Infinity, we all will inevitably shed all opinion and return to a total centeredness in Truth. This awakening is sure to demonstrate due to the Freedom of Source Mind in Whom there is no bondage.



Infinity is the Source of all that is. I am fully included in this Reality always. Since there is nothing other than Infinity, I am like my Source in every way. The Freedom of Universal Mind is my freedom now, and has always been so. My mind is awakening to this Reality in the perfect way, given my mentality today. I am guided. I am lead. The Infinite Mind speaks to me of Itself, my Self, constantly. I willingly hear that Thought and resonate deeply to Its Truth. I see that whatever I thought before, I am free and absolutely as Free as my Source. I have changed nothing about my Source or the mind I share with It. I feel very grateful for this eternal Fact and the awareness of freedom that comes with it. I release this word to the Law that makes it so. And so it is.

“The thankful heart opens our eyes to a multitude of blessings that continually surround us.” ~James E. Faust

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.

