

Minister's Letter

I was thinking of butterflies and how graceful and free they are. Freedom is what we are here for. There is something within every soul that yearns to be free, but, it takes us so long to realize that, in order to be free, we must become aware of ourselves, and we must grow. The butterfly knows this – that's why he gets to fly. When he is still a caterpillar, he doesn't know it. He just crawls around and munches on leaves, never really looking beyond the next leaf. He does what all caterpillars do because that's what he has been programmed to do. You and I also have our caterpillar stage. That is the time in our lives when we just go along with what is put in front of us because everyone else does and "they" say you have to fit this role and go into that slot. And we do it without question, totally unaware of our potential – which is freedom.

But, one day the caterpillar looks around and becomes aware. He sees the branch he is crawling on and it looks small compared with the rest of the world. He sees the next leaf and, all of a sudden, something more. He sees that he is a caterpillar, but something in him says **he** is something more. He becomes uncomfortable with himself and where he is and, because it doesn't feel good to be a caterpillar any more, the other caterpillars don't understand him. They tell him to keep eating – stay the way he is. But his awareness has brought with it the realization that it is time for him to change, time for him to grow. It hurts to leave old friends and old ways, but the pull within him is too strong to resist. It is something he knows he must do.



It is painful for a while as the business of growing sometimes is. And so he begins to surround himself with an outer protection so that those who don't understand can't poke at him. The more he spins his shell around him, the more he realizes that it is a time of aloneness, that this growing must be done all by himself, no matter how difficult it might seem. So, he isolates himself from the outside world. He goes within to a time of introspection and of retrospection. Oh, he knows there are support systems out there – they provide the branch he clings to; still, no one can get into the cocoon with him. We, too, have our support systems, but we must do our own growing.

During this time of aloneness, the Being changes and grows and becomes very strong. He must be strong before he emerges in order to rise above those who don't understand, to be free of anything that would harm him.

At last the day comes and he emerges a beautiful butterfly with multicolored wings that are strong and able to lift him high. Because his old friends don't know him any more, they are critical and condemn him for changing, but nothing can bring him down now. He knows that someday they, too, will respond to the urge deep within when it begins to stir and say: "Come on, it's your turn now, time for you to become what your Divine Pattern intended you to be."

Do you wonder what your Divine Pattern is?
There is something within the butterfly that knows.
There is something within you that knows.

*With Love and Blessings of All Good,
Rev Lynn*

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Center for Spiritual Living

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Kathy Purcell, R.Sc.P.

Sequim Center for
Spiritual Living Sunday Hybrid Services
10:00 a.m.

In person at Pioneer Memorial Park
387 W. Washington, Sequim

For information contact:
Rev. Lynn Osborne
community@cssequim.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,

Do first impressions matter? Some people would say, “Yes, there’s only one chance to make a good first impression.” Comedians might disagree—especially if they do impressions. Although, comedians have new audiences every performance, so it is like a first impression every time. Artists might disagree also—especially if they are of the impressionistic ilk. Although, each time we look at any painting we get an impression of its meaning—and that changes based on our mood at the time of viewing.

First impressions can cause us to form an opinion about someone or something that might not be true. It is a snapshot in time and does not represent the ‘all’ of things. We might fall into the stereotype pit and make judgments based on incomplete information.

This reminds me of my previous dog, Abby. She was a rescue dog we adopted when she was 3+ years old. She was a cross between a German Sheppard and a beagle. She had the coloring and basic body style of a German Sheppard, but with floppy ears instead of ears that stood up. Abby was slightly shorter than a standard German Sheppard, and she had big paws. She sure had the beagle nose though—and the beagle howl! (I miss her voice.) When people would meet Abby for the first time, they would ask if she was a puppy. This was probably due to her big paws—it looked like she still was going to grow into them.

A first impression can cause us to put labels on things. Once we have put a label on something, it is often difficult to remove it. Have you ever put a return address label on an envelope and then tried to remove it to reposition it? Part of the issue is how hard you press the label onto the envelope. If it is lightly affixed, it is a bit easier to take off and fix.

First impressions are thoughts. How deeply we press them into our minds determines how well they become affixed. It is like a memory foam pillow. When we lay down on it, the foam conforms to our head. When we get up, the foam goes back to its original shape. However, the more we use the pillow, the more it will conform and stay conformed to our head.

It is the same with our thoughts. The more we allow stereotypes and labels govern our thoughts, the more our thoughts get misshapen. We can consciously choose to look at each situation—each person—with open eyes and an open heart. This is our true nature. As we do this, we recognize a bit of ourselves in them; we realize our true Oneness. What an impression the Truth makes in our lives! That is an impression that matters—first and always.

Light and Love,
Kathy Purcell, *Editor*

“Once the object has been constructed, I have a tendency to discover in it, transformed and displaced, images, impressions, facts which have deeply moved me.” ~Alberto Giacometti

A TREATMENT TREATMENT HOME COMING AND COMMUNITY

by Terry Barrett, R.Sc.P.

In the infinity of life where we are, all is perfect, whole, and complete. We listen to the voice of God in all of our activities. We know Good is here and now for all. The answers to each question, to each need, are available and perfect now. The answers to our needs arrive and release all anxiety. Knowing that there is always a safe and loving shelter in the loving arms of Spirit.

The long days of summer sunshine begin to shorten right on cue as the continuous cycles of the seasons make their way into the present once again. Each new day offers the experience of its gifts as we recognize that each day is a gift. Experiencing gratitude for every day and the gift it brings, we acknowledge these days, and weeks into the completion and harvest of the summer. Life is abundant and good.



We gather to share the travels and experiences of summer. We know that we are safely guided and supported through our adventures and brought home. We come back to the community that we love, where we are loved and known. This community is brought together and held together by the love and wisdom of God. Grateful for this community, we gladly accept the guidance that keeps us together.

We are here to shine the love and light of God, and together we shine bright. We grow in that light and love as we share it. Knowing that the love of God enfolds us, we release this word with gratitude, and all is well. And so it is.

“Every phenomenon of nature was a word, - the sign, symbol and pledge of a new, mysterious, inexpressible but all the more intimate union, participation and community of divine energies and ideas.” ~Johann Georg Hamann

THE DEMONSTRATION CORNER

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

One of my clients had a family mis-understanding that has gone on for thirty years. Both sides of the family expressed that this would never be solved. With Treatments and clearing of the belief this thirty-year feud was finally solved and put to rest by both sides of the family. Prayer is Powerful! ~Rev. Victoria Kelley



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PROGRAMS / WEBSITE / NEWSLETTER:

Kathy Purcell

GRATITUDE FOR SUNDAY TALKS

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



INCOME & EXPENSE REPORT

	<u>MAY 26</u>	<u>JUN 26</u>
Income	\$4,160	\$4,039
Expenses	\$3,971	\$3,731
Income minus Expenses	\$189	\$308

HYBRID SUNDAY SERVICES/IP=In Person / Z=Zoom

	<u>MAY 26</u>	<u>JUN 26</u>
Attendance	Z = 36 IP = 102 Total = 138	Z = 27 IP = 99 Total = 126

CELEBRATE LIFE!

August

6	Jill Fairchild
16	Tony Matsumoto
17	Nathan Mayfield
24	Jean Kipper
24	Harold Smith
28	Judy Balas



September

2	Angie Saldivia
4	Rev. Victoria Kelley
7	Sandy Roy
7	Robert Drews
8	Rev. Lynn Osborne
8	Tony Lobato
15	Kay Snowhook
16	Glenn Hathaway
18	Lana Smith
18	Larry Ficken
19	Glenda Totten-Hatch
24	Tracy Wilson
28	Lois Rice

October

12	Joan Hathaway-Sheldon
18	Robert Palomo
23	Sharon Hamson
23	Tom Maes
24	Janet Husen
27	Mary Huston
30	Diann Roll

MISSION STATEMENT

*To Serve and Support each other
in Living from Spirit.*



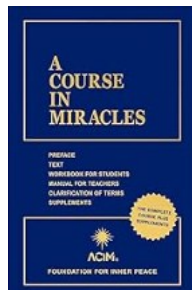
VISION STATEMENT

*We are a growing spiritual community
expressing Love and Oneness with all.*

SOM CLASS—STARTING AGAIN SOON

COURSE IN MIRACLES

Meets Thursdays from 2:00 pm–3:30 pm
Rhonda Coats home*
51 W. Rue Lavande Lane, Sequim
Facilitated by: Rev. Michael Laakso
Love Offering



Sequim Center for Spiritual Living
is “Open at the Top.”

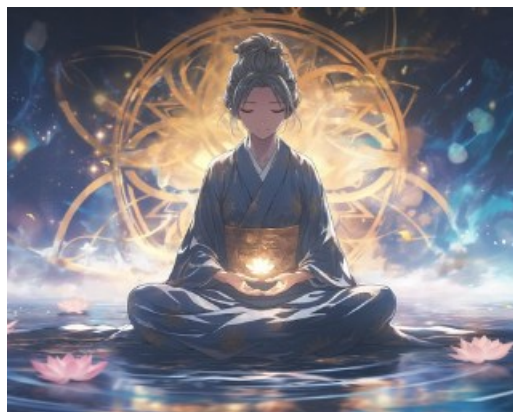
We welcome members of the
community to join us.

For membership information,
please contact Rev. Lynn at 681-0177

*“One of the most important gifts that you can give to yourself is the gift of self-education,
that is the best way to grow on constant basis.” ~Sunday Adelaja*

CHINESE PROVERB

If there is light in the soul,
there will be beauty in the person.
If there is beauty in the person,
there will be harmony in the house.
If there is harmony in the house,
there will be order in the nation.
If there is order in the nation,
there will be peace in the world.



FUNDRAISER for Sequim Center for Spiritual Living (SCSL)

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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.

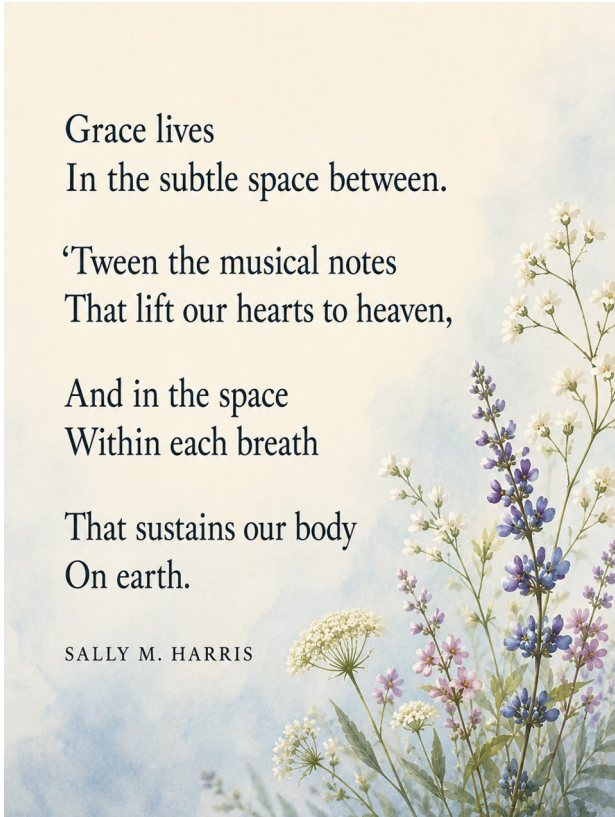
VALIDATE / VALID DATE. We find our true **VALIDATED** Self when we live in the now. The only **VALID DATE** is NOW.

BEHAVE / BE HAVE. When we conduct ourselves—**BEHAVE** as our true Self, we know all we need do is **BE** in order to **HAVE** what we desire.

ENERGY / INNER G(od). When we connect with our **INNER G**, we have all the **ENERGY** of the Source available to us.

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"A good example has twice the value of good advice." ~*Author Unknown*



Grace lives
In the subtle space between.

'Tween the musical notes
That lift our hearts to heaven,

And in the space
Within each breath

That sustains our body
On earth.

SALLY M. HARRIS

"Our task must be to free ourselves...by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty." ~*Albert Einstein*

MY MINISTERIAL JOURNEY

What a journey this has been. In 2003 I began. I registered for classes and Marylhurst University in Marylhurst, Oregon. It is a small place outside of Portland, near Lake Oswego. I had three college credits to my name as I began a bachelor's degree in interdisciplinary studies with concentrations that included human studies, religious studies, and communications. It was filled with interesting, creative, and experiential classes. It was wonderful.

When I finished, in three years, I jumped into the master's in Divinity program there. It wasn't as creative and experiential. It was expensive and a lot of work, but it was life changing. Five years later I finished the program. I went into an internship in Springfield, Oregon to complete one term of chaplain training. It was over four months of two days and one night a week that included class time, visiting patients, and being on call for emergencies that required a chaplain.



I wasn't able to get a job that paid enough to live on and I finally chose to end the failed marriage. So, I made the decision to move to Sequim with Nicholas and Brandie in 2013. I began taking classes at Sequim CSL and before I knew it, I had begun Practitioner studies with Rev. Michael and Rev. Lynn. As I took the panel and got my Practitioner license, I began a master's degree in Consciousness Studies with the Holmes Institute and the Ministerial Certificate program that go hand in hand to become a licensed minister for CSL.

For over twenty years, I have been on this journey to ministry. An extra step was added as a new component this year, an interview that checks for ministerial readiness. I passed that step! A mock panel was planned by Rev. Julie Lobato, that included Rev. Michael Laakso. It was a helpful addition to prepare for the real panel coming up.

On Wednesday, August 26th, I will take part in the final requirement, my licensing panel. I look forward to serving this community as a licensed minister. I have received support, encouragement, and trust from this community, and I am so grateful. Thank you to all of you for believing in me. Thank you for encouraging me to take this step into the work that I love.

With love,
Terry Barrett, RScP, and ministerial candidate

“All real education is the architecture of the soul.” ~William Bennett

HAPPY BOOKER

The Secret Life of Bees a novel

Author: Sue Monk Kidd

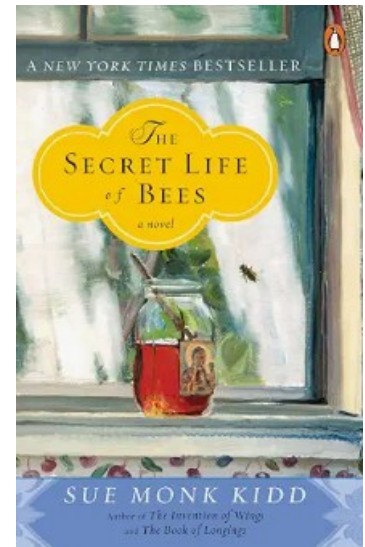
This is a story about a teenage girl (Lilly) who lives in South Carolina during the summer of 1964. Her father is a hard, mean-spirited man who has little patience with his daughter. Her mother had died when she was four. The father is bitter over the loss of his wife who died during a quarrel they were having. He had become aggressive and the wife pulled out a gun which he knocked out of her hands, was subsequently picked by the child, and tragically went off killing her mother. This is the foundation upon which the story evolves.

The girl has been raised by a farmworker (Roseleen) her father hired to be housekeeper and overseer of Lily. She is a woman of color which is not important to the girl, but this is the deep South with strong racial beliefs about the colored people and their place in life. It is also the beginning of the civil rights movement. This becomes a problem when she tries to register to vote. Running afoul of three rude and crude white men, Roseleen is beaten up and arrested while Lily stands by, helpless to help. The situation goes from bad to worse, both are jailed. Her father takes her home, but will not help Roseleen. In the night, the men slip back into jail and this time, Roseleen is hurt enough she is hospitalized.

This is when Lily takes a stand. In the night she runs away, first stopping to sneak Roseleen out of the hospital. Together they travel on trails until they find themselves in Tiburon, a small sleepy town of farmers and the people who live there. Tiburon holds a secret for Lily, for here she finds a link to her mother, a small unlikely chance her mother had been her at some point. She follows the vague clue to a bee farm and the three sisters who work with the bees. What she finds there will change her life and mark her journey into womanhood.

The author uses words with such poetic skills that this story is told in ways that will make the reader laugh out loud and feel the depth of deeply held pain. This story is worth a read.

~Glenda Totten-Hatch



“A book is a garden, an orchard, a storehouse, a party, a company by the way, a counselor, a multitude of counselors.”
~Charles Baudelaire

Dear Fellow Spiritual Earth Travelers,

Are we in a dream? Are we time travelers? Perhaps we've entered an IMAX presentation, complete with sights, sounds, vibrations and an invitation to awaken our cosmic nature.

I'm noticing that we are at Unity in the Olympics, Port Angeles, here with our Climate Captains Dr. Gail Sandlin (Retired Environmental Professor) and Steve Potts (CSL Practitioner). They, along with Rev Julie Lobato, are graciously inviting us to participate in this **Climate Consciousness and the Cosmic Self Workshop**. Our calendar reads **July 25, 2026**. The room is packed.

Awakenings are enlightening us from every direction: We are One! The Cosmos is infinite! We infinitely affect our environment and universe! Blame ends as does judging ourselves or others! We are connecting and creating a powerful response to the climate crisis!

Several tools are facilitating this process: brainstorming for ideas, an incredible narrated slide presentation, audience participation and science-based input from our facilitators.

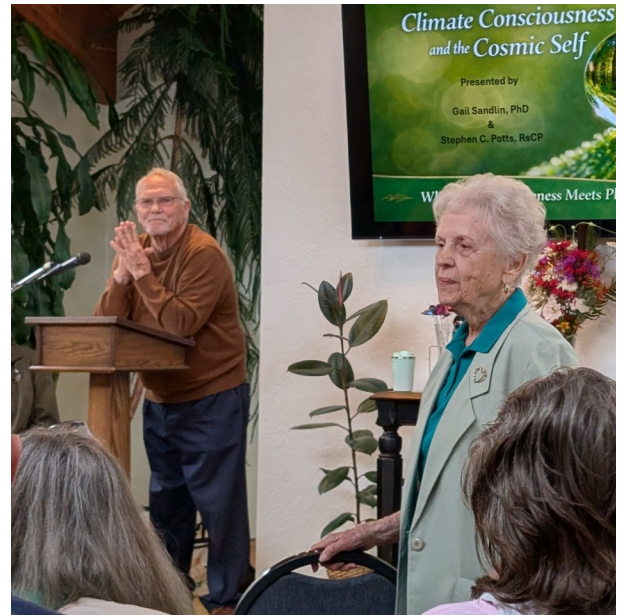
We deeply explore how inner transformation is becoming the most powerful response to the climate crisis. Wisdom sources are shared, including those from Emerson, Rumi and Thich Nhat Hanh. We are being transformed through faith and by examining and applying universal spirituality.

Complicity is becoming sacred action. We are all part of the solution as we float through this awareness journey. It's contagious! We are reentering our daily atmosphere with greater insights.

Stay tuned for more Cosmic Climate workshops and IMAX journeys. In this case, IMAX stands for I Make Amazing Expeditions while right here on Earth.

~Pam Wilson

**"What you do makes a difference,
and you have to decide what kind of difference
you want to make." ~Dr. Jane Goodall**





SEQUIM PRIDE

A group of members and friends of Sequim Center for Spiritual Living (SCSL) met at Sequim City Hall on June 27, 2026. They wore beaded necklaces and big hats of many colors. These brought attention to the bright yellow t-shirts with a multi-color butterfly stating SCSL is a **Welcoming Community**. They got to show that as they walked about downtown and through the Farmer's Market having conversations with members of the LGBTQ community. Many hadn't heard of SCSL until that day. Our group got to participate in the celebration of diversity and inclusivity. This was part of SCSL's Outreach program.

Sequim Center for Spiritual Living



A Welcoming Community

THE BLIND SPOT

Blind Spot Bias is the tendency to see oneself as less biased than other people, or to be able to identify more cognitive biases in others than in oneself.

Bias blind spots may be caused by a variety of other biases and self-deceptions.

Self-enhancement biases may play a role in that people are motivated to view themselves in a positive light. Biases are generally seen as undesirable, so people tend to think of their own perceptions and judgments as being rational, accurate, and free of bias. The self-enhancement bias also applies when analyzing our own decisions, in that people are likely to think of themselves as better decision makers than others.

People also tend to believe they are aware of “how” and “why” they make their decisions and therefore conclude that bias did not play a role. Many of our decisions are formed from biases and cognitive shortcuts, which are unconscious processes. By definition, people are unaware of unconscious processes and therefore cannot see their influence in the decision-making process.

When made aware of various biases acting on our perception, decisions, or judgments, research has shown that we are still unable to control them. This contributes to the bias blind spot in that even if one is told that they are biased, they are unable to alter their biased perception. These biases can be in so many areas such as racial, cultures, sex, relationships, finances, types of professions and the list can be endless.

While you cannot entirely “cure” a cognitive reflex, you can reduce its impact through active metacognition and structural habits. Core Strategies to Reduce Blind Spot Bias:

- Assume personal bias: Start from the rule that you are biased and ask how your mind is leaning rather than if it is.
- Practice adversarial thinking: Actively list reasons why your favorite idea or first instinct might be completely wrong.
- Seek disconfirming feedback: Ask trusted peers or critics who disagree with you to poke holes in your logic.
- Slow down conclusions: Pause when you feel total certainty and test your judgment by imagining if another person said it.
- Use structural tools: Rely on written decision logs, journals, or checklists to make your hidden mental steps visible.
- Spiritual beliefs: Acknowledging our Oneness, accepting the Truth of our existence and that we are all manifestations of God, no one is different or better than ourselves. Daily prayers and meditation and asking for guidance when making decisions and choices. Cultivate diversity in your life. Working to clear our subconscious where the biases were formed.

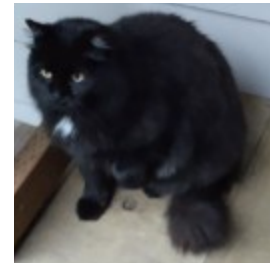
“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.” — Ralph Waldo Emerson

Namaste

~submitted by Rev. Victoria Kelley

TALES OF STU, THE CAT

Stu hasn't had any interactions with coyotes over the last few months. There was a close call though. One morning I was reviewing the video clips that the various cameras had recorded the night before. In the camera that faces south down the driveway from the pump house, it showed Stu moving at a quick pace—not meandering as usual. When he got just north of the walnut tree, he headed east. That meant he was probably going up into either the walnut tree or the tree we affectionately call the camera tree. (Many years ago we put a camera in that tree and it recorded some interesting activity at the end of our driveway which butts up to part of the Discovery Trail.) There is a branch from the walnut tree that goes out to the north and rests on a branch in the camera tree. Stu has a built-in wooden bridge.



Not one minute after Stu was out of camera view, two coyotes showed up in that same camera. They walked down the driveway sniffing all around. They went as far as the space between the two trees mentioned above. They continued sniffing for several minutes. I can tell you that once Stu was up in one of those trees, he was there until morning. The coyotes finally decided to end their search; they walked back up the driveway and into what we call the coyote hole—it is a way trail for critters: raccoons, opossum, bunnies, cats, river otters, bear (yes, we saw a small one a few years ago) and yes, coyotes.

Last month Stu exhibited some odd, or maybe just different, behavior. In the morning I take his food out and if he isn't already there I call him. He typically comes down from the east or south tree, or comes out from under the car and runs up the ramp. That part was the same. He puts his front paws on his stool and leans in to me. From my stool I lean into him and we do nose bumps. I give him a little bit of fresh chicken and he moves his paws off his stool. That part was also the same. But usually he goes over to his food dish and eats some of his food, has some water and comes back for more nose bumps.

He started walking over to the food dish, but he wouldn't eat or drink. He looked down the ramp, then off to the east beyond the porch. He'd repeat this until he either went down the ramp and under the car or go east off the porch stopping either at the end of the garage or at the base of the east tree. Since he wasn't engaging, I went inside the house. Sometimes when I went out for a second session of feeding him (we don't leave the food out because there are other mouths that have shown up to eat his food), the same scenario would play out. Sometimes he had already gone up into the tree.

One evening we went through the first part of the scenario but when Stu went down the ramp he kept going; he went down the driveway and, to our surprise, he went off the property. He got to the end of the driveway and headed west. The next morning I checked the video clips; their weren't any of Stu. He didn't show up for breakfast. When I went out after work with his dinner, Stu didn't answer my calls. Around 7 p.m. we got an alert from the driveway camera; Stu had returned. I brought out his food; he ate a little, but seemed distracted, just like the last previous days. He ate a very small amount of food, had some water, walked down the ramp, across the driveway and went up in the south tree. He didn't come down the next morning for breakfast, or for dinner.

The following day he came down for breakfast when I called him. He still seemed scared and/or nervous, but he did eat a lot more of his food. The following day he was basically back to his normal self.

In the last Stu update I mentioned he'll have his front paws on his stool while he is facing me; he reaches out his left front paw close to the right side of my face and gently touches my right cheek. A few times since then he's reached out his left front paw and gently touched my right cheek, but he didn't even have his front paws on his stool; he had to reach out a little farther. That is somewhat new. Another new thing is he gets all four paws on his stool; then facing to my right he puts his front paws on my right leg just above my knee. He leans his head toward me and I lean mine toward him. We do nose bumps. Often he starts to make biscuits. Most times Stu will lean his body up against mine. He is purring all the while. It is a calming experience. I still tell Stu how beautiful he is, that I love him and I thank him for choosing to spend some of his life with me. I continue to be grateful for Stu's presence in my life.

~Kathy Purcell

BASIC SOM QUESTIONS By Rev. Michael Laakso

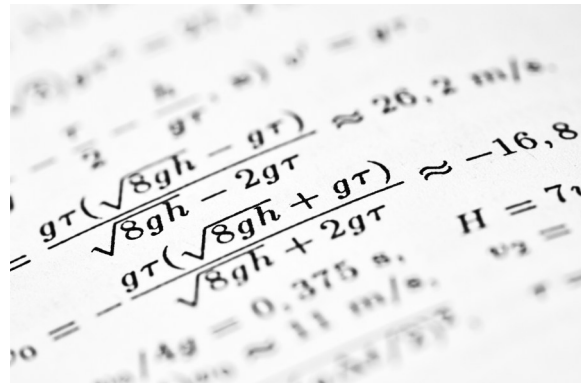
We have an ongoing column which is designed to answer some basic Science of Mind questions. We trust this will give you new insights, allowing you to better understand SOM principles.

What is Infinity? Part Fifty-Four

We will discuss First Principles in this article. Every thought system begins with First Principles. These are the assumptions, postulates or decisions made on which each thinking system is built. These First Principles are reflected in all subsequent ideas and conclusions in that thought system.

A good example of First Principles are the opening ideas of Euclid's Elements. A list of definitions begin the book, followed by a list of postulates. Each postulate is an axiom, which means it is accepted without proof. Axioms are not drawn out of thin air but are logical and obvious. In Euclid's postulates is one considering parallel lines. This postulate says parallel lines do not cross, which defines the type of space he is considering; a flat space infinite in extent. Since the Elements was written, other spaces have been considered, such a curved space like the surface of the earth which looks flat locally but traveling that space reveals its curvature. In this case, parallel lines locally will cross in two places if extended all around the globe.

Euclid uses his postulates to logically deduce many geometric theorems, for instance, two triangles can be equal to each other, though their sizes may differ. He develops several ways to demonstrate this equality. Gradually he builds a logical system proving other ideas of geometric construction as true based on previous proofs. But it all begins with definitions and postulates. He builds a logically solid thought edifice on the firm foundation of his postulates.



This goes for every thought system. Operating from First Principles, each thought system holds true logically. A succession of ideas will carry a logical thread through to the final conclusion. So such systems will be internally consistent, logically; ordered rather than chaotic. If the First Principles are conflicted, the system of ideas will be logically flawed. It will not make sense, and this will be detected by people with a need for and a love of Truth.

I have lately been considering the idea that integrity can be defined as a love of Truth. This means dis-integrity or a lack of integrity becomes probable if there is no love for Truth. Logical integrity indicates a trustworthy path to Truth and will be so if the postulates are all true. And if one or more turn out to be untrue, that will show up in the thought system at some point and logical thinkers will find it.

“The strongest thing that any human being has going is their own integrity and their own heart. As soon as you start veering away from that, the solidity that you need in order to be able to stand up for what you believe in and deliver what's really inside, it's just not going to be there.” ~Herbie Hancock

By definition, Infinite Mind's Thought System is wholly true and completely logical. If flaws were present in Its First Principles, Its Creation would be flawed, chaotic, self-conflicted and so inherently self-destructing. Perfection would be impossible.

Truth would be incomplete since some falsehood would be baked into the Thinking System from the outset. We do not observe such inconsistencies.

In fact, the human search for the Knowing behind all of physical creation continues to develop.

Cosmology currently struggles with its (mental)

model of this universe. The James Webb telescope is observing galaxies and other light sources that do not fit the commonly held model of this universe's growth and development. Is this the Universe's problem? No. It shows that some basic assumptions in the model are untrue and require re-evaluation.

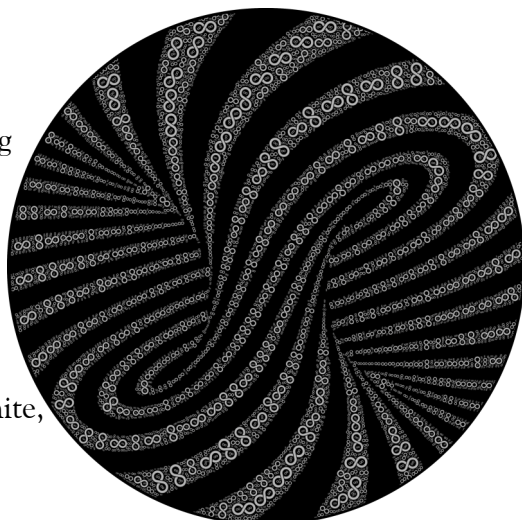
This is the process by which cosmology and in fact all of Science grows ever closer to an accurate mental modeling of what is observed. In fact, science as a practice tests its conclusions as a check on the accuracy of what their current model predicts. What is being tested are the First Principles underlying that model.



Please note that Science trusts the First Principles of the Creator of this universe we see and investigate (whatever each scientist may imagine that Creator to be) are absolutely True and stable. We as Truth students have this same trust. Infinite Mind, with Its Infinite resources, could never err in any of Its First Principles, and this is one of our First Principles for us as Truth students. It is one reason our teaching is called the Science of Mind. Our approach is patterned after the successful use of the “scientific method” of inquiry. We also test our First Principles each time we “experiment.” that is, pray. If our First Principles are correct in our mind, our prayer must demonstrate. Ernest Holmes and other Truth students developed the basic assumptions of the Science of Mind and the other “brands” of New Thought. These are the ideas of Infinite Mind that must be true due to the Nature of the Infinite.

Emma Curtis Hopkins, the “teacher of teachers,” shared her insights into Divinity for several decades, and from her classes came Charles and Myrtle Fillmore, founders of Unity, the founders of Divine Science and other teachers and writers, including Ernest Holmes, who taught the First Principles of New Thought. Some of these First Principles are:

- ◆ Being Infinite, Mind is all there is. There is nothing else including no nothingness.
- ◆ Being Infinite, this Mind has always existed: no beginning and no ending, timeless.
- ◆ Being Infinite, Mind's Attributes are also infinite in both extent and number. For instance, Love is infinite, Intelligence is infinite, Creativity is infinite, Truth is infinite, Power is infinite, and so on.
- ◆ Being infinite, Mind creates (expresses Itself) like Itself. Like produces like on every level of Creation. Or, being Infinite, there being nothing other, Mind has only Itself to work with to express Itself.



- ◆ Being Infinite, this Mind must be wholly Good and free of any opposing idea or energy. If there were an opposite in the Infinite, being All Intelligence, All Awareness and All Power, this Mind would have annihilated Itself long ago and there would be no Mind or Creation. But there is. So this Mind must be All Good.
- ◆ Being Infinite, Mind is therefore wholly for everything It intends. Extending this Idea, Creation is therefore effortless for this Mind. No doubt, no questioning, no hesitation exists in this Mind due to Its Absolute Certainty.
- ◆ Being Infinite, this Mind has no outside, but only a limitless Inside. Separation from this Mind is therefore impossible.
- ◆ Being Infinite, this Mind is inexhaustible. Therefore, It will rise to whatever is demanded of It instantly, no matter what. Nothing is too great to demonstrate.
- ◆ Being Infinite, this Mind knows nothing of big or small. Being the Absolute, this mind knows nothing of the relative.
- ◆ Being Infinite, this Mind has only Itself to contemplate. There is nothing other.
- ◆ Being Infinite, Mind has no limitations but contains All Possibilities.
- ◆ All thought is creative, causal. Being nonphysical. Mind has no other means with which to express Itself. Mind's Thought is causation, the physical is the effect, as well as every creation.
- ◆ Being Infinite, this Mind is aware of everything going on everywhere within Itself.
- ◆ Being Infinite, this Mind is a Unity, a Wholeness and not a construction of pieces and parts.
- ◆ Being Infinite, this Mind is the only Mind there is. Therefore, all who think are utilizing this Infinite Mind.

From the nature of infinity, all these and more can be reasoned as true, though unprovable. The proof will be personal to the person who uses these Principles. The caveat here is that the user must own his or her unity with this Mind. This includes knowing all that this Mind knows. Knowing is how this Mind creates. It never guesses, being the All Knower. Our thought must come up to this level to demonstrate effectively. We may know with this Mind for just an instant, but that is enough. It is enough to come close to Infinite Mind's Knowing. We can only use this Mind to create by using it the way this Mind does.

This is where study and spiritual practice come in. As a Truth student, we employ both to further educate ourselves to the Truth and to deepen our internalization of this Truth. As we grow in our acceptance of our unity with this Infinite Mind, our demonstrations will come easier for we will have changed our thinking (or allowed our thinking to be changed) through our study and practices.



“Wisdom is to internalize the experiences of other things, of everything! By observing the birds, you internalize the wisdom of the birds; by observing the Moon, you internalize the wisdom of the Moon! Wisdom is a process of adding the experiences of the universe to our minds!” ~Mehmet Murat ildan

Study entails reading New Thought materials, taking classes, doing discussion groups, listening to Sunday lessons and participating in other learning opportunities as they arise. Spirit will guide us to what will support our edification in the moment. In addition to study, we can further internalize our understanding through meditation and spiritual practice.

Meditation is a listening practice. We quiet the body and then quiet our mind. Breathing exercises and stretches can help with soothing the body. An affirmation of Truth can soothe the mind, or anything that uplifts and quiets, even humming an inspiring song. What quiets our body and mind is very individualized. We can try out what occurs to us and see how that works. Once settled for receiving and listening, we do listen for Spirit's Word of Truth. Contemplative meditation consists of pondering on a specific First Principle, allowing it to more fully reveal its implications and ramifications. Silent meditation consists of just listening for Spirit. We still the mental movement we initiated in our mind letting go of our thoughts, as we listen with as much intensity as we can muster in the moment, doing so in a relaxed state rather than with tension. This technique has a learning curve, so patience with our progress is helpful.



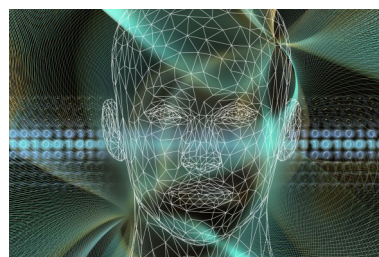
Another practice for internalization is simple prayer. Praying as we have learned in thought, aloud and even writing it out will internalize the process and will lead us to the praying that works for us. It will also increase our conscious contact with Spirit, the very thing we want to increase. This rebuilding, remembering identification with Spirit attunes our mind to its Source, increasing our knowing of ourselves as one with our Source. Thinking like God, with God. ensures our receiving the results God receives.

A consistent meditation practice, daily, will also support a mental and emotional detoxification. Taking this slow keeps us more comfortable, though we may have some challenging moments. In my experience, Spirit will demonstrate Its Love and Presence supporting us through any strenuous instances. The Presence we are wanting to know more deeply and consistently desires to be known. It will aid and love us through any subconscious material that arises that we may find challenging to experience. I find that in experiencing fully the tensions and distresses I have hidden from myself, Spirit will “come closer” in love and peace as this elimination-in-progress passes through my mind making more room for my Universal Self to be felt and known. We want this remembrance to resurface. It is our constant awareness of our Oneness with our Source. It is what allows us to think like God, with God and receive as God receives.

“One’s like a closed bud, and most of what one reads and does has no effect at all; but there are certain things that have a peculiar significance for one, and they open a petal; and the petals open one by one; and at last the flower is there.”
~William Somerset Maugham

To experience ourselves as Source Mind knows us to be is to remember our Oneness. What did we do to break with that remembrance? We added to our thinking system new first principles with no Truth to them. We contradicted Divine Mind's First Principles. And so, as simple as that, we gave ourselves the experience of separation from the All Good. It is an experience and not a Reality. Universal Mind is the only Reality. If my experience does not match God's knowing, it is a delusion and not real at all. I may experience all manner of unpleasantness; there is still no truth to any of it. I call this the "mind trap." It feels real so we take it as real and so continue to keep the erroneous first principle, not questioning it. God knows nothing of pain, stress or distress. The All Good is constantly experiencing the consequences of Its Love-Thinking. Bliss could be the only Result. Our study and practicing has the goal of dissolving the erroneous first principles we added to our thinking. When my untrue assumptions are gone, all that remains is Source Mind's knowing, which is eternal and unalterable. The healing process is simple and inevitable. Who would actually want to live apart from Bliss? Only our ignorant thinking is in the way, those untrue first principles.

The world of people is ready to change its inner mind content. I know it takes what it takes to reach this threshold in choice. Everyone has their own "bottom," that spontaneous internal moment of knowing something must change. I suggest that many have passed through this bottom and that opening to a better way is in progress for the rest of us. A glance at world affairs signals this change is fermenting in the mind of humankind.

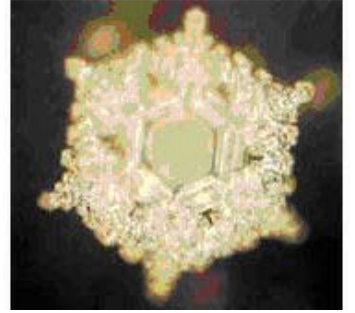


The teaching we study has great potential for supporting the internal revolution taking place. Many have tested this teaching and received their desired demonstrations. Formerly Religious Science, this teaching relies mostly on attraction rather than promotion. When a mind is ready, the right teaching will appear, the teaching that takes that mind to its next level. A match to the needs of the student will always be met. The Spiritual Presence knows the path to a cleared mind no matter the mentality of that mind. All mind is One Mind, but there are many mentalities.

An honest study of First Principles will always support the student's sorting through false and true. This sorting is a universal stage in our spiritual healing. In ancient Egypt, the Pharaohs were always depicted carrying a flail across their chest. This farm implement was used to separate the wheat from the chaff, the nourishment from the inedible. For the Pharaoh, the flail symbolized a clear mind, capable of seeing through the BS and connecting with the real issue in all matters of judgment, choice and statecraft. So the flail represents a spiritual gift of discernment and safety in navigating the River of Life. Since the Pharaoh was Egypt's leader, he or the rare she required this gift for the safety of the people and the nation. Today, we can claim that gift as we continue our spiritual growth and becoming. Reviewing First Principles can support this mind clearing.

In closing, I offer a thank you to Ernest Holmes for his clear mindedness. He was a student of Truth and persisted in his search for Truth unconflicted, presenting to the world through his writings the Divine First Principles and a study of their implications for us as practitioners of Religious Science. I was introduced to his work at just the right time. This teaching fit right in with the sequence of my spiritual search and continues to nourish me. May this be so for us all. And so it is.

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.

