

Minister's Letter

Watching the leaves fall during this time of year always reminds me of the things I still need to let go of—to let fall away so that I can walk a little freer on my path. Ah, Letting go—how we resist letting go. And, it seems, there are so many things we would be better off just setting down and walking away from, especially given the events of our recent past. Even under “normal” circumstances it’s not easy, but it still is a simple task. People often remark: “Whatever I have to let go of, I leave claw marks on.” Perhaps we have all left a few claw marks as we go through life.

We humans don’t like things moving out of our lives. We get used to people, places and things and we think we can make them stay forever just as they are. But, Life is always urging us on, calling for us to release and let go. Perhaps it’s time to let the Universe have its way. There may be a bigger design opening up than what we have understood through our own limited perception.

So, we all go through a letting go process when people leave our lives. But, what about the times we recognize that something within us needs to be released—like letting go of resentments, anger, guilt, depression, etc.? Just like the leaves on a tree let go and fall to the ground, we can inventory our lives in a way to let old worn-out ideas and faulty belief systems, hurt feelings, etc., fall away giving us the freedom of moving out of the darkness and stepping lightly into a new consciousness. In this new consciousness we have the opportunity to experience our innate spiritual sense of love, joy, peace and harmony.

This is about surrendering to our Higher Self, which is the Truth about us.

If we are willing to let go of our burdens—those people, places things, belief systems and attitudes—to finally set them down and walk away—here is a mantra we can use to make our statement of Truth:

I bless you, I release you
I set you free, I set me free
I let you be, I let me be.

Happy Letting Go,

Rev Lynn



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

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Center for Spiritual Living

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Sequim Center for Spiritual Living
Sunday Services
10:00 a.m.
Pioneer Memorial Park, Sequim
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Rev. Lynn Osborne
iamlynosborne@gmail.com
or visit us at
www.cssequim.org



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

EDITOR'S ESPRIT

Dear Friends,

It's November. We turned back the clocks earlier this month. It is said we've gained an hour of sleep. In turn, we are gradually losing the number of daylight hours. Things are changing. We can tell it through our senses.

We sense a change. We see the leaves—once on the trees—now blanketing the ground. We see the daylight leave sooner. Jack-o-lanterns are disappearing. We see strings of lights starting to appear.

We sense a change. We hear the leaves crunch as we take walks, and our feet fall on them. We hear the autumn wind blow through the trees and hear the rain on our roof.

We sense a change. We smell the smoke from chimneys burning wood to heat homes—or from a bonfire. We smell spices—especially cinnamon and apple.

We sense a change. We taste it in the soup, chili, turkey, and pumpkin pie. And soon, eggnog.

We sense a change. We feel it in the touch of the crisp autumn air moving across our face. We recognize it as we put on our coats, hats and gloves that keep us warm.

What if we're in a hurry and don't notice the blanket of leaves...or we don't hear them crunch as we walk? What if we don't smell the spices because we're lost in thoughts about something we perceived as hurtful to us? What if we eat the turkey and pumpkin pie so fast, we don't even realize we only have it this time of year? What if we are still grumbling about the situation that caused us grief and we don't recognize the warmth of our mittens? In each of these scenarios we would miss out on a lot of good.

We are spiritual beings having a human experience. Our five senses are how we experience our world as humans. What is missing in the above settings is our other sense. We have another sense—an inner sense sometimes called intuition. That sense is Spirit nudging us to right action—to our highest and best—to the Good that is ours. It requires our awareness.

With that in mind, we can decide to take the time to notice the colorful blanket of leaves and take childish delight while stomping on them to hear them crunch. Instead of being lost in thoughts of hurt, we can lose those thoughts—recognizing how hurtful they are to us—and we can smell the spice of life. We can gingerly eat the turkey and relish the pumpkin pie, knowing we have all the time we need. We can hand over disgruntled thoughts, letting them blow away in the wind, and appreciate that life fits us like a glove.

While we sense a change through our five senses, there is one thing that does not change—the Infinite All-Loving Spirit. The Universe is always for us no matter what. When we sense things are changing in an undesirable way, we can choose to turn back to the One Source back of all things. We won't lose any sleep and we know the Light is ever-present, reflecting the One through us. I am grateful for this Truth and for all the Good in my life.

Light and Love,
Kathy Purcell, *Editor*

"I acknowledge the privilege of being alive in a human body at this moment, endowed with senses, memories, emotions, thoughts, and the space of mind in its wisdom aspect." ~Alex Grey

AUTUMN TREATMENT

by Rev. Victoria Kelley, R.Sc.P.

It is through daily spiritual practices that we can raise our consciousness to connect with Spirit to live the life we want; filled with peace, love, joy and abundance. Namaste.

God is the One Power, Presence, Mind and Life. God is all there is! God is Omnipotent, Omniscient, and Omnipresent. God is Love and is immortal and eternal. God is the entire Universe. I am that I am. I and the Father are One. I am an individualized expression of the Divine and One with God. The Kingdom of God is here and it is within me now. I am perfect whole and complete. As I am perfect, whole, and complete, each and every one is perfect, whole, complete, eternal and immortal. I declare that in faith I speak the Truth and manifest peace, love, joy and abundance in all areas of my life.

I know that it is done unto me as I believe. I claim the peace and harmony of God and declare wholeness is my desired state. I declare that there is only one Life, that life is the Life of God and that Life is my Life now. All is well in all of my affairs through the Faith and Love of God that flows in me, around me and through me and is manifest through my faith in the Law that brings my good. As the seasons change, I too change and grow in wisdom, compassion and an acceptance of what is. I realize I only have this moment and I do not dwell on the past or troubled by the future. I accept only good and that is what is bestowed on me.



(Now taking a minute of contemplation on my many earthly and eternal blessings.)

I am so very grateful for the Faith and Love of God in my life which is manifest in everything and everyone as the ever-present, presence of God. I am grateful for the Truth that sets me free. I am so very grateful for all the blessings that manifest and will manifest through my acceptance of the gifts that have already been made and are mine when I speak my word. And I release my word unto the Law where it is already known in the mind of God. I know that my word will not return unto me void. I do give heartfelt thanks for my ever-evolving life and I let go and allow God, and so it is.

CANDLELIGHT SERVICE

We will be having a Candlelight Service this year— but it will be via Zoom. Date and time to be announced. Although we won't 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 alight 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.

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Thank You!

SPECIAL THANKS

Many thanks to **Terry Barrett and JoAnn Fisher**,
 for doing Morning Messages during the
 Virtual Sunday Services.
 Sharing their individual perspectives
 we see a prism of Spirit's expression.



INCOME & EXPENSE REPORT

	<u>JUL 20</u>	<u>AUG 20</u>	<u>SEPP 20</u>	<u>OCT 20</u>
Income	\$2,810	\$3,525	\$2,355	\$1,586
Expenses	\$2,893	\$2,912	\$2,849	\$1,887
Income minus Expenses	(\$83)	\$564	(494)	(\$301)
Attendance	96	127	102	98

CELEBRATE LIFE!

NOVEMBER

15 Frank Benson
 17 Elsbeth McLeod
 22 Karen Hull
 22 Sharon Donaldson
 28 Martin Shaw

DECEMBER

4 Walter Clark
 4 Terry Barrett
 4 Carol Clark
 17 Annette LaRue
 24 T Smith
 30 Rose Marschall



JANUARY

12 Dorothy Bristow
 14 Rose Prestipino
 16 Michael Laakso
 25 Deborah Nygaard
 27 Mary Jo Cain

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—REVEALING WHOLENESS

Tuesdays, 4:00 pm–6:00 pm

Via Zoom

Co-Facilitated by: Rev. Deb Nygaard and

Rev. Lynn Osborne

Suggested Love Offering \$10

COURSE IN MIRACLES

Meets Thursdays from 3:15 pm–4:45 pm

760 N. Sequim Ave. #4

Facilitated by: 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 681-7451

“A pearl goes up for auction. No one has enough, so the pearl buys itself.” ~Rumi

YAHOO FOR OUR Bake~Less Bake Sale and Silent Auction

We certainly had fun with our “Fun Raiser” and many imaginary orders were placed. We have some very creative minds with Janet Husen ordering the Live Reindeer to graze in her yard this Christmas. Tom is rounding them up for delivery. 😊

Not to be outdone Jo Cain ordered the 65 inch flat screen TV. I hope it gets good reception as it was ordered from the Twilight Zone.

Now Barbara Bolles could not make up her mind so she ordered cookies, pies, AND donuts!

Now some got very specific like Dinah Day. She wanted nothing but sweet raspberries. I cannot mention all of the orders in this newsletter but there were many and the money raised will help our Center. The Center gives so much to us and we members love to give back. THANK YOU ALL!

We had our drawing on October 31st and the winner of the \$100.00 was Mary Corey! Congratulations Mary!

~Rev. Victoria Kelley, R.Sc.P.



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.

DESIGN / DE-SIGN—Our past false beliefs sign us up for false experiences. We can **DE-SIGN** those—recognize the Truth and **DESIGN** what we really desire.

ATTEST / A TEST—We don't need **A TEST** of what is true. We merely need to **ATTEST** our belief and accept the Truth.

INTERFERE / INNER FEAR—We don't need to let our **INNER FEAR INTERFERE** with our Good. We can Choose Love; we can choose Truth.

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“Spiritual evolution should make the infinite not more distant, but more intimate.” ~Ernest Holmes

CLASS REACTION

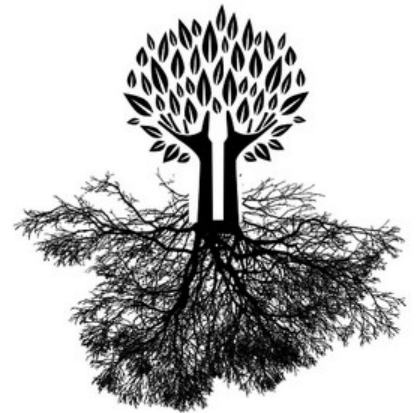
In August, Rev. Lynn and Rev. Deb decided to return to the Roots foundation class that had gotten started in late February—only to be put on hold due to the Covid-19 pandemic. We had Zoom class once a week and that was a learning experience in more ways than just the class material. I was able to get through my techno deficits with the help and support of those more computer literate than myself (Big thank you to Diann Roll).

In looking back on the authors and the early beginnings of the new thought movement, we studied three very interesting individuals: **Ralph Waldo Emerson**, **Thomas Troward**, and **Emma Curtis Hopkins**. It is fascinating to see how these four individuals, **Ernest Holmes**, and the others, came to understand the beginning foundation of our current philosophy and teachings. Each had a unique approach to what it meant to work with the One Presence and One Power that each saw as the absolute First and only Primary Cause behind all of Creation.

Dr. Holmes found Emerson to be an enduring favorite and read and reread his essays throughout his life. Troward was an author Holmes consider as having a philosophical approach very compatible with his own understanding of Spirit. Mrs. Curtis Hopkins was considered the teacher's teacher and Holmes found her spiritual convictions inspiring.

I must say that the class was a welcome part of my week, both for the intellectual knowledge as well as being able to be in touch with the other members of our congregation. I thank all the class participants and our Co-facilitators, Rev. Lynn and Rev. Deb.

~Glenda Totten-Hatch



BOOK REPORT

Everything You Need to Ace American History in One Big Fat Notebook The Complete Middle School Study Guide

Notes borrowed from the SMARTEST KID in CLASS
(double-checked by an AWARD-WINNING teacher)

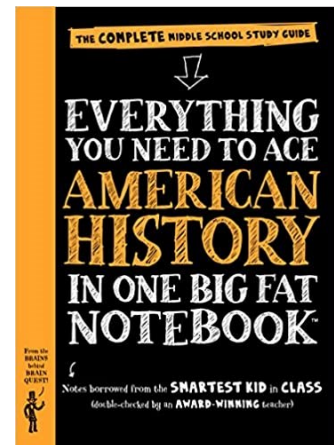


This may seem extremely odd for this column but with all the unusual happenings at this time in history, I thought this could be not only a fun way to brush up on what brought us to this time in History, but also consider the extraordinary difficulties and the accomplishments our ancestors have experienced. Since it was written by the “SMARTEST KID in CLASS and double-checked by an AWARD-WINNING teacher,” I couldn’t resist picking it up in Costco and flipping the pages. I immediately knew I had to get it. Intelligent, clever, fun, fascinating and important to know how far we have come with understanding the idea of “Freedom” and “Democracy.”

The “pre-history” starts in 38,000 BCE with the hunters and gatherers using the ice bridge from Asia to the land now Alaska. Their migration over many centuries took some as far as South America. This time-traveling book takes the reader all the way to 2008 when Barack Obama was elected President.

And now we may wonder what this has to do with Spiritual Living from our Center. Everything. The Spirit within never changes. The human experiences help strengthen our souls as we learn the powerful love of God within and see this in everyone. We are all here to eventually understand that we are all One.

Love and Gratitude
From the Happy Booker
JoAnn Fisher



“One looks back with appreciation to the brilliant teachers, but with gratitude to those who touched our human feelings. The curriculum is so much necessary raw material, but warmth is the vital element for the growing plant and for the soul of the child.” ~Carl Jung

THE FOUNTAIN OF YOUTH

Submitted by Rev. Victoria Kelley

For centuries we have heard about the search for the fountain of youth. From Ponce de Leon and his adventures to the billion dollar beauty industry. And we cannot forget Cleopatra. J Many books have been written on the subject and with this quest longevity is considered. Everyone wants to remain young and vibrant and live a long and happy life. With our SOM teachings we know there is no validity in time and age is just a number. However, some of us may say “but what about my aches and pains and my loss of energy?” Well this is what our teaching has to say on the subject.

Awareness makes a huge difference in aging, for every species ages, only we humans know what is happening and we translate this aging awareness into aging itself. To worry and fret over aging creates aging to go faster. The old saying “You are only as old as you think you are” is correct! Remember our thoughts create our world and have a direct impact on our bodies too. When we are sad or depressed our entire body chemistry changes. We are now told stress is the culprit in many diseases. When we regain our composure and are happy and joyful our body chemistry once again changes for the good. This biochemical profile is where we want our bodies to stay.



Biological age does not correspond to chronological age. Along with a healthy diet, exercise, a good night’s sleep we need a timeless mental attitude. Remember the mind body connection. This is an interesting subject and we cannot completely explore this subject in this writing and that is why we will be offering a workshop in the coming New Year. Until then, here is a few things to consider.

Have your attention on the now. The eternal and the infinite; be mindful of the moment.
Do your meditation regularly.

- Develop a system you can implement to relieve stress when things are not going your way.
(We will learn ways in the upcoming workshop)
- Don’t let your ego run wild.
- Be authentic.
- Laugh at life and yourself! ☺
- Enjoy routine chores as you realize your ability to complete them.
- Know that you are an important part of the tapestry of this life.
- Be optimistic and not pessimistic. The glass really is completely full!
- Release grudges, forgive everyone and remember to forgive yourself.
- Lead with your heart and deal with your world with love.
- We will explore and learn the scientific ways and reasons there are certain things we can do to slow the aging process with less of the “old age symptoms” appearing.
- Until I see you at our workshop, wear a smile each day and know how blessed you are.
Nameste.

“Look within. Within is the fountain of good, and it will ever bubble up,
if thou wilt ever dig.” ~*Marcus Aurelius*

THE DEMONSTRATION CORNER

One of my clients was looking for a job in this economy with no luck for the last year. We started Treatments and as my client developed a sense of her worth to the work force and a devoted trust in the Divine Universal Intelligence and right action she is now employed with a job she never thought she was qualified for. Divine right action in perfect timing.

~submitted by Rev. Victoria Kelley



BIRD APPEARANCE

Ten years ago, I spotted a Pileated Woodpecker in our yard. He flew in and out, and never came back. I've been waiting for another visit all these years.

On September. 22nd, I looked out the window. There she was, a Pileated Woodpecker eating on the suet feeder! I grabbed a quick, blurry shot through the window glass and hoped she'd come back for a proper portrait.

I even set out more food and feeding stations. Then I watched and waited for four days...nothing.

Then today, while talking to 6 year- old granddaughter on the phone, I happened to look out the window. My highly trained birder eyes – lol- had seen a flash of red out of the corner of my vision. ! I said a quick goodbye - gotta go photograph a bird!

This time I hid behind a bush outside and took some photos. I heard loud bird calls and then spotted her mate in a nearby tree.

What a gift to see these. They are the largest woodpecker in North America... real live Woody Woodpeckers!

Love,
Sally Harris



“Faith is to believe what you do not see; the reward of this faith is to see what you believe.” ~Saint Augustine

RECOGNIZING SYNCHRONICITY

This is a wonderful example of synchronicity, and the power of pausing between stimulus and response.

I was completing my Study Guide for Week 9 of the Exploring Roots class about a month ago and formulating my answer to a question related to Emma Curtis Hopkins' ideas about "unrighteous judgment," which she likened to the unnecessary use of an umbrella during fair weather.

I started to write about my "unrighteous judgment" that things shouldn't happen that I don't like and haven't anticipated. I was just about to give an example of my cable bill going up when I realized my on-line cable bill was actually ready. So I logged on. When I saw the bill, it *had* gone up (even though I'd previously called and negotiated a reduced rate). Harrumph!! I immediately forgot about my homework and called the cable company, planning to give them a piece of my mind.

But there's a pandemic, and I was put on hold. And knew I'd be on hold a long time.

Rather than letting the fact that I was on hold add to my upset, I took a breath and took a moment. I thought, how can I change my experience of this situation?

So I started my workout. I was supposed to do my workout, anyway, so why not do it while I was waiting?

The wait also gave me time to think about the experience of the customer service rep I would eventually talk to. How would their day be, if I yelled at them? How many other people might have already yelled at them? Were *they* personally responsible for my cable bill going up? (- no.) And most pragmatically, would yelling make it more, or less, likely that I'd get a satisfactory outcome?

I finished my workout, and soon thereafter, an agent took my call. I said hello and asked how their day was going. Then I said, "I have a bit of a problem..." and proceeded to explain my situation calmly. As I finished, I asked, "...so is there any way you can help me?"

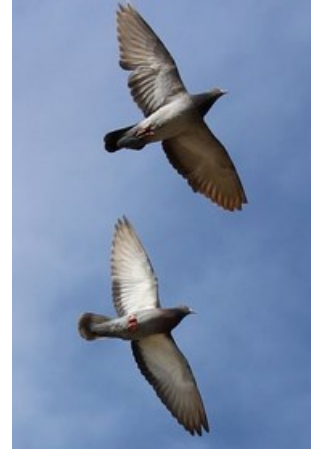
Not only did the agent help me, they ended up giving me more of a discount than I'd originally received, saving me \$40 a month for the next year. Not only that, they gave me a credit on that current bill, which otherwise would not have included the discount. At the end of our lovely conversation, I thanked them profusely for helping me, and wished them continued wellness and safety. I told them how glad I was they had their job and performed it so graciously. The person was genuinely touched and thanked me for being such a good customer.

I can't begin to tell you how wonderful I felt after this phone call!

Of course, I then had a perfect answer to my Study Guide question, plus, a perfect demonstration of the truth of Hopkins' words.

And I'm sharing this good fortune by tithing on the amount I'm saving each month.

~submitted by Diann Roll



BASIC SOM QUESTIONS By Rev. Michael Laakso

We have an on-going 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 Thirty

Infinity and Mind are synonymous. Infinity is not a human idea, but the Divine Reality awaiting our recognition. Exploring this Idea supports a further attuning of our thought with the Thinking of Universal Mind, the only Mind there is. Exploring any of the Divine Attributes also supports this attuning with our Source Mind. We could contemplate Love, or Peace, or Beauty and support our mind's attuning with Source Mind. For now, let's contemplate Continuity.

Infinity is free of boundaries. As such It is not composed of pieces and parts but is a Comprehensive, Continuous Wholeness. This Continuousness has implications for understanding the mind we are. For instance, I cannot be "a part of God." Being continuous with Infinite Mind, I must be "one with" It. I am not even "blended" with my Source. Like a drop in the ocean, I am of the same character and quality as my Context; no difference, no separateness. This gives me complete and free access to everything my Source knows and is. Communication is perfect. Understanding is perfect. Knowing cannot err. I am continuous with Infallibility.



Continuousness with all of Infinity indicates a continual intimacy, a closeness and acceptance free from hesitation or reservation. Nothing is more intimate than oneness. Here is no hiding and nothing needing hiding. Here is no misunderstanding, no conflict. "Behold my Beloved, in Whom I am well pleased," summarizes this unification on the part of the Source, but also Its Expression—you and me. Continuousness indicates a relationship, a companionship Perfect and Ideal. We are conscious of ourselves as an individuation of and also one with Universal Mind, not the Source but one with our Source. (We cannot *be* our Creator, but we are *one with* our Creator.)

For most of us, this isn't our current conscious experience, or not our continuous conscious experience. Somehow we have put our minds out of attunement with Source Mind. Typically we do not remember the when or how of it, but here we are, experiencing ourselves as alone and not in a companionship of continuousness with our Source, and therefore not in synch with people or conditions and often not even our Self.

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

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How did we accomplish this? First, it is important to recognize we have not changed our Context. In God we still live and move and have our being. Nor have we altered our continuity with our Source. To have successfully split from our Source we would have to have changed God, Its Nature and Being. Nor have we changed our Self, our Identity. We didn't create our Identity; consequently, we have no say in what we are and no power to alter it. Again, we would have to have changed God's Mind about Itself, since Its Self-Contemplation is the Cause for What we are. There are impossibilities in the One Mind, and these are a few of them. Basically, Infinity is inalterable.

We do, however, have jurisdiction over our thinking. We can *imagine* we split from our Creator. This will make for a real-feeling experience in our own mind, altering nothing else. So the change is only in the thought-content of the thinker, which, then, inevitably alters the thinker's perception of itself, its Source and its location (its context). The problem, if there is a problem, is in the thinking that is now out of accord with Reality (God). Thought is the problem and so thought is in need of correction.

This is important: *we* are not the problem, our selected thinking is. We are fine; our thinking has gotten goofy. We have a thinking problem, not an identity problem. However, we may have untrue beliefs in our mind regarding our identity. So let us first change our thinking regarding our Self. "I am still as God knows me to be." "I do behold the Beloved of my Source that I always am." "I accept my divine innocence and I let go of all self-accusation." "I like myself no matter what." Other thoughts of self-acceptance may come up for practice and contemplation.

We also need to begin finding other pain-producing thinking, nullifying it with the opposite thought. Our feelings that go with our thinking are great indicators of falsity or truth: "If it isn't happiness or does not lead to happiness, it is not true." This is so because God is eternally in bliss; so Its thoughts go with this joy. Moreover, Mind only thinks Truth. To lie to Itself would be to undercut Its Natural Integrity, something the One Mind cannot do, that is, be other than What It is. "God is Happiness and Truth and so am I."



“Connecting with others gives us a sense of inclusion, connection, interaction, safety, and community.
Your vibe attracts your tribe, so if you want to attract positive and healthy relationships, be one!
Staying connected and getting reconnected feeds the flow of goodness which empowers our humanity.”
~Susan C. Young

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Since Mind is continuous and infinite, everyone's mind is also continuous and boundless like its Source. Ernest Holmes acknowledged this. He called it the "race consciousness" referring to the group-mind of humanity. Jesus put it this way, "Where two or three are gathered in my name, I am among you." (In this special case, "in my name" means "in alignment with my purpose and consciousness." This would be an attunement with the spiritual energy we think of as the Master.) So partners have a 'group-consciousness' as do families, neighborhoods, towns, cities, ethnicities, nations, political parties, companies, universities, and so on. This is sometimes referred to as the culture of a family or business or nation, etc. A culture is first a way of thinking. From that flow the beliefs, the values, the ways of speaking, the food, the music, the celebrations and rituals, etc. Identifying with a certain group is a sure indicator of participation in its group-mind.

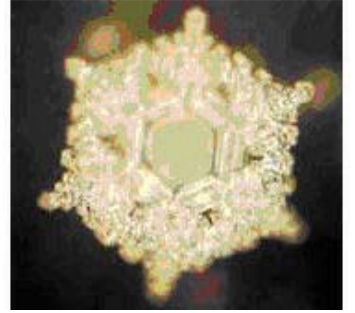
Every group-mind has its subconscious culture. We know that subconscious thought-content must demonstrate. I have been known to tear up during a rendition of "The Star-Spangled Banner." This is in part my identification with the ideals of this Nation, but also the "love of Country" in the Nation's group-mind operating through me. Many people before me have felt this gratitude and pride. I am OK with this commitment and valuing of this Nation operating through me. I am in attunement with it. There are other beliefs and conflicts in this group-mind with which I do not concur: racial character assassination, economic imperialism, disdain of the poor, and other social injustices. I watch my thought to see if I am allowing any of these cultural memes to inhabit my mind. I want to support our ideals being lived by all. So I accept my responsibility to clear these memes from my mind and consciously contemplate equality (oneness) and freedom (liberation from bondage) for myself and for others.



My mind is continuous with the group-mind with which I identify, so its thought contents can find unconscious acceptance in my mind. *If I don't think for myself, the group mind will think for me.* So it is incumbent on me to stay conscious to what I am hearing and seeing and choose my assent or denial. Group minds can be temporary, as in attending a weekend workshop or retreat. The group mind of humanity is most likely temporary, but has a long run already. Infinite Mind is a "group" of One; an All-Inclusive Whole. As such, we are all participating in this Universal Mind and every Good Thought It entertains. Our attunement with Its Content is unalterable. Being at choice, we can always open to a clear awareness of that at-onement. And so it is.

"In order to be happy, human beings must feel they are continuing to grow. Clearly, we must adopt the concept of continuous improvement as a daily principle." ~Tony Robbins

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.

