

Centuries before Christ,
the wise men knew that our expression in this life
is the result of what we have thought; and that what we think, we become.
Our thoughts change our moods for better or for worse.
They change our lives for better or for worse.
When they are good thoughts, they become wings on which to fly upward.
That is why the Father's Law of consciousness is so essential.
We are not conscious of anything unless we think about it,
but we can soar on wings of thought into ever higher realms of consciousness.
---Marjorie A. James

SPIRIT in ACTION

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MARCH 2006

Wings of Thought Marjorie A. James

In our lives we take for granted the inviolate laws of nature. We know that if we plant green beans we shall reap green beans, not radishes or pansies.

*The seed must unfold according to the elements of life with it.
As within, so without! It follows God's Law of Growth.*

The Law of Growth, the Law of Unfoldment, the Law of Consciousness are one and the same law. This law is God's creative power at work in all life. While plants and animals live instinctively by this law, the law applies to a greater extent in man, for he unfolds on three different levels, physically, mentally, and spiritually.

The Law of Consciousness works for good, for growth and unfoldment within and without, to establish unity and harmony and perfection in God's universe. The law is unvarying in operation.

God does not have to hurry, because He does not work in time but in order and in sequence.

"For precept must be upon precept, precept upon precept; line upon line, line upon line; here a little, and there a little." The Law of Consciousness operates steadily through man's unfoldment in reaching up to his Source, and also in God's revealing Himself to man.

*How do we work with the law?
The law works from within.*

We cannot at one time realize and believe in God's good and at another time doubt and disbelieve. Conflict in the mind slows down the effectiveness of the Law of Consciousness, which, of course, is closely allied with the Law of Cause and Effect: *As we sow, so shall we reap.*

Emerson noted that the earth operates in the loving Consciousness of the Lord. Dr. Irwin Gregg explains, "It is not personality that makes our lives worth while, but the Law of Consciousness."

It is not the law that varies;
it is our will and our ego and our thoughts
which waver, change, and cause dichotomy of mind.
We are as near to God as our thoughts are near to Him.
This awareness of the proximity of the Creator is as close as a prayer.

The Law of Consciousness is beautifully at work within us when our realization of God is so full, so real, so sincere, that our wings of God-like thought erase all ideas which do not reach up to the Father. The more aware of God we are the more harmonious and balanced our life will be.

Consider for a moment how accustomed we are to thinking that it is the motor that makes our car move. But until that motor is fed with gasoline power, we are not going anywhere, regardless of the number of "horses" under the hood. In like manner, the soul too is ready to take us anywhere we want to go, once the Power begins flowing freely through it. This is where the Law of Consciousness comes in.

The Law is impartial, for God is no respecter of persons, and the law responds according to the strength of our belief. To cooperate with the law we turn away from any thought of lack, for there is no lack in universal Intelligence and to think lack immediately sets up a conflict with the law. We accept the Law of Consciousness as valid, and vital to our spiritual development, and ignoring negativity, make the effort to consciously abide with and in the Presence---which is within us. As we respond to the Father's presence, the Presence is responsive to us. "Turn to me," God says, "And I will turn to you. " The strength and inspiration which we receive in turning are constant builders, and work consciously and unconsciously toward our spiritual development. Jesus reminded us, "I am the way." On wings of thought we can try to get some realization of his consciousness, the Christ consciousness.

Test yourself to see which way your mental winds are blowing.
Are you working with the Father and His spiritual law?

We need to constantly watch our attitudes---in even what appear to be small things. And in a crisis we can say, "Father, I don't know how to proceed, but I do know that your Power can do everything and anything. I know you will show me the way!"

*Here is faith invoking the law positively, through which we receive guidance and strength.
Working with the law gives us a new perspective on life which makes the heart sing!*

As we learn to work with the Law of Consciousness, we find that we do progress spiritually. Our unfoldment accelerates in accord with God's plan for us.

*The teachers appear as we need them.
The understanding comes, in the same ratio as our enthusiasm, our application, and our receptivity.
It is important to realize that the law requires development of the real self within.
Life is a spiritual school.*

We are here to learn to cooperate with God's laws, to seek His wisdom. God gave us brains to use. Through the use of the mind, and by the promptings of the heart, we so direct our attention to find the real self within and find unity with Divine Mind.

*Think what this means!
Behind us is the Love of God and the Intelligence of the universe!*

As we progress, we find ourselves in a new world--- God's spiritual world that has been here all the time. We know that the Father is with us everywhere, for there is no such thing as a place without God. We follow the Law of Consciousness and we are aware of Him wherever we are. We are aware of Him within. We know that God is all Power, that He is all Goodness, and that He is the Eternal!

When we hear and understand what someone has said, we have to do it consciously. Consciousness is to realize. If we do not realize something, we are dead to it. It might as well not be there. Jesus said, "He that heareth my words, and believeth on him that sent me, hath everlasting life ... is passed from death into life." Jesus is saying that until we become conscious of God in our daily life, there is no spiritual life or immortality.

Knowing the Father IS spiritual life and immortality.

It is so on the next plane, and it is so on earth. To have life eternal is to hear and believe and know and experience God in the soul, in the heart, in the mind, in the living.

Let us seek a daily communion and closeness with the Father. Forget any apparent lack. An early Divine Science practitioner, Anna L. Palmer, declared that whenever negative ideas threaten to overwhelm, one can work a miracle by affirming meaningfully, "God the Good is all I will permit myself to know." Beautiful, isn't it? She goes on to explain that a vibration passes through the consciousness, carrying with it the creative Power, the God power that brings forth all good into expression.

To say it another way, your whole being aligns itself with the most powerful force in the universe--- with that Holy Omnipotence--- when you make a positive acknowledgement of God as ALL. You are declaring the Word. The Word is Spirit and Spirit is Life. To declare the Word in this way, with fervor and belief, brings about the "miracle" of freedom for you through spiritual law--- when you send your wings of thought to God.

Potential

*The throbbing of the creative process
Enlivens my entire organism as I
Align myself with the divine energies
Which seek to express themselves
Through my soul, mind, and body.*

*There is no limit to my potential.
I am a native of infinite space.
I am a doer of mighty works.
I am the channel through which
The Infinite Allness of God flows forth.*

---Donald Curtis

When man gives his attention to spiritual ideas, there is set into motion a stream of pure spiritual ideas that take root in human consciousness ... the action of Divine Wisdom establishes an expression of spirituality ... When expression is rooted in spiritual ideas of Truth, the whole being is raised and unfolds. Then manifestations of good follow. This is the reason for our effort to raise our thinking and our feeling nature. Our manifest lives and our soul's growth go hand in hand. This is a gradual process. (Be patient!)

--Dr. Helen Zagat, *Faith and Works*

The dictionary defines *practical* as
"being put to use; useful."

Many of us are so busy being practical human beings that we have no time to be practical spiritual beings. Can we turn to this unseen Power, this divine Intelligence, and have it work for us in a practical way? We do a great deal of talking, but talking is not enough. There must be conviction. Emmet Fox said, "It is not enough to understand intellectually, because the heart must be involved."

The Bible is full of promises to confirm God's power in our lives, but we need faith and fortitude to abide in His kingdom of love and hope and understanding. "Let him ask in faith, nothing wavering," we are told. And again Jesus said, "If thou canst believe, all things are possible to him that believeth."

We need a faith that has depth and meaning, and a knowledge of truth that nothing can sway; a belief in the eternal oneness of all life, and a mind so centered in God that no outside problem can accomplish its destroying purpose. For those who believe, there is a new freedom from fear and a life of peace and joy wonderful to experience.

Prove me now herewith, saith the Lord of hosts.

Malachi 3:10

--Edna S. Bunt, (excerpt) "The Very Present Help"

(Dr. Maurita J. Wiggins from Valley Community Church, Divine Science, in Roanoke VA has graciously allowed us to use many of the pieces she writes, so that we may share them in our Spirit in Action newsletter. From time to time we like to include a particularly meaningful piece that we think you all will enjoy.) www.vccds.com

Motivation or Inspiration

God is love; and he that dwelleth in love dwelleth in God, and God in him. 1 John 4:16

We are blessed to live in wonderful times ...
and terrible times.

We live at a time in history when our opportunities are greater than ever, and our possible terrors and fears are equally great. Unless we're very unusual people, we roll out of bed every morning with a mind either filled with, or subtly influenced by---fear.

The media is filled with reasons to be fearful: terrorism (a dirty bomb or an atomic bomb), criminal violence, nature's merciless power (hurricanes, tornados, earthquakes, tsunamis, extreme heat or cold), ecoli in the food, (bird flu), the toxic effect of industry on our environment, business declines, concern about lack of or the rising price of gasoline or fuel oil, electricity or natural gas to heat our homes. Questions about our health, our family's health, financial concerns --- all these can easily dominate or if not dominate, can certainly flit through our minds.

There are certain social scientists, like Lance Secretan, who believe that fear is the dominant experience in most people's lives. Fear is used as a motivating force in so many areas; like religion (join my church or you'll go to hell); education (learn what I tell you or I'll flunk you); parenting (do what I say or I won't love and approve of you) politics (vote for me or the terrorists are going to get us); business (do what I say or I'll fire you); advertising and marketing (buy this product or you'll be ugly or people will look down on you because you don't have it).

It's occurred to me that even our "to do" lists could be fueled by unconscious fears.

"If I don't get this done: I'll be mad at myself; I'll be criticized; I'll loose money; I'll let people down; I'll be overrun with trash; people will judge me; I won't get something I want or need" and on and on.

Those of us who think of ourselves as being organized and responsible probably need to ask ourselves,

"Is fear at the basis of my effort to keep up with things?"

That is a searching question!

Another question everyone needs to ask themselves is, "Am I motivated or am I inspired?"

The dictionary says, to be motivated means to cause to move. It can mean to force, to incite to action. One could have a lot of negative reasons, including fear, for being motivated. Motivation can be created by an inner fear of scarcity or self concern.

On the other hand, the word "inspiration" comes from the Latin word meaning "spirit, to breathe, to give life."

Webster defines inspiration as "breathing in; to infuse with an encouraging or exalting influence; stimulation by a divinity, a genius, an idea or a passion; *a divine influence upon human beings.*"

I'm not trying to be cutesy or split hairs in defining these words. I hope, together, we can take a hard look at *why* we are doing many of the things we do. I'm certain that everyone wants to live an *inspired* life, rather than just a *motivated* one. Divine Scientists believe that God is Omnipresent. We are, everything is contained within the Presence of this all-encompassing, loving, wise, powerful, creative Force that brought the whole universe and everything in it into being. We're inseparably one with Ultimate Being, total Wisdom, Joy, Life. So, we believe that we can live life influenced, inspired and energized by Divinity. When we have the right attitude, when our goals are to love --- to serve, to teach, to help others grow, we're inspired and we inspire others.

Our most basic, most primitive desire is to love and be loved. Babies thrive when they're loved and they can die when they're not loved. Love is an indispensable part of us because God's most basic characteristic is love. As 1st John says, "*God is love; and he that dwelleth in love dwelleth in God, and God in Him.*" Next to being loved, we want to inspire and be inspired. We *will* live an inspired life when we deliberately take action, expecting and intending that God speak through us and act through us. We live an inspired life when we consistently look with love, try to see the good in people, situations, conditions and things. We serve and help others when we recognize and celebrate their strengths and possibilities. We empower them to release those possibilities within themselves.

When our daughter, Lisa, was a student in Boston in the mid 80's, she worked as an assistant to Benjamin Zander. Ben Zander is a professor at the New England Conservatory, and the conductor of the Boston Philharmonic. He wasn't the easiest person to work for--rather eccentric, but he's done at least one inspired thing. He gives everyone in his classes an "A," I'm going to share with you WHY he does this.

He writes,

"After teaching for 25 years at a music conservatory, I still run into the same obstacles. In class after class the students are so chronically worried about evaluations of their performances that they shy away from taking musical risks.

“I started asking myself how we could reduce student’s fear of failure. Completely doing away with grades would only make things worse; the student would get the feeling that they were being cheated out of their chance at stardom and would continue to fixate on their place in the rankings. In discussing the issue with my wife Ross, we came up with the idea of giving them all--the only grade that would bring peace of mind-- not as an assessment tool, but as a means to allow them to become open to any possibility. What would happen if you gave everyone and “A” in advance?

“In this class every student will get an A for this part of the curriculum,’ I always tell my student. Then I let them know they have to comply with one condition to earn the grade. Within two weeks they have to write me a letter dated: ‘May, next year’, which should begin with the following words: ‘Dear Mr. Zander, I got an A because ...’ In the letter they tell me in as much detail as possible what has happened to them in the interim that merits this exceptionally high grade. In writing their letter they have to project themselves into the future, then look back and report on all the insights they have gained and milestones they have reached --- as if all those successes were already behind them. Everything should be formulated in the past tense.

“But what I’m mainly interested in,’ I tell them, ‘is the person you will have become next May. I’m curious about how this person looks at life, their view of the world now that they’ve done everything they wanted to do, or become everything they wanted to become.’”

Zander got the following letter from a young Korean flutist, who raised several very heavy questions that performing musicians face in a culture marked by value judgments and competition.

“Dear Mr. Zander, my teacher,

I got an A because I worked hard and thought deeply about myself as a student in your class --- and the result was truly magnificent. I have become a whole different person. I used to be negative about nearly everything, before even trying. Now I’m much happier than I used to be. Around one year ago I couldn’t accept my mistakes. I got mad at myself after every mistake I made. But now I actually enjoy my mistakes and I really learned a lot from those mistakes. There is more depth in my playing than there used to be. At first, I only played the notes, but now I’ve discovered something about the real meaning of all those compositions. Now I play with more fantasy. I’ve also discovered my own worth. I’ve discovered that I’m a special person because I saw that I can do anything if I believe in myself. Thank you for your lectures and classes because they made me understand how important I am and the true reason why I make music.

Thank you. Best regards, Esther Lee”

Ben Zander came up with an inspired idea. He made his students envision what it would take to make an A in his class and especially, what kind of a person makes A’s. They had to see themselves in a brand new light. Esther Lee saw herself becoming more positive, happier, profiting from her mistakes, a worthy, special person who believed in herself and her possibilities. In other words, she became *inspired*. What we can see, what we can imagine, we can be!

Motivation comes from a place of fear inside us that prompts us to *use others* to achieve our goals.

*Inspiration--- is knowing
that we are God, individualized.*

The possibilities for our good are unlimited because we can live a life that is influenced, guided and protected by the Divine. An inspired life is ours when we live lovingly, with the attitude of service to others.

A man who thought he was living in hell on earth once asked the Peace Pilgrim for her advice. His marriage and his business were both about to disappear. She told him, “Do exactly what you are doing right now. Don’t change anything *except* do it all with the attitude of service.” The next time she saw him, his life had become heaven on earth. Both the marriage and the business were thriving, wonderful.

We can live that way! We can live inspired lives! We don’t need to change anything *except* envision ourselves and then act, doing everything we do with the attitude of love and service.

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Notes to the Editor

(We believe we have something worthwhile to give here and now. We invite others to share it with us. We are happy when they are benefited. ---Nona L. Brooks)

Please renew my subscription to AT-ONE-MENT. It is a wonderful publication. It is so inspiring. I really appreciate all of your work that reaches so many people and makes such a difference in so many lives. ---F.C. – Virginia

... I carry the devotional (At-one-ment) with me for both home & work, Spiritual sustenance. Divine Science is much more on target than any other "New Thought" group. ... At-one-ment has more genuine spiritual value for me. ... I appreciate the straight truth offered in your two periodicals without adulteration. Thank you so much!

P.S. – Will be ordering more D. S. books soon!
---S.D.M – Indiana

(Excerpt) I could not function without reading (At-one-ment) many times a day. Really enjoy the monthly newsletter (Spirit in Action) U send. In fact I have them copied & give to several friends here. So many people seem to be lost & really need/want help. ---P.M. – California

I start my day with At-one-ment. It is spiritual food for the soul. All the articles are inspirational. I will miss the articles by Mary Rezentes. I feel At-one-ment is needed today --- it speaks to all at a deeper soul level --- I am grateful for all who contribute.

---B. R. – California

(Thank you all for sharing. We love you and appreciate you. ---Editor)

Start!

Nature, delighting in her open secrets,

bears out what Goethe said:

“Nature conceals God, but not from everyone.”

Start where you please,

with any ordinary, observable fact about anything,

and you can reach its soul:

Move from leaf to tree to forest;

from sunflower to solar system;

from finite particle to Infinite Whole. ---R.H. Grenville

Bend Like a Tree in the Wind

Harold A. Schulz

A man was accused by a neighbor of being a public nuisance. The neighbor angrily said,

“Your old car that sits there on our beautiful street is a heap of junk. You are always doing repair work in your driveway. Don’t you know it’s against the law to operate a business in a residential area? I’m going to take you to court.”

The man thought about it a moment and then spoke.

“Yes, you are right. I am a big nuisance. My car is a heap of junk. I suppose I am operating a business in this beautiful residential area. Everything you said is correct. You have a right to sue me.”

It was his neighbor’s turn to speak. But the neighbor stared in silent surprise at the man whom he had thrashed verbally but who seemed none the worse for it. Instead, the accusing neighbor looked beaten. He appeared apologetic and walked away.

The man who had received the verbal attack demonstrated the power of the principle of non-resistance. He allowed himself to bend instead of bracing himself and returning a similar barrage of words, which would have caused an endless, fiery debate.

He was like a young tree in the wind. A sapling does not resist the wind but bends easily and gracefully with the elements; becoming more pliable and flexible. When the forces working against it have subsided, the tree bounces back to its previous posture. Even if wind persists, the tree assumes a new grace and beauty as a result of the experience. On the other hand, a tree that does not yield will suffer broken limbs or possible uprooting.

The path of nonresistance is not that of a careless weakling. Nor does it indicate the acceptance of negative ideals. Rather, the demonstration of non-resistance features the strong individual of lofty principles, who takes action when action is needed but is silent when silence is wise.

Jesus used the principle of nonresistance. He taught that there is no license for anyone to return evil for evil. “You have heard,” Jesus said, “that it was said, ‘An eye for an eye and a tooth for a tooth.’ But I say to you, Do not resist one who is 6

evil. But if any one strikes you on the right cheek, turn to him the other also; and if any one would sue and take your coat, let him have your cloak as well; and if any one forces you to go one mile, go with him two miles. Give to him who begs from you, and do not refuse him who would borrow from you.”

Matthew 5:38-42; R.S.V.

We live in a world created by God and peopled with beings possessing the divine image of God. Surely this makes understanding and the application of love and kindness a necessity.

Jesus further taught that nonresistance is the enactment of love. “if you are offering your gift at the altar,” he taught, “and there remember that your brother has something against you, leave your gift there before the altar and go; first be reconciled to your brother, and then come and offer your gift. Make friends quickly with your accuser, while you are going with him to court, lest your accuser hand you over to the judge.” Matthew 5:23-25; R.S.V.

Resistance is like rubbing two matches together. Heat is generated and soon a spark ignites them into flame and destruction. Resistance causes friction. At such times there is a wearing out, a depleting of energy and stamina. Both the physical and the mental processes deteriorate.

Nonresistance, on the other hand, summons the practice of love. When we refuse to resist negation, sin, sickness, fear, and all the other negatives, they cease to lurk in our midst. They no longer have a hold on us, for we refuse to take hold of them.

Nonresistance actually nullifies any visible or invisible presence of negation. Hence the so-called “enemy” is powerless and the threat is meaningless, and does not even exist, as in the case of the man who received the tongue lashing from his neighbor. Loving nonresistance cancelled out the destructive attitudes of resistance.

We have the opportunity to apply the true spirit of this powerful force of nonresistance to the many storms of life, as well as to the petty annoyances that we encounter. The practice of nonresistance can quiet such storms and change petty annoyances to happy and meaningful experiences. Blessings will increase. For good begets more good, more love, and more peace. Here lies the secret to the acquisition of strength and power and victory. Stand for the good and there is no reason to fight against the negative.

Jesus said to make friends quickly with your opponent. That is, rise above the matter. Rise above any display of negation and above any thought of evil. Entertain the lofty thoughts of health, wealth, light, and love. Thus, one lives in turn with Divine Mind. He can affirm victoriously, “The power of God omnipotent is at work for me and within me. I live and move and have my being with God. I stand with God, my only true good.”

Bend like a tree in the wind and rebound again in the victory of tranquility and peace.

Faith, the Secret Builder

(Excerpt) Grover Brinkman

Did you ever have someone ask point-blank---
for you show or prove that the God of our generation
is not dead?

The astronauts never found God, or heaven,
as they soared through outer space.

No living person has ever seen God or Jesus.
So how do you know? ...

You can remind your questioner of many basic unseen things: electricity, wind, radio and television waves--- all not visible to the human eye. ...

Sometimes it is far from easy. The doubting, nagging thoughts do not disperse overnight. Critics on every hand challenge you--- the agnostics, the unbelievers. They try to channel your thoughts into disbelief. They insist there is no God. Conform, brother/sister! Don't be a square, an oddball! Get with it! Live for today and get all you can.

But if you have faith, careful observation shows that they, not you, are the troubled ones. Their very desperation identifies their fear. They are so afraid, so disillusioned, that fear is given utterance in every negative cry they make. Some of them really welcome an argument--- an assertion of your faith--- so dominant that it pushes them hard against their wall of disbelief; but you stand tall and show them a strong, unwavering faith.

The person who has faith in the existence of God talks with God in the quietness of his room, on a busy street, or in a noisy office. He prays to a personal God for guidance and knows that his prayers are heard. He follows the way of God's goodness without question. ...

Faith is the secret builder of goodness and greatness. You cannot know God without the faith that He is. You must listen to a conscience that is part of your mentality and you must look for evidence of God's movement around you. ...

There is a master plan, and God is the Architect, the Builder, the Botanist, the Ecologist. He is the Source and Sustainer of all.

Can you not see the wonder of God
in the eyes of a child?

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A Divine Science Federation International Newsletter

L ove
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We Welcome You!

Enthusiasm contains a magnetic quality.
When you become enthused about living, you make each day an adventure and you attract greater good from life.

So, Today--- become enthused about the good,
look for the good,
accentuate the good,
expect the good,
and you will draw the good to you.

Become enthused about your work and it will reward you.

Become enthused about your friends and they will return the favor.

Become enthused about your family and you will discover a closeness that may have been missing for a long time.

Expect each day to be a rewarding experience!
Expect success!
Expect right action!
Expect harmony to prevail!
Expect prosperity!

The Bible states,
“Thine expectation shall not be cut off.”

Your enthusiasm and expectation act as a magnet, drawing to you the good you hold in mind.

Today affirm with feeling: Today, I look for the good, I expect the good, and I am enthusiastic about that which is good.

---Dr. Vernon Shields
Minneapolis, MN