

Imagine a large upright wheel before you,
mounted on an axle but not resting on the ground,
so that it can revolve freely.
The plane of its diameter reaches out ahead of you.
Push any point on the wheel's rim away from you
and the opposite side of the rim will come back toward you.
You cannot prevent its doing so; it is the law.
For all out-going there is an incoming.
---Jane Hilton

SPIRIT in ACTION

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MAY 2006 - May is DSFI Membership Month

We Welcome You!

As the Wheel Turns---
Or Does Not
---Jane Hilton

This law that is mentioned in the demonstration of the wheel above, governs our lives. Whether we desire it to operate or not, the law provides that as we give, so do we receive. If we wish to receive--- no matter what--- we must first give of our own good in some form.

Centuries ago, "the Preacher" of our Bible stated the law as:

"Cast thy bread upon the waters: for thou shalt find it after many days." Ecclesiastes 11:1

We have no way of setting a time limit, but it will return. God knows nothing of time, and He has ways we "know not of."

Spiritual law is utterly dependable. The universe is founded upon it. According to spiritual law, it is our giving that makes possible a return flow of good.

As we practice generosity, we ourselves are the main beneficiaries. The law is not concerned with individuals as such, but if we are to have a part in the universal abundance that is our birthright, our deeds must conform to the spiritual law by which God governs His universe.

Just as we suffer from our own lack or poverty by our choices, so we also have the choice to throw open the door to joy and true riches. Our loving Father has made available for us wonderful experiences---along with the wisdom to choose them.

There Is A Plan (Part 2)

Jack H. Holland,

(a Divine Science Minister, educator, lecturer, writer, and former professor at San Jose State University)

(Previously stated)

All matter, including man, is reducible to electromagnetic energy. It is a law of physics that energy always seeks a terminus, or goal. The perfect expression of each energy form--- atomic or nuclear energy, hydroelectric, biofeedback, radionics, etc.--- is found in a pattern within the energy form. There is a unique pattern within each individual for his/her expression of life's plan, also.

How can one be certain
that he is living by the master plan?

How does one really "let go and let God?"

I believe that two things are necessary to live by the plan and to be aware that it is really the plan of Infinite Being which we are following.

First, we practice love in all its manifestations--- we love, recognizing that God (Spirit, Energy) is in all. As we practice the Great Commandment, we are in harmony with all created things and are working in the life-stream of Infinite Being. This requires, of course, that we purify all aspects of our lives--- purity in every way, in every thought, in every deed. There can be no exception to this purification process. It must be whole, just as Jesus told us in the Great Commandment: love God in mind, body, and spirit. This means complete purification. When one truly loves, he can only live in the complete harmony of purity of mind, body, and affairs.

Naturally, in complete loving we are following the master plan. We do not warp the divine plan within ourselves. Any exception to loving--the purification process--- should immediately alert us to our failure in living completely within the perfect plan. The plan loses its perfection when it is being modified in some manner by our consciously created limitation--- which is what happens when love is absent.

Second, if we truly are to be followers of God's plan, we must strive conscientiously, through both thought and action, to go into the

"secret place" where God's communication can come through the intuition.

If we spend all our waking hours focusing on the outer--- the physical, the known, the problems and situations of the world--- we have no opportunity for God to communicate with us. All creative energy, all of God's work and words for us, must reach our consciousness in some way if we are to manifest it in our lives. We simply have to permit intuition the opportunity to make Itself known.

How can this possibly be done
unless we provide ourselves
the time necessary to "listen" within?

There is a way!

We must learn to observe the "silence."

We must listen to the inner voice,
which is God's communication to us.

Jesus told us that we must learn to listen, that we must learn to meditate, that we must recognize the necessity of opening the channel for complete communication. We can call it meditation, or prayer, or silent contemplation; but in all cases it is the willingness to open our minds and hearts to the word of God.

Today, it should be easy for us to understand the importance of providing for the silent time. With biofeedback and similar scientifically developed apparatus, *we know*, intellectually-scientifically, that the energy (spirit) within an individual increases as he focuses more and more on love and lets go of the outer and searches out the inner. The importance of going into the "secret place" is now demonstrable to even the most naïve in our world.

Thus, the two conditions for coming into the awareness of God's plan and living by that plan are: complete purification through the love force; and going into the silence.

It has been said that Jesus did not emphasize meditation, but this is not true. Yet, to some it appears that he did not; probably, because Jesus recognized, first and foremost, the necessity of complete purification of body, mind, and spirit.

John the Baptist symbolically prepared the way by the cleansing of the body and mind; 2

and John said, as recorded in Mark 1:7: *“After me comes one who is mightier than I. I am not fit to unfasten his shoes. I have baptized you with water; he will baptize you with the Holy Spirit.”*

*Without the purification, meditation can become a very destructive force, and I mean that quite deliberately and literally. We become, physically and mentally, the channel for the God-energy (Spirit) when we have purified our total being; but if we have not, the channel can easily become clogged, lesser energies can come through us, we begin to interpret our intuition incorrectly. Psychologists certainly agree that the *frame of reference* with which one contemplates determines the contemplation. One should ask, ‘Is my frame of reference pure, or does it contain seeds of destruction?’*

How can one be a proper vessel for receiving God’s communication when he is not pure? Would you pour pure water into a partly cleaned vessel and expect the water still to be pure? We are the vessels into which God pours His wisdom when we provide the communication channel. But His wisdom becomes distorted, impure, even harmful, if the vessel has not been cleansed prior to the input of wisdom. An adding machine cannot give the correct sum of certain numbers until the old is cleared away. It has to start with complete purity. Purification through love must precede meditation. Then, nothing but good comes through and God’s plan is revealed.

A student of meditation, or a student of any of the so-called “mind-sciences,” which seem to be “popping up” everywhere, should be cautious of the motives, the understanding, and the love of those leading the classes--- and of his own. Has there been purification of both the instructor and the student in terms of body, mind, and spirit? If not, there can be, and normally will be much faulty, misleading communication. It will come under the guise of having been received through meditation--- which it has been--- but the receiver has not been a pure vessel and the resulting information has been tainted. Meditation is essential in our lives, but the current

“meditation craze” can lead to much mischief, to many false prophets, to much that can destroy, unless the first step to following God’s plan is taken. That step is purification.

(Remember--- the two conditions for coming into the awareness of God’s plan and living by that plan are: complete purification through the love force; and going into the silence.)

It seems strange that many of those highly involved in meditation programs today apparently ignore this first step, when all logic and all great faiths indicate the importance of the total process.

Jesus, John the Baptist, Isaiah, Buddha, Krishna, Mohammed, and many others wrote concerning the need to purify the mental and physical aspects of the individual before meditation. The great works found concerning Solomon’s Temple disclose that the Israelites had to go through many purification rooms and processes before they were allowed into the Holy of Holies. Then they became perfect receivers of the word of God.

To live by God’s plan should be the objective of all of us, because it leads to perfect freedom, perfect harmony, perfect joy in our world. God’s plan cannot be realized, however, until we ourselves take the steps to understand it and bring it into manifestation. Here man exercises his free will. He can make way for the Plan, or continue to drift in the flotsam and jetsam of the physical world.

We must all recognize that God’s plan for us is a perfect plan of a larger plan. It is designed for the good of all and not just ourselves. Hence, the love power must be expressed completely in line with what Jesus told us in the Great Commandment. This great Plan is multi-sided. It reaches out to all events and all people who come into our lives, and they, as we, are instruments for the unfolding of the Plan. We must be ever vigilant to the outworking of the Plan. Always, our frame of reference to all conditions, people, and circumstances in our lives must be: God’s plan for us is perfect harmony, peace, creativity, joy, enthusiasm, and health. We must know that if there is disharmony in our lives; if there is no 3

peace, creativity, joy, enthusiasm, or health in our world, then something we have done, or are doing, is creating an obstacle for the Plan which God has for us.

We must go into our secret place and search for the infinite wisdom that is available to us there. Going into the silence, we must prepare ourselves to receive pure information, pure wisdom. We prepare ourselves by purifying our mind, body, and spirit (energy).

We are told in many places in the Scriptures to seek the silence, but above all to seek the purification first. 1 Peter 1:22-25 is particularly effective to this message.

“Now that by obedience to the truth you have purified your souls until you feel sincere affection toward your brother Christians, love one another wholeheartedly with all your strength. You have been born anew, not of mortal parentage but of immortal, through the living and enduring word of God. For (as Scripture says)

‘All mortals are like grass; all their splendour like the flower of the field; the grass withers, the flower falls; but the word of the Lord endures for evermore.’

And this ‘word’ is the word of the Gospel preached to you.”

Yes, there is a great master plan for you. The blueprint is established and you have the free will to construct the mighty edifice that can be your life!

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--- The Call ---

I was walking the road of life last night
when the Omnipresence said to me,

“Come with me and see as you have never seen
before; I’ll show you the way.”

I blinked an eye, and the Omnipresence spoke again,

“Come with me and hear as you have never heard
before; I’ll tell you the way.”

I cocked an ear,
and the Omnipresence whispered low,

“Come with me and know as you have never known
before; I’ll reveal the way.”

I heaved a sigh,
and the Omnipresence spoke once more,

“Come with me and love as you have never loved
before---for I AM the Christ within.”

---George Pollinger

The Very Present Help

Edna S. Bunt

What is charisma?

*How can you define that subtle power that
draws you to others?*

The American Heritage Dictionary defines it as:

*“A rare quality or power attributed to those
persons who can win the devotion of large
numbers of people; a special quality of
personal magnetism or charm.”*

I had met her casually one evening after a public meeting. She was the principle speaker for a new non-profit organization which was being formed to assist the indigent.

Anyone listening to her could see that she believed very deeply in what she was saying. She carried you along with her enthusiasm.

She must have lived deeply. Life hadn’t been easy. There may have been rebellion and self-pity and loneliness and disappointments---

for their touches appeared ever so slightly in her face. But oh, the lovely expression of her eyes, the quick responsive smile, the kind voice, the attitude of listening to what others were saying as though she found it infinitely appealing and interesting! It gave her a beauty that no surface regularity of feature could express, because it came from the sanctuary of her soul.

I came home that night determined to do something about my own errant life.

What had I done, I thought humbly---
to lift my consciousness---
and by so doing lift the consciousness
of the whole world?

How much had I given of my God-self
to others?

Had I withdrawn myself from those
who seemed to me to be ugly and uncouth?
Did I ignore them

because they did not look or act as I do?
Did I condemn others in worse circumstances
than myself?

And did I condone, justify, such thinking
in myself?

As I pondered these qualities I realized that it was her beautiful serenity that so attracted me. She was love exemplified. Love has a way of bringing out more good in others. She had shown me a deeper appreciation of God's universal purpose and given me a new conviction that we all grow in God's grace in our concern for our fellow man.

What if everyone were to promise themselves
that each day they would
speak love, think love, express love;
that they would refuse to be
intolerant or envious or critical or selfish?
Impractical you may say---
nothing is impractical or impossible to God!

No matter what the circumstances, the God power within us gives strength enough to meet every day with confidence and courage. Love changes things, heals all.

I am, at this moment, filling my mind with thoughts of love and happiness and good will. I am sending these thoughts out to all those in need of them.

I am expressing love and I am being a channel "drawing power" to and for God.

No one can resist love,
and with it comes an inner conviction that we are aligning ourselves with Love, God.

There's Always a Way

Grace V. Schillinger

"Sure, I'll manage her dress all right," Mom said, "but what about shoes?"

It was a Wednesday afternoon in late May, 1929. I watched her smooth out Aunt Louise's old long white formal with the little pink roses scattered over it--- on the kitchen table.

"There'll be a way," Dad told her in a low voice. "I know there'll be a way."

"Oh, you're always saying that!" Mom frowned at Dad from the end of the table. "Ever since we moved into town from the farm, you've kept saying it, but there just hasn't been much of a way yet." She slashed off the entire top of the dress.

"Oooh, you've spoiled it!" I couldn't help squealing.

"If I'm to make your sister's graduation dress out of it, I have to cut it up," Mom said.

It was almost the last day in May and my sister, Julie, would graduate next week. What would Julie do for shoes? Mom only had a few dollars left and that was for flour to bake bread. We lived mostly on eggs---fried, boiled, baked, deviled, or scrambled. It seemed to me we were better off living on the farm, but Dad said he could no longer manage there.

If Dad could only find a job ... just any kind of job. Every day since the first of March he had tried to find work. They all told him, "Hard times. No work now. Maybe later." Sometimes a farmer brought in a harness to be repaired and oiled but the pay was not much.

The days went slowly on. Mom finished the dress and it looked like our big crabapple tree on the farm when it bloomed--- all fluffy and pink and white. When Julie tried it on it looked so pretty, but her black oxfords spoiled it all.

The last Sunday in May our Sunday school lesson was taken from Matthew. It came my turn and I read the nineteenth and twentieth verses in chapter eighteen.

“Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven. For where two or three are gathered together in my name, there am I in the midst of them.”

“Those two verses are about prayer,” our teacher explained. “If we gather together in the name of God, asking for good things, if it’s His will, we’ll receive them.”

“Anything?”

“Any good thing, especially if it’s for someone else,” she said.

I could hardly sit still. A pair of slippers for Julie---that would be a good thing. And it was not for me! God would not want Julie to get up in front of everyone wearing a dress that looked like apple blossoms with a pair of black oxfords.

All that afternoon I thought about those two Bible verses. They must be true. Before I went to bed I told Mom about the Sunday school lesson and about praying for slippers. She hugged me tight and whispered, “We’ll think of something.”

The next morning when Julie and I walked into the kitchen Dad said, “We’re going to have a prayer meeting in the harness shop after breakfast---all four of us.” He smiled at Mom.

Later, in the harness shop, Mom began by reading the same verses I had read at Sunday school. “Now,” she said, “we’ll join hands.” The basement windows were open and I heard a wren singing on the clothesline. The smell of roses from outside mixed with the nice smell of Dad’s tools and leather and oil. When I shut my

eyes, waiting for Mom to start praying, I almost thought we were standing in Dad’s workshop on the farm.

“Our heavenly Father,” Mom began, “we’re asking for a good thing: please let Dad find some work to do. We do need it so much. Thank you, Lord.” She always thanked God, even before her prayers were answered.

When my sister and I left for school Dad said, “Now, I’m going out to look for work. I’ll be back when I find it.” His words sounded strong.

He was not there when we sat down to the noon meal, but just as Julie and I were ready to leave for school in the afternoon, he dashed in the front door.

“Good news!” he called out, and his blue eyes lighted up. “I walked uptown this morning but it was the same old story everywhere I asked. No work in town. So I thought I’d walk out into the country. I got almost out to where we used to live. Mr. Rutledge--- do you remember him? He’s that big farmer who feeds lots of hogs and cattle. I stopped and asked for a job. He said his hired man had quit and wanted to know if I’d haul manure out onto the fields. I said, ‘I sure would.’ ‘Fine!’ he said. ‘I asked one man in town to do it but it wasn’t the kind of work he wanted.’”

“When do you---?” Mom began. She twisted her hands in her apron.

“Wait ‘till you hear this! He wants us to move into the tenant house on his farm. We’ll live in the country again. Who knows? Maybe we’ll live on a place of our own again some day!”

He sounded so happy I knew everything would turn out fine. Julie would get her new slippers. She would look as pretty as a bunch of apple blossoms. We would live in the country again. Maybe there would be a pony to ride. And there wouldn’t be many houses crowded so close to ours. Almost without knowing it we joined hands, the same as we did in Dad’s harness shop that morning.

“Didn’t I tell you--- there’s always a way!” Dad stated.

Become a Lifter-Upper

Joseph Murphy

(a Divine Science Minister, Dr. Murphy was also a well known metaphysical lecturer, writer, and teacher in the U.S. and abroad)

The Bible says,

And I, if I be lifted up from the earth, will draw all men unto me. John 12:32

This statement, like many others in the Bible, is purely psychological and spiritual, written in idiomatic, oriental language, telling us how to lift up ourselves from poverty, sickness, lack, and limitation of all kinds.

In the prayer process, you must lift up your concepts to the point of acceptance; then the manifestation will follow. In prayer, you turn within to the Infinite Presence and Power and anchor your thinking there. This Infinite Presence is responsive to you, and when you call upon the divine Power you will receive an answer. You can receive courage, faith, strength, power, and wisdom which transcend the ordinary physical senses. You are then lifted up, the old state dies and the new state is resurrected.

You cannot manifest your good in a depressed state. Behold your vision and contemplate its reality and you will rise above all obstacles and difficulties. As you contemplate the presence of God within you, you will dissipate automatically all the fearsome shadows lurking in your mind.

Remember a simple truth:

You will always demonstrate your character,
for character is destiny.

Release your energy, talents, and abilities, and develop a zeal and enthusiasm to learn more about your inner powers. An energetic, confident, enterprising man who attends to business, who does the right thing and practices the Golden Rule, will make a success of his life whether or not he meets a stranger who will help him, knows the right congressman, or wins a sweepstakes ticket. Your character and mental attitude will make or break you. This is true of you, your country, your business, your church, or of any institution.

Lift up yourself. You can build into your subconscious any quality you desire by meditation every day upon that quality. Ask God to give you what you need--- and He will.

“There are two kinds of people on earth today. Just two kinds of people, no more, I say. Not the good and the bad, for it is well understood, the good are half bad and the bad are half good. Not the happy and sad, not the rich and the poor, nor the humble and proud. No, the two kinds of people on earth I mean are the people who lift and the people who lean. Wherever you go you will find the world’s masses are ever divided into just these two classes. And strangely enough, you will find, too, it seems, there’s only one lifter for twenty who lean.”

---Ella Wheeler Wilcox

We are here to grow, to transcend, and to discover the divinity within. We are here to meet challenges and then to overcome them. The joy is in the overcoming! If the crossword puzzle were already filled out for us, it would be a very insipid and dull world. The engineer rejoices in overcoming all failures and difficulties in building his bridge. We are here to sharpen our mental and spiritual tools while we grow in wisdom, strength, and understanding; otherwise, we would never discover our divinity.

Do not let your children lean on you indefinitely for everything. When they are old enough, teach them the dignity of labor and that the money they receive from mowing the lawn for a neighbor, or for some other odd job, is for work well done. This will give them pride in service to others. It will also teach them self-reliance and confidence in themselves. Teach them also to see the good in others and how to call it forth, and they will always be lifters and not leaners, whiners, or complainers.

Be careful how you give to others. Never rob another of his opportunity to overcome and to discover his inner powers; otherwise, you will make him a leaner, always seeking a handout. Lift him up! Do not see him through the eyes of lack and limitation. Realize that he is one with the Infinite and divinely led to his true place, and clothe him mentally with the riches of heaven.

We should always be ready to help a person who is really hungry, or in want or distress. This is right and good. Our assistance, however, must always be based on divine guidance and our motivation must be to help him to help himself. Teach the other where to find the riches of life and how to become self-reliant and how to contribute his best to

humanity, and he will never want a handout. All of us are willing to give a helping hand, but it is wrong to contribute to the shortcomings, derelictions, laziness, apathy, and indifference of others.

We are all here to put our shoulders to the wheel. If we are (naked) wearing just a loin cloth, someone made it for us. What are we doing for others? Are we working and contributing our talents and abilities? There are many beggars who are able-bodied and who make a profession of begging for alms, and as long as we give to them they will never work. They become parasites and leaners. Some of these beggars are very wealthy.

Within every person there is a vast mine of undiscovered riches and powers. Each one must be made aware of his responsibilities to society. All of us are a part of humanity on the pathway of life. We are to do our share. Life rewards faith, courage, endurance, and persistence with more of these qualities. It is in overcoming obstacles that we develop character, and character is destiny.

Lean on God and not on people, or the government, etc. The government cannot give us anything except that it first takes it away from us. Furthermore, no government can legislate peace, harmony, joy, abundance, security, wisdom, love of neighbor, equality, prosperity, or goodwill. All these come from the spiritual world within us. ...

A business executive in Los Angeles told me that in 1929 he had lost everything in the market crash. So did his brother. Each of them had been worth over a million dollars. His brother, who committed suicide, said that there was nothing to live for, that he had lost everything.

This business executive said to himself, "Yes, I have lost all my money, but I have good health, a lovely wife, abilities, and talents. I will make it again. God will guide me and open up a new door for me." He rolled up his sleeves and went out as a gardener and did odd jobs here and there. He accumulated some money, invested it in stocks, and saw them rise to fabulous heights. He gave advice to others, and they all made a small fortune.

He was a lifter. He had lifted himself, for he knew that there is God-Power which would reveal to him a way out, an answer. He had called upon the spiritual reserves within himself, and strength, courage, wisdom, and guidance came to him.

In James 4:8 we read,

Draw nigh to God, and he will draw nigh to you.

This means that Infinite Intelligence is responsive to you and will answer when you call.

I and my Father are one.

John 10:30

You and God are one.

Do not lean on land, stocks, relatives, or anybody or anything else. Trust the God-Power within to sustain you and to watch over you at all times. Stop looking outside. Look inside. If you look outside for help, you are denying the riches of God within and you are stealing power, wisdom, and intelligence from yourself.

Believe in yourself as a spiritual being of grandeur, and recognize your divinity. Moreover, contemplate the truth that you are here to release the imprisoned splendor that is within.

Be a lifter always by realizing that there is an Infinite Power to back you up. This Power will lift you up, heal you, inspire you, open up new doors for you, give you new creative ideas, and present you with a sense of deep, abiding security in that which changes not and is the same yesterday, today, and forever. All you have to do is to trust this Presence and believe in it, and wonders will happen in your life.

The lifter meets a problem head-on and he says to himself, "This problem is divinely outmatched. The problem is here, but God is here, too." And he wins! He grapples with all hurdles---business problems, engineering problems, space problems, etc. --- with faith, courage, and confidence, and he goes forth to conquer sickness, fear, and ignorance. Mankind will never abolish the material slums until he abolishes the slums in the mind of man.

Feel your dignity and grandeur as a son of God and realize that you are immune to insults, criticisms, and vilifications by others, because you are God-intoxicated. If you exalt and love the God Presence within you, all men--- even your so-called enemies-- will be constrained to do you good.

Refuse to accept suffering, and never resign yourself to any situation. You are a transcendental being and you can lift yourself up mentally over all conditions and circumstances.

When Abraham Lincoln was informed that a member of his Cabinet, the Secretary of War, was maligning him and calling him an ignorant baboon, he replied, "He is the greatest Secretary of War this country ever had." No one could permanently wound Lincoln's ego. Lincoln knew where his strength was, and he knew that no one could drag him down except through a movement of his own mind. Lincoln was a lifter, which means that he not only lifted up himself but recognized the God-Self within. He thereby acquired the strength to lift a whole country.

Before you can uplift and help others, you must first be lifted up in wisdom and understanding. You can give only what you have. Often the soap-box preachers and the do-gooders are simply projecting their own shortcomings and inadequacies upon others. The blind cannot lead the blind.

There is no one to change but yourself. You have to be nice to yourself: the real Self of you is God! Exalt, honor, and respect this divine Presence within yourself; then you are loving and honoring your neighbor. Your neighbor is the closest thing to you.

"Speak to Him thou for He hears,
and Spirit with Spirit can meet---
Closer is He than breathing,
and nearer than hands and feet."

---Tennyson

God is your neighbor, and if you love God you will have good will for all men.

Look at the reality of yourself, shining in pristine glory in your depths. Let your true light shine, and let God's love flow through you, expunging all your weaknesses, shortcomings, and deficiencies. The lifter has found God within himself and feels strong and secure in His presence.

The lifter knows that he is here to go forth conquering, for the Infinite cannot fail. Because he is one with God, he has no fear and is no longer frustrated or distracted. The lifter affirms, "God gave me this desire, and the God-wisdom will reveal the perfect plan for its unfoldment."

You may need a doctor, a lawyer, a psychologist, or a carpenter---and they may need you. We need each other, but let us remember to lift up God in everyone, and to see each man as he is: a son of God, radiant, joyous, prosperous, and free.

Be a lifter! Exalt God in the midst of everyone. Clothe them with majesty and excellence, and adorn and embellish them with the sunshine of His love. As you first exalt the divinity within yourself, you find tongues in trees, sermons in stones, songs in running brooks, and God in everything and in everybody.

The lifter knows the truth of this ancient saying: "What thou seest that, too, become thou must; God if thou seest God and dust if thou seest dust." When you are dejected, depressed, or fearful, lift up your concept of the Spirit within you which is God! You have a mind which is part of Infinite Mind; you have a spirit within, which at the human level is called feeling or emotion. In other words, the invisible part of you is God.

Cease crawling, cringing, and living in the shallows and eddies of life! Stop apologizing for being alive! Get a new estimate, a new blueprint of yourself. When you feel inadequate or weak and have a worm-of-the-dust attitude, you are being governed by sense evidence, and you feel that you are a victim of heredity, environment, and conditions. Exalt and lift up the Healing Presence within yourself. The Father-Mother-God is within you.

There must be agreement between the conscious and subconscious aspect of your mind regarding that for which you pray. If there is no quarrel or argument in your conscious or subconscious mind, your prayer will be answered.

You are healed of all infirmities when you gaze upon the infinite Healing Presence within you and claim that what is true of God is true of all men. Then you will release the spiritual agencies on your behalf and you will ascend from a cringing worm-of-the-dust attitude to the exalted mood of faith and confidence in the joy of the Lord, which is your strength.

Be a lifter-upper from now on! The Spirit in you is God. It is invincible, invulnerable, eternal, almighty, and omniscient. Unite with this Presence and Power in your mind and your desert of loneliness, fear, sickness, poverty, and inferiority will rejoice and blossom as the rose.

I bare you on eagles' wings, and brought you unto myself.
Exodus 19:4 9

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I ntegrity
F reedom
E xcellence**

We Welcome You!

“Love, like any art, is not just something one falls into. It is something which requires careful cultivation and practice.

The deepest need of man appears to be the wish to overcome his feeling of separation, to leave the prison of his helpless human aloneness. To escape from the loneliness of self, people may use different means: the solace of work, pleasure seeking, drugs, alcohol, meaningless sex, achieving a sense of union by conforming to a group, or immersing themselves in creativity.

Ideal, mature, personal love is union under the conditions of preserving one's individuality. Love is an active power in man. It breaks through the walls which separate him from others, yet permits him to retain his own integrity, so that two persons become one and yet remain two.

Love is an activity, the practice of a human power, primarily a *producing* action of giving, not receiving.

Faith is an indispensable quality of any close relationship, faith in ourselves as well as in the other. We must depend on our own central core of love and power, not need to have our identity bolstered by another. To love means to commit oneself without guarantee, with courage and trust that our love will be cherished.

Expression of love is the only sane and satisfactory answer to the problems of human existence, for it is the ultimate, real need in every human being.”

---Erich Fromm
The Art of Loving