

SPIRIT in ACTION

A Divine Science Federation International Monthly Publication

January 2008

| Divine Science Federation Board of Directors | | |
|---|--------------------------|--|
| Position | Name | Area or Organization Representing |
| President | Mrs. Cathy Hall | Central Region |
| Vice President | Dr. William Freeman | Member at Large |
| Treasurer | Rev. Christine Emmerling | Member at Large |
| Secretary | Rev. Peter Miller | Eastern Region |
| Chaplain | Rev. Larry Massengale | Western Region |
| Board Member | Dr. Jane Kopp | Brooks Center for Spirituality |
| Board Member | Rev. Patricia Beach | Divine Science School |
| Board Member | Dr. Anne Kunath | United Divine Science School |
| Board Member | Rev. Harold Wardrop | Divine Science Ministers Association |

Begin Anew

By Jo Ann Pecoraro

It is a new year and I begin life anew. As the old year draws to a close the time is ripe for making new resolutions. The last of the old year is a good time for thorough housecleaning. Even those who have not learned through the study of Truth to renew their thinking day by day find that the practice of clearing their thoughts once a year inspires them to forget the past and to get a new hold on life.

Forgetting the past is not always easy. Wounded pride, hurt feelings, and rebellion against defeat are emotions that we hug to ourselves stubbornly, unless the light of Truth dawns upon us and we see the folly of such foolishness. Once aware of the Truth, we discover that, after all, the past is nothing of itself. Only our memory of past experiences and our reaction to thoughts of the past can have any influence upon our present state.

If you have difficulty forgetting the past, if you find yourself unable to break away from old memories of disappointment and failure, cease right now to give importance to what you call the past.. Greet this New Year by giving yourself the opportunity to lay hold of new blessings. Advance in the might of your spiritual heritage and begin life anew.

First, see yourself as you are in Spirit – created in the image and likeness of God, your Father; free from all bondage of race beliefs. Affirm: “I behold the Christ in me now coming forth as the outer manifestation of God’s idea of my perfection.” With this new and true concept of yourself you begin life anew.

See the Christ in others also, and in all situations. Give up every adverse and personal belief about these dear ones, in order to know the truth of God and to see His perfect will manifest.

Next, know that the power of God within is mighty to defeat and overthrow every claim of any external power. And do not consider any problem of the world too difficult for God to solve. Begin today to emerge into a new life. Live in the world of spirit, untouched by negative beliefs, unaffected by ignorance, superstition, and fear. Feel the illumination and inspiration of Spirit within, sending forth radiant light, truth, peace, harmony, and joy to all with whom you come in contact. Feel the Christ within, alive!

Forget the past! Live in the glorious today! Today will give you a blessing. Rise out of the valley of despondency and ascend to the heights where the sun is shining. Put the past behind you and keep your vision straight and clear.

Make room for the new. Salute this New Year with the realization that you are one with the Source of All Good. Begin life anew today with newer visions of beauty and holiness.

[Originally published in January 1980, ASPIRE Magazine]

THE ETERNAL TRUTH IN A CHANGING WORLD

By Grace L. Faus

Continued from December 2007

We will be presenting this book over a series of months for your reading pleasure. The book was originally published in 1979 and contains a compilation of her writings over the years.

How did emancipation, of any kind, begin? By one person having a vision. By one person doing something about a situation. Those who were ready would follow and come into a change. This can be the same with each of us. If we have one good thought, we can follow it with another, and if we act upon our highest thinking, and feel the goodness of God's Presence, the rest will follow. Our whole being will come into tune with our highest thoughts.

It is a most stirring thing to know that we have power over our own body, over our emotions, over our thoughts. And the minute we begin to think negatively, we want to remember that God is the only power, that God is good, and that God is "closer than breathing and nearer than hands and feet." If we are in Truth we do not dwell on wrong thoughts and illnesses; we are not unhappy. We aim to be free of these negative conditions. We know that no one can hurt us or deceive us or deprive us of our good, because God is with us. We are spiritually and eternally God's beloved children in whom He is well pleased.

The Bible tells us: "Ye shall know the Truth, and the Truth shall make you free." This is spiritual emancipation. This is the freedom that comes through our application of Truth to our lives. It takes discipline for most of us, because we have been steeped in the "race mind" thinking (by race mind thinking, I mean the accumulation of average human thought, usually including fears, doubt, superstition, and false beliefs), and there is a great deal of unfoldment necessary to move up and out of it.

We cannot judge by what other people do or say or think; all we need to know is that in the love of God we live and move and have our being. And we know all things do work together for good to them that love God.

MEDITATION

- I remove from my consciousness every disturbing thought or emotion. I am at peace. My God is a God of peace.
- I enter into my inner secret place of the Most High to commune with Him, where Truth abides in fullness.
- My thoughts and feelings are illumined by Divine Wisdom. Here is the power that heals my body, my emotions, my mind, and my relationships.
- I rise above seeming limitations and sense the inner freedom that only God can give me. Thus through my Creator, I am my own emancipator.
- And for all these blessings I rejoice and give thanks to the Father.

NEW FRONTIERS OF THE HUMAN MIND

You and I living today were not among the early pioneers who went across the country in a covered wagon. Yet we are pioneers in another way. The geographical settlement of our country – and even of our world – is pretty well completed.

Now we want to move on, and we are moving on: We are literally pioneers in relation to our own human minds. Many of the thoughts and discussions and ideas that have come before the public lately are related to what the New Thought movement has been quietly teaching for the past hundred years or so. This is a movement of the New Age, and we are working with our human minds. And now many other people and groups are, also.

Let us look for a moment at Alexis Carrel's book, "Man the Unknown." We have a great deal of evidence that although Dr. Carrel was at the top of his profession in the medical world, he was also truly a spiritual seer; he was able to witness healings about which nothing was done except prayer. He speaks of people who are ill, who are not religious and who do not have even a concept of prayer, yet someone else, praying for the ill person, brings about a healing. This is a tremendous thing. Dr. Carrel said he believed in "miracles."

As to the effect of our thoughts and emotions, he said:

Envy, hate, fear, when these sentiments are habitual, are capable of starting organic changes and genuine diseases. Moral suffering profoundly disturbs health... The instability of modern life, the ceaseless agitation, and the lack of security, creates states of consciousness which brings about nervous and organic disorders... In a like manner, those who keep the peace of their inner self in the midst of the tumult of the modern city are immune from nervous and organic disorders. [Alexis Carrel, *Man the Unknown*, Harper & Row, 1967, p.145]

This is where our Truth comes in so powerfully. We are learning the power of our human minds. We learn that they can make us immune to disease. This is one of the new frontiers that we are moving into.

We know that in the past sometimes we have prayed, but nothing happened. This is because it was human, limited prayer; there was a lack of understanding. But when we come into what we call "scientific prayer," we begin to recognize an entirely different attitude relating to the good that we seem to need. Instead of thinking about what we do not have, we learn that God has given us everything that we can possibly ask for – but we need to accept it to realize it. In our level of understanding, we believe that there is a great Universal Mind. As Ernest Holmes said, we live in "an infinite ocean of Mind," a Universal Mind, a Divine Mind that is evenly present all of the time. And it is for us to make every effort to unite with this Divine Mind, to become a part of a greater power than we have as yet used.

We all have problems. That is why we are here. If we did not have problems we would probably be in another dimension, at another level of unfoldment. But these problems are our opportunity to get closer and closer to the goal in this new frontier of the human mind. For this is how we are literally driven.

According to the old story, we were supposedly driven out of Paradise because of disobedience. Using obedience, we are now driving ourselves back into the paradise of harmony, health, prosperity, and joy. We are learning how to use our own human minds in order to contact another level that will bring forth for us the good that we desire. Prayer should be understood, not as a mere mechanical recitation of formulas, but as a mystical elevation of consciousness, an absorption of the Truth that makes us free. We should contemplate the Spirit, permeating and transcending us. This is the greatness of the good that is there for us, to bring about not only changes in our own lives, but in the lives of those about us, and thus help transform human thought.

We have been taught: "Let that mind be in you which was also in Christ Jesus." We have been trying to decide what this mind is. Is it human, or is it divine? If it is divine, how are we able to contact it? Is it possible for us to use the Divine for our benefit, for our expansion of consciousness? We have come to the realization that there is a much greater power in us than we have ever tapped.

We in truth have long known that the negative states of mind bring destruction, illness and unhappiness. We have also known that meditation, concentration, and scientific prayer bring into play the supernormal powers of the mind in such a way that we can manifest a healthy body, prosperous activity, and harmonious relationships. It is heartening to know that a great scientific man like Dr. Carrel would recognize the power of the mind, the emotions and particularly the power of prayer.

We are all human. And as we have so often said about Jesus Christ, Jesus represents the human, the man, and Christ represents the spiritual power, the spiritual reality, the Divine. And because Jesus spent his time thinking about and working with the Presence of God, He attained His Christhood. He knew that He himself could do nothing, but that there was a Power within Him, God, the Father, who did the work. He did not claim it humanly, but it was by His human training and development, and His spiritual unfoldment, that He attained His Christhood.

This is how we are meant to use our human mind – to gain the spiritual power that belongs to us, that is a part of our own being. We seek the good not only for ourselves, but for the world. We are learning that there are ways by which you and I, as individual human beings, striking out on this new frontier of the human mind, can help human kind in ways greater than we ever dreamed.

In this connection, I would like to suggest that we can all become delegates in thought to the United Nations. A few years ago, I was taken through the

United Nations building. I had heard about the Meditation Room there, but I was practically dismissed from my sight-seeing tour without seeing it. So I said to the guide, "Where is the Meditation Room?" He took me apart from the rest of the group. "It's way down off that way," he directed me. I went off alone to the Meditation Room. I found there an enormous block of iron in the middle of the room and a few little wooden benches at the back. A great stream of golden light was coming down on that block of iron. I couldn't tell where it came from. I actually felt the extraordinary contrast between the two substances, iron being absolutely solid, and the light being ethereal. It was significant to me – the light coming down on the block of iron.

As I sat there, I began to meditate. I think anyone would; it was the natural thing to do.

There is not a single sign of any religion or of anything that it was Protestant, Catholic, Jewish, or Buddhist, in that room. This, again, is to me evidence of the New Age, that we are literally unifying on the essence of Truth for the whole of the earth people. We are coming together in thought, to an extent that we can all work in our own individual and particular ways, in the same place. Now you and I, knowing that there is such a place, can go there in our minds and sit on the hard bench for a while, and realize that this is the building where leaders of the nations of the world come to try to bring peace to the earth.

To me, it is an inevitable thing that peace will come to all nations. The more we realize Truth for a few minutes, or even a moment or two, the more we help bring about a time when all nations of the world will be brought together in peace.

It is well that we should begin to come together, work together, and understand one another, for who knows but what there may come a time when we will have to be closer together as we move out toward other planets and stars.

Let us think of the light in that Meditation Room as the light of our own consciousness, our own part of the light of the Christ that is in us, and let us think of it as shining not only in that Meditation Room, but in the hearts and minds of every human being who enters that building; or, for that matter, any other building in the world. For, we must become universal. We must expand, and enlarge and enrich our consciousness and accept all people as our own family and realize that we do belong together. So a moment or two spent in working creatively with this Light takes but a small expenditure of time and energy; yet we are in company with our friends all over the world.

One of the basic elements of this relationship is peace on earth. We know it is peace within ourselves first. We learn to be calm, serene, and poised. When things are going wrong, and some of those around us become disturbed and upset, just our knowing the Presence will bring release to them, because we are established in the truth of God. We know our God is not a God of confusion, but a God of peace. "Thou wilt keep him in perfect peace, whose mind is stayed on thee."

Entering into the new frontiers of the human mind is to me a very thrilling adventure. And more and more is being discovered and developed as to the capacity of our minds.

I know that there are people who are so attuned to the activities of the world that they feel its misfortunes very keenly. I feel that instead of being so sensitive to the objective things that are going on, we should place our entire sensitivities toward God. Then we would know the goodness and the presence and power of God as the solution for every wrong deed and for every fear. We worship God by expressing peace in our own lives and in all of our relationships. This is also true of any other attribute of God. We can manifest joy, beauty, harmony, peace, and goodwill, without straining or striving of any kind, because we are established in this great Truth.

MEDITATION

- I am opening to a new frontier of the human mind by means of which my own good and the good of others can be brought about. I see those near and dear to me as they are in God, wholly, totally, and completely perfect in every way.
- My town, my city, is filled with the love of God, for each person herein is a spiritual expression of God, a right channel flowing for each one to become spiritual, alive with the Spirit of truth.
- I know our nation is guided by Divine Wisdom. The great men and women who make great decisions are in tune with Divine understanding, and are fulfilling their own spiritual destiny.
- I now go to the United Nations in thought and know that all who are there are alive with the light of God; that people all over the world are part of my spiritual family, for the Creator is the source of all of us.

DISCOVER YOUR TRUE SELF

Many persons come into a New Thought Church because they are dissatisfied – with their life, with their religion, with themselves. They are seeking something bigger and better. Many come because of illness or through trouble of various kinds, seeking healing, seeking answers. We are all pushing forward toward something better, something finer.

When we are young we notice how adults act, how they speak, what they are doing with their lives. Eventually, though, a time comes in our lives when we realize that we have a part to play, too; we have to participate in the activities of life. Up to this time we have depended upon someone else for good – and have often been disappointed.

But when we come into Truth we begin to realize all of our experiences in this world are the result of the law of our own thinking. This begins to be quite a blow to many of us, because up to that time we have accepted no responsibility for our troubles. When things went wrong, we felt it was always bad luck, or the result of our environment, or somebody else's fault.

As we mature we begin looking and studying and doing some thinking for ourselves. Perhaps we wonder,

“Who am I after all? Why am I here? What is this world all about?” Very early in life we discover that we have a body and that it needs a lot of attention. For many persons this becomes the object of living: to provide for the body, to clothe, feed, and entertain it, and to give it something special once in a while. We find that it takes quite a bit of time to care for the body and to keep it comfortable.

Or we might look around and decide that a person must be intellectual in order to get ahead in life. We study, we go to college, and eventually we feel that we have attained an advanced level of intellectual development. And we are pleased with ourselves because we have developed our intellect to such an extent.

Of course, there is nothing wrong with the physical level of living, nor with the intellectual level. We should do the best we can by both of them.

But there comes a time for many of us when these are not sufficient aims in life. We see that there must be something more. There must be something, somewhere, that will lead to greater inner peace, greater satisfaction, and greater awareness of what life is all about. And so we search. We read the Bible, perhaps; we read books, especially metaphysical books; and perhaps we go to church. And then we feel now that we are finally on our way. For we learn that there is a law that operates through the intellect to control the physical side of life and all outer circumstances, events, and conditions. We learn that there is a Power that responds to us at the level of our thought and it will do for us what we believe it will. Well, we have the world by the tail! Everything seems to be working in an orderly way in our world.

But even that is not the end of our attainment. I remember so well how I felt when I had been in this work for ten years. I could quote all the books. I could quote the Bible. I was sure I knew everything there was to know about Truth. Then, one day, I had a spiritual experience – a cosmic experience, wherein the whole world appeared to be light, like a brilliant sun. It opened up a whole new life for me.

I seemed to see life from a different level. There was health, supreme, eternal. There was harmony such as I had never known before. There was more than enough of every good thing for me. And I thought, “Well, why didn't I know all this before? Why didn't this happen to me long ago?” But of course I knew the answer. We cannot dictate to Spirit. We cannot say, “Tomorrow at two o'clock I'm going to have a spiritual experience.” We never know when the Kingdom of Heaven will manifest in our lives. We do know the Kingdom is within us.

I often think of the trouble Jesus had in trying to help people discover their true selves. Because this is something within a person, it is not something that can be added to him from outside. All education, all reading and studying is good, but it is all from the outer realm of life. When we discover our true self, we work from within, from inner Light, inner knowing. It gives a great deal more power. We find we have discovered a depth

within ourselves that feeds the soul and deeper mind. We feel we have been born again.

You remember Jesus told Nicodemus he must be born again. Nicodemus said, "How is this possible?" Of course he was thinking from a physical standpoint, which we are all so inclined to do. But at some time in our ongoing studies we realize we are not born of the flesh, or of the will of men, but of the Spirit. We discover and uncover our true spiritual selves. We find there is a true and perfect self within us, the One that God created: the Christ Being, the Christ Principle, which is at the very heart and center of each one of us. Behind the physical and mental aspects is the spiritual, the true Self. As Paul said, "We have this treasure in earthen vessels."

We come to realize we are spiritual beings, existing in the Infinite Spirit of the universe. This is a tremendous discovery, for without straining or striving of any kind, which is a part of the mental phase of life, we may enter into the spiritual level and watch what God does. God operates in your life and mine to bring the good that we desire. It is already ours, but at this present level of life we are just beginning to recognize it. The spiritual Self is the true Self, the deeper Being within you that expresses true wisdom, knowledge and understanding, and power of the Infinite Spirit. It guides and heals and prospers us.

Today we are not stoned, as Stephen was, or put in jail, as Paul was, or crucified, as Jesus was, for declaring the Truth: "I am that which God created me to be, an expression of infinite Love and Light and Joy and Peace and Beauty and Perfection. All the qualities of God are my nature, for they comprise the Christ nature. I am pure Spirit."

When we discover our true Self, we will discover our attitudes in life will be based on that one great commandment of Jesus, "Love ye one another."

We are living in a changing world. We are entering a new age. It is a spiritual age, although everyone would not agree with this statement. But we do know that many persons and groups all over the country are searching and seeking and longing to express love, to express goodwill, and to give their inherent talents to the world. We should welcome them and receive them joyously and abundantly – that we in turn may give. It is an endless chain reaction – this continuation of the true teachings of Jesus.

The world of Christianity has never actually tried to live, every day, the teachings of Jesus. Unfortunately we got off the track early in time. Jesus said the only thing we ever need to do is just love each other. And it is so easy and so natural when we have discovered our own true Self. Then we naturally set aside our prejudices, we have a feeling of fellowship with all others, we have no feeling of separation of any kind. We change our whole approach to life, for we realize that we are God-in-action.

Now this is not egotistical. It does not mean that we set ourselves above anyone else. We are all one, and the Father works through each of us. This was the great strength of Jesus, who realized this Truth and lived it.

He was acquainted with his true Self, which he called the Father within. Psychiatrists sometimes call it the Master Mind. We think of it as the Christ within us. And it is a Power, and intelligent loving Power; greater than we are. And when we are open and receptive and let its Power flow through us, there can be nothing but good in our lives. Troubles may come, but they do not stay. They are only opportunities to prove the truth we know.

We each have a body; we each have a mind; and we each have a Christ Self, the Divine Self. It is the last to unfold in us. I am sure this is why many people used to say, "Well, I'll leave religion to my old age. I won't bother about it now. There will be plenty of time to think about it when I am old." But if they would think about it from the beginning, they would not succumb to old age. They would be free of most of their troubles.

We can begin right here, right now – this moment, to live the Truth of our being, of our True Self, every day. This not only helps us, but enables us to help others, because we know that every single human being has the same spiritual Principle, the Christ, the Father Within. And when we humanly seem to be in trouble, we can immediately enter into this new dimension, this feeling of: "This is God-in-action and I am watching what God does, for the good of all concerned."

We see what God does in our world and in our life, because we have the courage to declare as Jesus did, "I am a child of God."

MEDITATION

- I am a child of God.
- I am a spiritual being, living in a spiritual universe, guided and governed by a spiritual law, which I am operating individually, in my own life.
- I am a channel through which the great spiritual Power is flowing.
- When I tap my true Self I am guided and directed, and I am always in the right place at the right time, doing the right things in the right way.
- I dwell in the secret place of the Most High, where Truth abides in fullness.
- And I am grateful.

CREATIVE MEDITATION

Meditation is something we hear a great deal about nowadays. To meditate, as I am sure we all know, means "to engage in thought or contemplation; to plan, to ponder, to muse, to cogitate, to reflect." And so "Meditation" is "a continued thought, reflection, or contemplation."

Do you know that most of us meditate a great deal more than we realize? That is true – but it is not always creative or constructive meditation.

As we in Truth know, thought can create for us either good or bad conditions or experiences. The more we think about illness, for instance, the more we produce it, because thought is creative. Meditation creates according to the type of thinking that we entertain. We all move in the direction of our thought. We are all unfolding in consciousness at various levels of

development, seeking to experience a spiritual power within that will maintain us in high level of consciousness. This will in turn produce good experiences for us. Spiritual creative meditation can be a stepping stone to something finer for us, a better life.

We often think that meditation is sitting quietly in a certain chair in a certain room at a certain time, and actually, this is a good way to consciously learn to meditate. Choose a quiet place, a time when you don't expect to be interrupted, and choose the subject of your meditation. Do not try to meditate too long a time at first, and do not be concerned that your thoughts wander from your chosen subject. Just go back to it and start over. And spend much of your meditation time in listening, because God does speak to us in the silence. Do this consistently, and you will find that eventually you are meditating more often and in many different places or under various conditions. Some people think true meditation requires a certain attitude or posture. This may be good for many persons, especially in the beginning, while you are training yourself. But actually we can meditate creatively very quickly and easily when we have established the habit, wherever we are, and whatever the position we may be in. Creative meditation requires inner quiet, inner peace, but after we become used to meditating, we can do it even amidst noise and confusion on the outside.

Sometimes we are meditating whether we realize it or not. Simple meditation can be destructive as well as creative. If you should have your feelings hurt, for instance, and keep thinking about it, going over and over the hurt, you are actually meditating – but on something that will produce another hurt. And if we discover ourselves quarrelling mentally within us about a person or condition, we are indulging in first-class meditation – for a poor result. If you ever find that resentment or anything else negative comes into your thought, what should you do? Stop! Stop right there, and take the opposite view. Start doing some “creative” meditation.

In learning creative meditation, let us have enthusiasm, let us know that it is the God in us that rings a bell in our own heart and mind and becomes a vital activity in our lives. We have to learn to let go, to relax, and commune with God. We become aware, and blend with our divine nature. As Paul Brunton, a pioneer in metaphysics once said: “When intense meditation melts the personality into the universal One-Soul, benign grace descends and creative inspiration comes.”

In planning to meditate creatively, we must decide what to meditate upon. Paul has given us some valuable overall advice as to what to do, in Philippians 4:8:

Finally brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Meditating consciously, we develop our own consciousness toward the acceptance of nothing but the

good. We are seeking to realize that if God is all there is, and God is good, then everything must be good – providing we can understand it and see it and recognize it. Meditation helps to understand this goodness. This thought might be helpful: ‘The life of God within me urges me to express creatively and to bring more good into my world.’

This is what each of us is here for – to express more good in our world, more beauty, order and harmony, more joy and freedom, certainly health and prosperity. If we can manage our own lives by our own thinking, by this much are we helping the whole world to rise in consciousness.

So, precisely what do we take as our subject of meditation on different occasions? What shall we use as our seed thought? We might take just one word, or one affirmation, or one Bible verse, or some quality that we want to develop in ourselves that we feel is lacking. These are merely suggestions, of course. You will choose your own.

For instance, if we take one word to meditate upon, we might try the word “peace.” We can live with the word indefinitely and expand our consciousness regarding the meaning and value of it in our own experience. I remember one of my students at one time worked with the word “light” and another chose “joy.” The both reported favorable spiritual results, a real raise in consciousness, and a growing sense of these qualities in their own lives.

We might take such affirmations as “God is greater than any problem I ever have to face” or “The Lord is my shepherd, I shall not want.” A great favorite is “Be still and know that I am God.” In fact, some of my students have told me that meditating on this particular thought really seems to bring them into the very Presence of God.

Suppose I need more patience, more wisdom, more courage, or more faith in my life? I could meditate upon the word itself, and much understanding and help would be given to me in my meditation. Or I could find a Bible verse, for instance, that would help me, and use the entire verse for my meditation.

For wisdom:

If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. James 1:5

For courage:

Wait on the Lord; be of good courage, and he shall strengthen thine heart; wait, I say, on the Lord. Psalm 27:14

For faith:

If ye have faith as a grain of mustard seed, nothing shall be impossible unto you. Matthew 17:20

Now faith is the substance of things hoped for, the evidence of things not seen. Hebrews 11:1

In fact, for faith, use the entire 11th chapter of Hebrews, and your faith can never waiver.

If we meditate upon these qualities and express them as much as we can, we will definitely grow into them more and more.

We want to rise up out of the human mind into a degree of the Christ mind, which is what we are seeking. Someone has wisely said, "An ounce of practical power using the Truth that we know is worth a ton of theory." We can know the Truth only as we practice it. Growth comes by applying what we know. Our ability to practice the Truth is the only valid evidence that we really understand it. So we meditate upon whatever phase of Truth we need to learn more about at the time, and we put it into practice in our experiences every day.

When we practice creative meditation, we learn to love God more, to love and forgive ourselves and any others who have hurt us. I've known some persons to meditate upon the word "Love," others who take the phrase "Love of God" or "God loves me." In fact, through spiritual meditation we learn to love every human being, because we can't help it. We love every expression of God on the earth: the animals and plants, as well as all human beings. It is part of our own being to make our unity with all good.

Let us watch what we do, what we say, and what we think. In our every day life, when we are just conversing with our friends, are we giving attention to the good, the true, and the beautiful? Are we emphasizing that which is really worthwhile and uplifting and strengthening? We do not usually know what other people are going through. Sometimes we get upset by what they say or do, and yet we do not know what great problem they may be experiencing. We need to have compassion and love and understanding in all our relationships. And we can become loving and kind and gentle and helpful and more compassionate through meditating regularly in a spiritually constructive way.

I knew a woman once who was a great sculptor. She became interested in Truth and spent much time in meditating upon her mission in life. As time went by, she gave up her art and came into lecturing metaphysics. A friend said to her, "What a shame that you have give up your beautiful skill as a sculptress." And the woman answered, "Why, I haven't given it up at all. I am using the power of mind to re-sculpt, through the action of mind, the bodies of the people I meet. They are becoming more perfect every day as they know the truth of themselves."

This is a lovely thing to realize – that there is a way whereby we may mold and rebuild our own lives and renew our consciousness by the type of meditation we practice. And when we have learned how to rebuild our own lives, we can help others.

A certain Hindu once told me, "The spiritual life does not demand spectacular success, but our sincere and sustained effort to become better individuals in all areas of life is what we are seeking. This then is the supreme task of modern man – to move forward with invincible faith, and use failures as the pillars of progress. Turn the daily life into a continuous growth and transform empty time into lasting values and experiences."

That phrase "empty time" is most expressive. We do not want any of our time to be "empty." We can transform empty time by consciously meditating on Truth. We often quote Paul's suggestion: "Be ye transformed by the renewing of the mind." We can say this in a slightly different way, "Be ye transformed by the renewing of your meditations." And they will transform us.

The more aware we become of the value of meditation, the more we will be transformed. Great good is always in store for all of us if we can train ourselves to know that nothing but good comes into our lives if we are surrounded and consciously aware of the presence of God. And being aware of the Presence is the ultimate kind of creative meditation. We all know the story of Brother Lawrence, who was meditation continuously as he went about all his tasks. Even when he was scrubbing the floor, he was glorifying God in meditation.

We aim to know God and feel His Presence as closely as did Brother Lawrence. The best way to do this is to practice creative meditation.

MEDITATION

- I am the Light of the world.
- I am the way, the truth, and the life.
- I am one with the Father.
- I am immersed in the Spirit of Infinite Love.
- I know the truth: that God made me, and God loves and cares for me.
- I know I can be transformed by the lifting of my thought into the level of the Spirit of the Christ.

YOUR CREATIVE POWER

As we open the Bible we read, "In the beginning, God created..." and the entire visible world is the evidence of the action of the mind of the Infinite One, the Creator of all creation. As we read on we discover, "Man was created in the image and likeness of God." So we recognize that we have been given that same power to create: God on the universal scale, and each of us on the individual level. And we are creating constantly, by virtue of our thinking.

To be alive is to think, which in turn, is to create. Even an infant, at the moment it is born out of the invisible to the visible, immediately begins creating an atmosphere all its own: people hovering around are as good as servants, at its beck and call.

We are creating, all of us, always, something either good or bad, whether we realize it or not, and it has always been so. When we think of Jesus of Nazareth, and what His life has done to affect millions of people since His day on earth – what was it that enabled Him to create a new world and a new outlook, a new life for mankind? To a great extent it was His oneness with the Power that creates all. By His love, and by His union with the Presence, He created a new way of thinking and living for mankind. And the greatest Truth known to man today is that we, too, are expressions of God. The Bible

says, "I am God, and there is no one else." We have long interpreted this as applying only to the infinite and Eternal One. But that I AM is the same I AM that is within every living being. We know that the I AM thinks, and the thoughts of the I AM create. By our thinking we have created all that we have at this moment, because when we think deeply we set the Law in motion.

The law is: As within, so without. Our conscious mind or Spirit ..., decides, chooses, and determines what we desire, what we want to accomplish. With that alone, we would never produce anything. However, we have another phase of mind, the subconscious, or the Soul... which is able to produce. Once the idea has been planted by the conscious mind into the subconscious, there may be a time during which nothing seems to happen, no evidence of anything appears. But eventually that which is planted is produced, and comes forth into visibility. This is true of our experiences all along the way. We think, with feeling, and the creative mind within us begins to work toward fulfillment. And if the result is something we like, we rejoice and give thanks. There is real joy in accomplishment. Of course, sometimes the result is something we do not like, but this is, nevertheless, our creation.

Dr. Jack Holland in his booklet, "Love: The Scientific Evidence", explains this process by saying that we create "energy force" in ourselves, which acts as a magnet. He says: "We bring alive our magnetic force through the thoughts that we hold, and hence we bring to ourselves the conditions, situations, ideas, and things to which we give our attention."

And so it is through all our activities during our lives. A time always comes when we reap what we have sown, whether it is good or bad. There comes a time when we realize: "The reason I have what I have or the reason that I am what I am is that I planted that seed some time ago." The expression of it appears without straining or striving, without push or pressure of any kind.

Therefore, if by any chance we do not like what we have, or want something better, we can change our thinking and create our ideal. Now, what so you want to plant in your subconscious mind? Do not plant an idea that is just half way good, or wish that thing were just a little bit better. But make your idea complete and perfect in mind. There is no need to limit ourselves.

The way our good becomes greater, more beautiful and better every day of our lives, is to follow Jesus' command: "Seek ye first the Kingdom of God..." Let us seek the highest ideal that God has in mind for us. And if we desire this, we can become more conscious of it without straining or striving or pressure of any kind.

At the close of the greatest sermon Jesus ever preached, He used the example, "Consider the lilies of the field, how they grow." Well, how do they grow? The bulbs are planted; then there is no pressure, no deadline, no exact time when they have to come forth. Their growth is a natural unfoldment. And our own good unfolds quietly and naturally in a similar way.

We are all seeking to demonstrate health, happiness, supply, and, often, service to mankind. This

is our aim and our goal. And it is a matter of our creative power, planting the right thoughts and feelings into our subconscious.

We can plant the perfect pattern of health, the perfect pattern of happiness, and many, many Truth students have done so. What about supply? I have a good friend who is quite wealthy. He called me recently and said he was scared. I asked him what of, and he answered, "I'm afraid I'm going to lose my property, and then what would I do?" I told him, "You can't lose what is yours by right of consciousness." If we are expecting our supply to be in the outer world, it will go up and down, perhaps even disappear. If we have it in consciousness, it is for all time.

What about service to others, to mankind, to our world? If we have the right consciousness, we know that we have the power to create, and the ability to be of service. And we know we will be guided to our own special contribution. Consider Dr. Albert Schweitzer. No one dictated to him or told him to go about being of service in Africa. There was something in his own soul that guided him every step of the way.

And so it was with Jesus. So it can be with you and with me. There is something in the soul which can guide our unfoldment, which can determine what we create in this world. Just as the lily unfolds in its own time, without pressure, so we can be led in our unfoldment.

It is through study and affirmation, through meditation, through concentration and consecration, through the changing of old habits, that we come to realize that we can use our God-given creative power for good. We read: "For God hath not given us the spirit of fear, but of power, and of love, and of a sound mind." So we have been given all the equipment necessary to make our world beautiful, harmonious, and peaceful; a glorious place in which to live.

The scientific world in this century has advanced in tremendous strides, but the religious or the spiritual level has lagged behind. The teaching of the New Age gives us new ideas of the spiritual power that belongs to each of us, to bring forth from a spiritual level that which is greater than any scientific or material good.

Open to the good that is within you. This is the cry of the New Age. Reach into Divine Supply – for the resources of the Divine are unlimited.

As we move on, we will discover greater laws of the spirit and of the Mind. We are fortunate to have come as far as we have today, knowing that there is a law of Mind-in-Action by which we have already gained what we already have. Now we know there is a great deal more for us to discover and to learn. The future holds tremendous possibilities – ideas and thoughts for us to enjoy and develop. And there is no limit, no end, as we keep our minds open, unrestricted by what we have thought in the past. As we evolve, we are continually inspired and lifted to new heights. What a thrilling thought as we live in our every changing world!

MEDITATION

- I am abundantly supplied with everything that makes life worthwhile, for I am surrounded with the love and joy and peace of God.
- I accept the Law of increase, the Law of attraction: As within, so without; as above, so below: as in my inmost feeling, so my outer joy; out of the invisible, my visible good.
- Out of the Mind of God I have come forth into form and I am a living expression of the life of God. And I know that all I bring forth out of my consciousness is the evidence of my inmost thinking.
- God is the giver of every good and perfect gift, but unless I accept His gifts, they are of no value to me. It is for me to open up and expand my consciousness and enlarge my vision, and see and know that my Father supplies my every need, every day.
- And for all these wondrous Truths, I am deeply grateful, knowing it is so, for so it is.

The Perfect Answer

By Jane Hilton

As we study and work with the teachings of Divine Science and other metaphysical groups, we become familiar with such statements as: "Change your thinking and you change your life"; "as within, so without"; "the law projects your thoughts and ideas into physical form"; "what you think today with feeling becomes your experiences tomorrow." We accept this understanding and try to shape our thoughts and actions accordingly. And every once in a while, probably, we try to determine just where and how our lives are different from what they would have been if we had continued in the old way of hit-or-miss thinking and acting.

No doubt there were particular areas of our experiences that we wanted to improve. Insufficient supply, discomfort, or illness, frustration in work or other activities, alienation of friends or associates – these are a few of the variety of experiences that we call unsatisfactory. In our survey, we are likely to wonder just what wrong thinking of ours produces those unsatisfactory results.

Although, in years gone by, teachers in some metaphysical groups attempted to show a cause-and-effect relationship between erroneous thoughts and discordant physical conditions, today we are aware of a better way than that of attacking wrong habits of thinking piecemeal, one by one. For there is a subtle blending of the great variety of negative thoughts, and the wisest of mortals finds it impossible to trace the development from the inception of a particular thought to a final physical outcome.

A better and much more promising way to eliminate the causes of unwanted conditions is to attack, on the widest possible front, all the negative thoughts and feelings that we have accepted and are entertaining.

Our job on earth, and the reason for our being out here, is to lift up our consciousness – all of our established thoughts and attitudes – out of the old Adam dust-of-the-ground thinking into the heaven-on-earth of the Christ teaching.

We learn that we eliminate negative ways of thinking by not dwelling on them, for what we give our attention to is magnified thereby. We learn to occupy ourselves with positive ideas. The light of positive ideas disperses the gloom of what was really nothing but ignorance and misunderstanding.

The Apostle Paul, after enumerating "the fruit of the Spirit," in Galatians 5:22, adds: "Against such there is no law." In other words, practice of the nine virtues – love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance – which he lists as important for spiritual growth, activates no train of penalties such as follow negative thoughts and deeds. If we steal and are caught, for example, we are punished, and even when we think we have "gotten away with it," we still are caught in the psychic net of guilt feelings and deteriorating consciousness. But when we love, we are lifted on wings of joy and harmony, and we are free from the inescapable retribution that follows negation.

Every one of the fruits of the Spirit includes some measure of the most important one of all: Love. If we pour enough love into any situation, it can dissolve discord and reveal the underlying harmony. For God is Love and He is All-power. He is always present everywhere. The Bible tells us that love is the fulfilling of the law. Jesus, when he was asked which the greatest commandment is, said: "Thou shalt love the Lord thy God with all thy mind...and thy neighbor as thyself." Love for God and man meets all the requirements of the good life.

Outstreaming love for everyone and everything in the universe does change things; it is the one certain way out of the world's problems. It is not a lazy man's way, but when has laziness ever given man rewards for anything? It requires dedication and constant alertness, self-control and discipline, and an understanding that God was not just fooling around when He gave His son dominion over all the earth. He meant it, and He gave us the means to prove it.

Gradually man is learning that the greatest means to prove his sonship, his dominion, is love. There are other ways, as the mystics of the East have told us, but the shortest and the quickest and the most certain is that tremendous quality that has been right here about us all the time – just pure, simple, marvelous LOVE.

**Divine Science is BEING itself ---
being itself!
--Irwin Edwin Gregg**

**DIVINE SCIENCE FEDERATION
INTERNATIONAL**

8084 Watson Road/Suite 236
St. Louis Missouri 63119

Phone: 1-800-644-9680 - Local-314-842-2335

FAX: 314 842 2650

Web: www.divinesciencefederation.org

E Mail: divscifederation@aol.com

Office Hours:

Monday, Wednesday, Friday 9:30 – 3:30

Tina Hall, Office Manager

The Divine Science Federation Int'l is an equal opportunity organization and does not discriminate on the basis of race, color, religion, creed, national origin, sex or sexual orientation, age or disability.

January 2008

Forwarding Service Requested

If you plan to move, please notify us.