

*Freedom is giving freedom to others.—Dr. Vernon Shields*

# SPIRIT in ACTION

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## **THE MEASURE OF FREEDOM**

*By Dr. Vernon Shields*

*Freedom is giving freedom to others.*

Edwin Markham once said, "There is a destiny that makes us brothers; none goes his way alone; all that we send into the lives of others, comes back into our own."

Give thoughts of freedom, to others and you sense a new freedom within. Mentally bind another and you take a measure of freedom from yourself.

The Law of Life suggested by the poet works with unbelievable accuracy. Giving praise to another, your way is made easy. Giving unkind words to another, your own freedom seems threatened. Beholding the Divine In another, your own divine nature is quickened, and with it comes a sense of freedom that cannot be known until this step is taken.

Freedom begins with our thoughts about our world, about others, about ourselves. Freedom is limited, thwarted, or destroyed to the degree that our thoughts or acts interfere with the right of another. Love begets love, hate begets hate. By divine law, as we practice giving freedom to others, we ourselves are drawn into new expressions of freedom.

## **EASTER IN THE HEART**

*By Dr. John Seaman Garns*

Ancients saw the resurrection principle on the physical plane in the eternal recurrence of Spring, the back surge of life, the up-springing of joy and beauty in grass and flower and tree. They rejoiced with Nature in their Spring Festival.

Jesus proved this resurrection principle operative in the cycles of man's unfoldment. The soul climbing boldly in its rounds of self-realization is forever dying to the lower and awakening on ever higher levels of life and spiritual illumination. When Jesus dared to "cross out" the ugly facts on the material plane, even though it meant the death of the body, he immediately awakened to the ecstatic joy of complete identity with the Spirit.

Hourly we may live a fragment of the joy of this experience by boldly lifting our minds away from the ugly actual, to establish love, harmony, and beauty in the Resurrection Consciousness.

*Behold, I make all things new. (Rev 21:5)*

*Behold, I will do a new thing; it shall spring forth (Isa. 43:19)*

## **THE ETERNAL TRUTH IN A CHANGING WORLD**

by Grace L. Faus

*Continued from February 2008*

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.

### **THE POWER OF YOUR WORDS**

We all use words of one kind or another in our thoughts and in our speech. Jesus said, "The words which ye hear are not mine but Him that sent me." The Spirit spoke through Jesus and Jesus knew it. The Spirit also speaks through us when we call upon this power, when we are eager for the will of God to be done in and through us, when we make the transition from the outer to the inner, from fear and darkness to light and love; when we realize that we are alive by virtue of the power of God and that the Word of God in us is mighty to heal, mighty to bless, and mighty to bring forth adjustments in life.

As Truth students we know that there is but one Life, one Spirit, one Power, one Mind. And this Life is our life now; this Spirit, our spirit, this Power our power. This Mind, too, is ours—it is within us. But it is like the power in our automobiles: we can use the power to go forward at various speeds, or we can use it to go backwards. And some of us get stuck in reverse in our lives every once in a while and think that God has forgotten us. But we can get right back, shift gears, and begin to go forward with new power. And it is the power of our word, being the word of God that makes our lives begin to change.

"Death and life are in the power of the tongue." Have we ever thought of what speech is? What a wonderful gift it is? Some time it would be a good idea just to get quiet and think about the power of speech. When we realize its importance, we will be more careful how we use it. How are we using words? What are we voicing? What occupies our thought and our speaking? If we criticize and condemn, or ridicule another, we are using our speech in a destructive way—and it will react upon us. Do we think and speak about the

negative things in life, the errors people commit, bad news, crimes? If we do, we are burdening our language with that which is heavy and destructive, and our words are without positive vitality.

If we would live a spiritual life, our words must be about the good, the true, and the beautiful. Thinking and speaking of these things puts a special tone in our voice. I like to think that the world was created by a tone in the voice of God, and holds together because of the perpetual sound of that tone. I was thrilled when I came across a quotation from Hermes Trismegistus: "God smiled, and His laughter thrilled through space and His word called forth into the light the new dawn from out the primeval darkness in the new world space."<sup>1</sup>

There are many references in the Bible to "tone," to music, to song. The Psalmist tells us: "Serve the Lord with gladness; come before his presence with singing...Sing unto him a new song." And in Paul's Epistle to the Ephesians, he tells followers of the Lord to speak to each other "in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord"

According to Donald Hatch Andrews, an American chemist, our very bodies are "vibrant with the most complex music of all...a tapestry of sound with tones millions of times more varied...than any symphony ever dreamed of." Very few have ever heard this music, but some have heard the "music of the spheres" which we are told is indescribably beautiful. Dr. Andrews says of this: "The music of the universe is a cosmic symphony that is almost unbelievably intricate in its complexity."<sup>2</sup>

If we are full of "the joy of the Lord" there will be a note in our voice that will tend to help people out of worry, frustration, and other negative conditions. Joy is a tonic. "The joy of the Lord is your strength." If we have that joy that comes from the knowledge of our oneness with God, then we have the tonic that is needed to restore strength and energy to lagging nerves and muscles. Joy is strength for us and affects every cell of our bodies.

How do we develop such joy? Read the

words of inspiration in the Bible, think about them. Learn to be quiet in the presence of the Divine and listen to the voice of the Eternal. "Be still, and know that I am God." Become conscious of breathing the very breath of God. Know you are one with the Divine. When you realize this, you feel the touch of power. You are aware of the strength of the universe back of you, surrounding you, ready to serve you at all times, never forsaking you. This cultivation of the presence of the Divine will bring realization that you are the temple of the living God. You could send your thought into a house where there seems to be bereavement, remembering that His Presence is there, and thus lessen the sadness and the sting of death, and give strength, courage, and confidence that we are all in the Presence of the Divine always, whether on this earth, or in the next plane.

If we walk in the consciousness of the Divine, we will have the strength of the Divine. "They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint." Our whole being is restored when we are conscious of our union with the Father. David felt this when he said, "He restoreth my soul," and Paul, when he said, "In him we live and move and have our being." Think it, believe it, speak it. When we speak the Truth, the whole universe is back of us. "Preach the Gospel" means "speak the Truth." Not only may our words help others, they react upon us.

When your eye is single and your speech is God-like, a new light comes into your eye and you see what you did not see before. You have new insight. The breath of the body alters and you take in finer ethers. A more subtle energy takes possession of you. You become stronger and "lighter." "If thine eye be single, thy whole body shall be full of light."

Scientists are realizing that we live in a universe of light. If your consciousness is in heaven and your eye and your thought and your words are Divine, that flame in you will be fanned and become a glowing thing

within you, and glow as glory.

Each time you speak of someone, think of what you are saying. Is it kind to say that? Is it gracious? Is it beautiful? We want to watch our thoughts and our speech. This is one way that we build up our conscious awareness of God. And as we fan the flame into action, there wells up within us love, joy, and peace. We develop a sense of tender mercy, kindness, and tolerance toward our fellow man and the words we speak will be loving and kind.

Address yourself to the Divine, talk with the Divine, walk with the Divine. If we hear a derogatory remark, we are just to know that it is a false concept. As we speak the Truth and walk in the Truth our way is made straight by the action of Spirit that is in us. Divine words abiding in us will enable us to know and understand many things that have baffled us heretofore. Our insight, our foresight, will be quickened. Right here, right now is the Kingdom of Heaven. We live in it, move in it, and have our being in it. "God is in his holy temple, which temple are ye."

1. Quoted in *New Age Bible Interpretation, Old Testament*, 1977, page 1

2. Quoted in *Light*, A Science of Mind publication, 1971, p 28,30.

## MEDITATION

- I am here to give love, to restore, to make new the Kingdom of God right where I am.
- I thank God for my marvelous gift of speech.
- The words I speak are words of love, joy, peace, and helpfulness.
- I know that the joy of the Lord is my strength.
- Someone has said that joy is the grace we say to God. I know joy is the sense of rapture I feel when I experience the presence of God. Joy is the fulfillment of my divine destiny.
- My soul sings unto the Lord the song of life, and I experience the radiance of the Spirit that shines through my entire being.
- I talk with God, I walk with God, I thank Him, and I praise Him.

The Following is a transcript of a sermon presented recently by Rev. Christine Emmerling of the Divine Science Community Center in San Jose, California.

“Evolution and Religion”  
Rev. Christine Emmerling

Today [February 10, 2008], is Evolution Sunday, the third year of its existence, and my first year of participating. A couple of months ago I received an email invitation to participate in Evolution Sunday and sign the letter known as The Clergy Project. Professor Zimmerman started this movement, which now includes 803 congregations around our country and 9 others on 5 continents, some 11,000 signatures.

Professor Zimmerman was concerned about a growing rift between science and religion, or a perception of a growing rift. He wanted to counteract that perception by showing evidence that many clergy felt no antagonism to science, saw science and religion as fully compatible, and respected and used the discoveries of science as an important basis of their faith. Professor Zimmerman first wrote his letter to the school board inviting the local clergy to sign it, and then later expanded it and generalized to a national level.

The following is from his letter:

“Within the community of Christian believers there are areas of dispute and disagreement, including the proper way to interpret Holy Scripture. While virtually all Christians take the Bible seriously and hold it to be authoritative in matters of faith and practice, the overwhelming majority do not read the Bible literally, as they would a science textbook. Many of the beloved stories found in the Bible, the Creation, Adam and Eve, Noah and the ark, convey timeless truths about God, human beings,

and the proper relationship between Creator and creation expressed in the only form capable of transmitting these truths from generation to generation. Religious truth is of a different order from scientific truth. Its purpose is not to convey scientific information but to transform hearts.

We the undersigned, Christian clergy from many different traditions, believe that the timeless truths of the Bible and the discoveries of modern science may comfortably coexist. We believe that the theory of evolution is a foundational scientific truth, one that has stood up to rigorous scrutiny and upon which much of human knowledge and achievement rests. To reject this truth or to treat it as a one theory among others is to deliberately embrace scientific ignorance and transmit such ignorance to our children.

We believe that among God’s good gifts are human minds capable of critical thought and that the failure to fully employ this gift is a rejection of the will of our Creator. To argue that God’s loving plan of salvation for humanity precludes the full employment of the God-given faculty of reason is to attempt to limit God, an act of hubris. We urge school board members to preserve the integrity of the science curriculum by affirming the teaching of the theory of evolution as a core component of human knowledge. We ask that science remain science and that religion remain religion, two very different, but complementary, forms of truth.” [End]

“Curiosity has its own reason for existing.” Albert Einstein said that. He thought that the human capacity to ask questions is an important part of who we are and why we are here. He talked about a “holy curiosity,” one that never stops asking questions but at the same time is filled with awe and wonder. “One cannot

help but be in awe," Einstein said, "when contemplating the mysteries of eternity, of life, of the marvelous structure of reality."

Contemplating the mysteries was something Einstein did every day. He was the foremost theoretical physicist of the 20<sup>th</sup> century. His theories were un-provable when he formed them but proved absolutely over the next 75 years. As his general theory of relativity opened the door to quantum physics, he gnashed his teeth at the impossibilities that his own ideas predicted were true.

Evolution says that all species developed from less complex ancestors in a stop and start, trial and error way. The life-forms that survived are those that worked, that were able to survive in their environments long enough to reproduce. If Darwin's assertion is true, then the world should be filled with many different species (as it is); there should be many styles and features of living things that did not survive (as the fossil record shows).

Evolution also predicts that, if living beings continue to be affected by their environments, the current forms of life we see around us may change. Human beings may change. The classic religious challenge to evolution has been the argument that humankind is made in the image of God. If that is so, the argument goes, humans were made as they are; as they are they reflect God; and because God is eternal and changeless humanity also cannot change. This is, they say, God's plan. There is no room for change.

I like the sound of the words "Intelligent Design," because for me I think of God as the all intelligence of creation, and that creation is still in a state of unfolding and/or evolving. Yes, we are made in the Image and Likeness of God, which is Spirit

both visible and invisible, Spirit made manifest. Therefore all life and form is God made manifest. We, humankind, are Spirit, that is made in the likeness of God, we are Spirit Beings. Human nature wants to make God in man's image and likeness rather than the other way around. It is hard to grasp the Allness of God, and therefore, it is more comforting to try to limit God to our likeness, or our concept of life.

Were we ever apes, I don't really know. I do know apes still exist so for my reasoning mind, I say we weren't those apes, but maybe another form of human being that was more animal like. But, something happened long ago that awakened the mind to imagination and creation, and self awareness. Even today we have some people that are more self aware than others. Today I speak of the Self aware as our God Self, Divine Consciousness, our Holy Spirit.

Jesus the Christ spoke of another comforter that would descend upon the disciples following his ascension. This was a form of evolution, the evolving consciousness of mankind. The potential was always there, but now it was coming to life to be experienced and lived. First one by one, as in Christ Jesus, he showed us the way as a big brother. There are more and more people awaking up to their Divine Nature, and someday, like the 100<sup>th</sup> Monkey, all mankind will be evolved, and become the new normal.

Humanity has spent thousands of years developing its mental capacity to affect its world, creating tall buildings, spaceships, medicine, atomic power, and so on. Some for very good, and the polar opposite when the moral values have not developed. Christ Jesus came to teach us the moral

values for the evolved humanity. Our next level of evolution or unfolding.

Today we see much struggle for the right to kill another to protect one's values or way of life. Yet Jesus said to forgive and love your enemies, do good towards your enemies. Such a strange concept for the times of 2,000 years ago, and still appears that way today in the policies of many world governments

When we can grasp that all life is One, One creation in and as unlimited facets of life, All God, All Divine, then we can truly love everyone and all life. Love, compassion, I believe is the next level of evolution for humanity. The evolution of our heart, it is the most powerful part of our consciousness. And, I'm not talking so much about the physical pumping heart, as I am talking about our consciousness of love, our ability to love one another as our self, our ability to stop seeing differences as something to fear, or to be in opposition of. But, to embrace of Life's creation or Love's Creation for God is Love. The one true power in the entire universe is Love. Love is the driving force to make change, to create, to heal, to make miracles. The love of life.

Nona Brooks, early co-founder of Divine Science, I'll share from one of her talks given at an early INTA Congress between 1919-1924, published in her book In the Light of Healing, titled "Life, Light and Power":

"The natural scientists tell us that when the amoeba moves from the shadow into the sunlight it is because it craves the sunlight. First, the desire, then the endeavor, and then the accomplishment. And again, they say that the water creatures did not first acquire lungs and then live on the land, but they tried to live on land and after repeated trials, developed

lungs and accomplished their great aspiration.

But they were not satisfied even then; and so, living on land, the reptiles wanted something more and began to make repeated efforts to fly. They did not have wings and then try to fly, but they tried to fly many times and then developed the wings because of these repeated endeavors to do something that had never been done before.

First the aspiration, then the endeavor; and mind you, aspiration goes out toward something that most frequently has never before been done B certainly not by the one who is endeavoring. First the aspiration; then the repeated endeavor, and then the accomplishment.

From the beginning to the end of expression of life there is the one great longing and that is for something higher, something better, for knowledge; and knowledge is what I mean when I say light. I do not know how it is with you, but I love to think that there is this great push, the push of life from the Universal One to express itself more and more fully, though every expression of life from the least to the greatest.

And you know and I know how tremendous is that inner urge that pushes within us; that insists that we shall not stand still; that we, like the lower creatures, shall not be satisfied with any stage of development, but shall push onward and upward; that every attainment shall be not a stopping place, but perhaps a resting point for a moment, each resting place shall be merely a stage between the last step and the step that is to come.

There is this great inner urge. Man is ever impelled to find something out,

something more wonderful, something more beautiful than he has ever known before; and we, as New Thought people, know that there is no limit to this development; that throughout eternity (and I rejoice that I can say it) there is going to be this constant moving forward, the perceiving of new truth, the embodiment of that truth in one's consciousness and the application of it in every detail." [End]

Moving in time to the 21<sup>st</sup> century, in the study of DNA, we find in Gregg Braden's book "The God Code" a rich study of the ancient Hebrew alphabet. To take something that is complex and put in simple terms: DNA is described as an alphabet code, which holds the code for our basic physical characteristics, life and intelligence. Scientists have been breaking this code to learn how or where disease is coded so it can be changed.

Gregg Braden found in his study that the ancient Hebrew letters of the alphabet had deeper meanings that relate to the elements of creation. The name for God, the unspeakable name, equates to Hydrogen, Nitrogen, Oxygen, Nitrogen, or Fire, Air, Water, and Fire. The Name of Man equates to Hydrogen, Nitrogen, Oxygen, Carbon. God's name is of all invisible gases, and then in the body of man we have the invisible gases plus Carbon which gives us form, also known as Earth. The four basic elements of all life; fire, air, water, earth. The name for God, is spelled out in every cell of our body. Exciting!

I also came across some DNA studies by Russian scientists that are presenting some theories that will change science and mankind forever, and affirms what Divine Science and New Thought has been teaching for the past 120 years. They say that scientist breaking the DNA code have

only been looking at the 10 percent that is considered our genetic material, and the other 90 percent is junk DNA. These new scientists are looking at the other 90 percent, and are finding that it changes dynamically with our thoughts, feelings and emotions, and is the foundation for the genetic 10 percent. Even More Exciting! It is all within us, we have the power to change our life and circumstances, and evolve to greater and greater expressions of life. God is unlimited therefore so are we.

Some people, like Einstein, Nona Brooks, and many others including myself, find the mysteries thrilling. Just think, mankind now has the opportunity to consciously participate and co-create in its own evolution. Society of the current authority of science or religion of the times, has always been skeptical, even frightened of new findings, and called those that dared to invent or discover crack pots, the devil or even worse.

But theologians who with Einstein fully embrace the awe and mystery of life long ago concluded that they do not have to choose between evolution and the belief in a Creator. Traditional theology sees in the miracle of life and the existence of humanity evidence in a divine hand. To me it is a beautiful story, an image of Light bursting forth, great power out of a desire to express, to express love in all its wondrous unfoldment.

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