

SPIRIT in ACTION

A Divine Science Federation International Monthly Publication

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I Affirm This Today

Seven Points Of Light

By Rev. Harold Wardrop

1. I am a channel by which the Power and Presence of God operates.
I Affirm This Today.
2. As Image and Likeness of God, I reflect all that which is good and pure.
I Affirm This Today.
3. The gifts of God operate within me without any obstruction. I am a vital part of The Divine Plan. *I Affirm This Today.*
4. God as Life, is my life. I am vibrant, alive, active and aware at all times and under all circumstances. *I Affirm This Today.*
5. I am one with all the good of the whole Universe. Nothing can stop my good from manifesting now! *I Affirm This Today.*
6. The Love of God works through me giving me patience and understanding to accomplish every good deed. *I Affirm This Today.*
7. Today, at this very moment I release all my cares and concerns and accept The Presence of God as sufficient to meet every need. *I Affirm This Today.*

HAPPIER LIVING THROUGH THE BEATTITUDES

By Clifton W. King and Russell T. Williams
—Originally published © 1977, DSFI is offering this
book in a serial presentation over the next few months.

FOREWORD

This book based on the Beatitudes strikes at the very heart of man's spiritual nature, and offers a practical program of daily living for all who read and faithfully apply the lessons.

It has been said of the Beatitudes that if all books were destroyed and this, the only document left, it would be enough moral and spiritual instruction for all time.

The search for a religion is a continuing fact of life, and the lessons in the Beatitudes can be and are applicable to our contemporary society.

The only lasting goal of humanity is to unfold and manifest an awareness of that "something" beyond the self.

The reader of this book has a rare treat in store as he explores this beautiful interpretation of the Beatitudes by two dedicated and spiritually enlightened authors, Dr. Clifton King and The Reverend Russell T. Williams.

LUCILE FREDERICK, D.S.D.

THE WAY TO GOD-CENTERED LIVING

You are beginning a seven-day spiritual journey with the Beatitudes from the Book of Matthew. During these seven days you will be allowing the Truth of this biblical passage to be revealed to you through your inner Christ, the Spirit of God.

The eight Beatitudes are spiritual building blocks with which you can create your God-centered philosophy. Once developed and working through you, your philosophy will not fail you. It can serve as the stabilizing force which propels you toward happy, vibrant, God-centered living.

Grammatically each of the eight Beatitudes shows a cause-effect relationship between a state of mind, your attitude, and the result that such an attitude can have in

your daily life.

As you direct your awareness toward applying the God-centered attitudes found in the Beatitudes, you discover that the cause-effect relationship described in each Beatitude is finding expression in you. The Natural Law which governs and shapes human behavior is reshaping your life and bringing with it order, health, abundance and happiness.

In using this book, follow the steps outlined below faithfully. Experience new insight and awareness which will lead you to know how each key Scripture can shape and re-shape your maturing God-centered philosophy of life.

1. Make a twenty-minute appointment with yourself for your daily spiritual journey. Use the same appointment time during each of the seven days. Plan your appointment so that it is free from all outside distractions. Your appointment can be kept anywhere. There is no ideal place. Consider this appointment to be the most important of your day. It is.

2. Use the first minute of your appointment to center and prepare yourself. With feeling repeat aloud several times silently or aloud the affirmation: I AM OPEN AND RECEPTIVE NOW TO THE SPIRIT OF GOD WITHIN ME.

3. During the next five minutes, read the text appropriate to the day. Know that with each daily reading, the Spirit of God is working in you according to your ever-growing awareness.

4. In the back of the book in the pages designated, REFLECTIONS, briefly record any new awareness—impressions, feelings, insights from your daily reading of the beatitude which you feel needs to be strengthened in your daily life. Date your comments. All comments should relate to your life.

5. As you are with Jesus on the beach in Two-Way Prayer, ask for direction on how you can strengthen in yourself a specific area related to this Beatitude which has been revealed to you in your reflections. After you have received guidance, and before ending your prayer, visualize yourself applying this new strength in your daily life. You may need to ask for the same direction on more than one day. Simply remember: each day, ask for the direction which is important to you.

6. After completing your Two-Way Prayer, take the last few minutes of your appointment to work with your personally written affirmation. An affirmation is a statement that you can think or speak aloud frequently throughout your day; in using it, you cancel out negative interference and strengthen the new God-centered mental habit you are developing. Your affirmation is to be written in the back of the chapter on the page marked, Your Affirmation. It is to be one sentence, written in the first person "I" and in the present tense. You will find at the end of each chapter an affirmation you might use. However you may want to personally create your own affirmation. Simply remember, your affirmation is to express what you are working on during the next twenty-four hours related to this Beatitude and its application in your God-centered philosophy of life. Once you have prepared your affirmation or have written down in your book the one provided, date it. You may choose to use the same one all seven days. You may choose to rework or completely rewrite your daily affirmation. Each day respond to the Spirit of God directing you in your affirmation.

7. Place your book in your jacket, pocket, purse, etc. Throughout the day, find times to repeat aloud or to yourself your affirmation. Be sure to repeat the affirmation as you are preparing to sleep. Each time you say your affirmation, give feeling to the words. Through your feeling the words are given power within you. See yourself being the person your affirmation states. Know that you are that person right now.

As you journey within during these seven days with the Spirit of God, do so with joy and expectancy. God in you knows only your Highest Good.

THE FIRST BEATITUDE

"Happy the poor in spirit: theirs is the kingdom of heaven." Matthew 5:3 (Jerusalem Bible)

It is not by chance that this Beatitude has first position among the eight. Hidden within this often misunderstood statement is an attitudinal key which can open the door of "God-awareness" in your emerging life philosophy and set the foundation for your use of the following seven Beatitudes.

This Beatitude begins with the phrase,

"Happy the poor in Spirit." If you are like many readers who come upon this phrase, your initial reaction may range between bewilderment and annoyance. You quickly interpret this statement to say, "Happy the poor," leaving out the words, "in Spirit," consciously or unconsciously. You know that you're not happy when you lack a reliable car, a comfortable home, a well-paying job, a savings account, and spending money with which to have fun. You may even decide that the great man of history and faith, the Carpenter from Nazareth, really doesn't have much to say to people of today, if He believed we have to be poor to be happy.

But, go back to look at the phrase again. "Happy the poor in spirit." This is a statement which describes a potential condition of your mind. This condition of mind is a causal agent within you which is called an attitude. This specific attitude has been given a name in the Scriptures. The attitude is called poor in spirit. You need to look carefully at these three words-get to know and discover their meaning so that you can understand the attitude, poor in spirit. For within these three words, Scripture is sharing a mountain-top spiritual lesson for you in the development of your God-centered philosophy.

The words, poor in spirit, mean humble. Perhaps the word, humble, is a milk-toast word in your vocabulary. Perhaps it is a word you might just as soon forget. Further definition of this word from the Greek derivation can shed much light on the attitude you are investigating. To be poor in spirit or humble means to be SUCCESSFUL BUT NOT ARROGANT IN MIND.

Most of us can identify with these words. You have strong ideas about successfulness; and no doubt you have life experiences in which you have been exposed to arrogance. Placing these two words together, successful and not arrogant, may seem puzzling. A clue to the positioning of these two words can be discovered by looking at their opposites. How would you experience in yourself or in another an unsuccessful and arrogant attitude?

Such an attitude runs a life-tape like this: "Look at me; see how great I am. I'm running my life entirely with my conscious mind. I don't need anything or anybody for my well-being, for I can rely upon the power of this conscious mind, my great possession,

because it is very clever. It can bring me all my needs."

This unsuccessful and arrogant attitude, which finds expression in one's life, is a risky, vulnerable life-position. In this position, there is no alignment, no connection, no tie-in with the Power Source, God. Such a life-position says that the only thing that is real is the conscious mind which, relying upon the five senses, thinks and manipulates the present and the future out of its awareness of the past.

The successful but not arrogant attitude simply recognizes a Power Source greater than your conscious mind. It is the Source which is beyond that with which you think. Using this God-centered attitude, you alter your life tape and align yourself with the Power Source. You can name this Power Source anything you wish-God, Infinite Mind, Eternal Presence, Cosmic Consciousness. The name you give the Source is inconsequential. Your recognition and reliance upon this Source in your everyday living is critical if you are to express an attitude which is successful but not arrogant in mind.

As you rely upon this Source, you open yourself to new awareness. You begin to let go of preconceived notions and beliefs in your work and personal life. You find that you don't have all of life's answers. Answers to be happy, peaceful, joyous living are revealed daily as you open yourself to the Power Source that has always been within you. In turning within, you discover you are more teachable, receptive, attuned to new growth and insight. You discover that a poor in spirit attitude expresses that nature of the Universe itself-ever expanding and unfolding Life in the eternal Now.

How can you open yourself to become poor in spirit? To do so requires your acceptance that the Truth of you is the Power Source. The Power Source is the active, creative agent that is working in you. For most it is not a simple task to accept the Power Source. For most it is very difficult. Because it is, this Beatitude is the prerequisite for all the others.

Upon your recognition, acceptance, and use of this first Beatitude in your God-centered philosophy, flow the other seven freely from within you. For to be successful but not arrogant in mind requires that you give up the attitude that by solely relying upon the conscious mind, you can be

spiritually harmonious and whole. If your conscious mind is your great treasure, then you must raise a white flag and surrender it to a greater treasure, the Infinite Power Source. Only in doing this can you truly embrace this Beatitude as part of your God-centered philosophy.

The Beatitude promises a result for such an act of surrender to this new God-centered attitude. The result is found in the second phrase of the Beatitude: "theirs is the kingdom of heaven."

In His teachings, Jesus used spiritual lessons which called upon examples from His agrarian, merchant and political environment in order to underscore certain spiritual Truths. Within the milieu of Jesus' ministry, the word Kingdom was understood to be a place of power and authority. Heaven, then and now had many interpretations. In Jesus' most simple explanation of Heaven, it was the abode or temple, the home of God. In spite of many illustrations from Scripture, teaching that heaven is within every person as a state of consciousness, a consciousness in which we fully express the true light of the Christ, many believe that heaven is a place to be experienced upon death. The kingdom of heaven, the home of God which is full of power and authority, is for you now. Jesus tells you this in the first Beatitude. He tells you how you can experience this heavenly kingdom, where all power and authority resides. The kingdom of power and authority is the fullness of life. It is the fullness that is revealed beyond the conscious mind. The fullness of the Power Source within you is like a great reservoir. It is a deep pool of God-consciousness that awaits your awareness of its presence in you. Diving deeply into this pool of greater awareness, you discover that your seeming treasure, the conscious mind, which you relied upon exclusively before, is only the shallow waters of the Spirit of God, the Power Source, in you. But it is for you to flow your awareness from the shallow waters into the limitless depth of God-consciousness.

Let's once again review the entire Beatitude and know its Truth for you today. "Happy the Poor in Spirit, theirs is the Kingdom of Heaven." **HAPPY ARE THE SUCCESSFUL BUT NOT ARROGANT OF MIND, FOR THE POWER AND AUTHORITY OF GOD IS RELEASED WITHIN THEM.** Yes, happy are those who give up their great possession, the

conscious mind, which holds tightly to personal power and personal authority. In letting go of this treasure, you discover there is a greater treasure, a treasure of boundless power and authority within you known as the Spirit of God. This is your endless resource.

Today as you discover, feel, and live this God Source, the dawning of new, limitless power and joy is yours. This heavenly state is for you. Let it be released now.

AFFIRMATION:

WITH GOD'S HELP THIS DAY, I AM SUCCESSFUL BUT NOT ARROGANT OF MIND, RELEASING THE POWER AND AUTHORITY OF GOD WITHIN ME.

YOUR AFFIRMATION

THE SECOND BEATITUDE

"Happy the gentle: they shall have the earth for their heritage." Matthew 5:4 (Jerusalem Bible)

One of our great religious authors, Emmet Fox, once wrote in his book, *Sermon on the Mount*, that this Beatitude contains the Jesus Christ message reduced to a single sentence. Such a bold statement as this calls upon you to examine this Beatitude carefully in the light of your own growing understanding of Jesus' teaching in order to lift out its subtle spiritual lesson and apply it to your developing God-centered life philosophy.

"Happy the gentle." In many texts, the word, meek, appears in place of gentle. You can initially find insight into this phrase by examining the word, meek. In our culture today this word has an unappealing connotation. We often link meek behavior with one who is cowardly and withdrawn, unable to take any personal responsibility for his life. We feel meek behavior is expressed in a lifestyle in which one wallows in unsuccessful and undirected living.

Such a limited understanding of the word, meek, misrepresents the spiritual meaning which you are searching to grasp. This word has its roots in our Greco-Roman heritage. Often this word was used to describe an outstanding quality in a horse. Today, it is used to describe the personality of a fine horse. The meek horse was and is

one that is strong and well-disciplined. These words, strong and well-disciplined, provide the handle for your understanding of the phrase, "Happy the gentle (or meek)." To whom or to what must you be strong and well-disciplined in order to release this attitude from within you? First, you must be strong and well-disciplined 'in mind.' In doing so, you align yourself with the Spirit of God. To be strong and well-disciplined in mind requires your vigilance to the basic statement of Truth about you: The Power Source, God, resides in you. You are a unique expression of the Power Source.

To be strong and well-disciplined in mind requires that you daily practice living in alignment with the Truth that you are a spiritual being. Without practice, without daily exercise, in which you attune your awareness with the Power Source, you are like a sleek, well-equipped sloop [boat] without a skipper at the helm trying to return to port in strong, turbulent seas.

Perhaps you have gone to the beach in the late afternoon, to a quiet point overlooking a harbor entrance, in order to view the sloops returning from the open sea. It's an exciting spectacle to watch. Every skipper has his destination clearly in mind. The skipper must maneuver his vessel toward his goal, the quiet harbor. Often as you watch from afar, you can view the ships shifting directions as the skippers use the changing winds to their advantage in order to steadfastly move toward their destination. As the sun fades quietly in the western skies, each skipper, with single-minded purpose, brings his ship into the tranquil harbor waters. Each beautiful craft returns safely because the skipper used his skills with the sails and his keen observation of changing winds to fulfill his mission: returning home before dusk.

Your everyday living of the strong and well disciplined attitude is no different than a sloop and skipper returning home. Your life's job is 'coming home' to the God Presence in you. That's where everyone is journeying. It's an inner journey that you are taking. When you are weak and undisciplined about your journey, it's like you're out at sea, the winds are blowing, and you're just not quite sure how to get to the harbor. Sometimes you wonder how you arrived in such strong life seas, wishing someone else would rescue you because you don't think you can maneuver

your ship alone.

You don't have to travel a solo journey daily. When you travel through each day with an attitude that is strong and well-disciplined, you know who is in charge of your ship. The Spirit of God in you is in charge. Knowing this, you know that the turbulent life seas cannot toss you aimlessly. As you use this attitude of mind, the inner authority of the Power Source meets your every challenge with certainty. In continuing to rely upon a strong and well disciplined attitude, you hold fast, setting an un-veering course toward greater expression, greater union with God.

Soon you discover that your conscious mind alone is only one small part of your immense Power Source. You discover that you're relying upon greater knowledge than that which the conscious mind can provide. You understand that through the Spirit of God in you, all things are possible. Without acknowledging your reliance upon this Spirit of God in your daily life, you are trapped in limitation. Thus, like the strong and well-disciplined horse, you take up a yoke, the yoke of the One Mind, the Spirit of God in you, knowing that it gives you a rich reward.

What is the reward? In the second phrase of the Beatitude, the reward is clearly defined. "They, the strong and well-disciplined, shall have the earth for their heritage." A tremendous gift is yours if you embrace and live this attitude. You are promised the earth. One interpretation of earth is: that which is the manifestation of God. Everything you touch, smell, see, taste and hear is the manifestation of God. All creation is the earth. The earth is the expression of the God Spirit. All of life is Spirit. The God Spirit and Creation, earth, are One.

The earth, which is yours to enjoy, is a gift of the Creator. The Beatitude tells you it is your heritage to have the earth as you demonstrate the strong and well-disciplined attitude. If it is your heritage, then it belongs to you by reason of birth, your spiritual birth, as a child of God. It is your spiritual inheritance. You may desire your inheritance to be a lovely home, a satisfying professional life, nice clothing, an attractive automobile. Possibly your inheritance is simply quiet surroundings in which to relax and dabble with a hobby. Perhaps it is financial success. Whatever you feel your inheritance is, in recognizing that its Source is God, you,

indeed, feel that you are very rich.

And this inheritance is a gift to you through a spiritual birth as God's child. You don't have to strive or deny someone else their good in order for you to have yours. No, as you are strong and well disciplined, daily leaning upon the Power Source, you receive your inheritance. God cannot fail to provide it for you.

In reviewing the entire Beatitude, once again, it says, "Happy the gentle: they shall have the earth for their heritage." **HAPPY AND FULL OF JOY ARE YOU AS YOU BECOME STRONG AND WELL DISCIPLINED IN MIND TO THE GOD SOURCE.** In return, you shall be abundantly blessed with the desires of your heart.

AFFIRMATION:

WITH GOD'S HELP THIS DAY, I AM STRONG AND WELL-DISCIPLINED IN MIND, AND IN RETURN I AM ABUNDANTLY BLESSED.

YOUR AFFIRMATION

To be continued April & May 2009



Divine Science Federation International

Upcoming Events:



All DSFI members and friends are invited to join the Board in St. Louis for its next Board meeting on Tuesday, March 17th. Gathering time is at 1:45PM and the meeting starts at 2PM. The meeting will be followed by a service beginning at about 4:30PM and ending by about 5:30PM. Following the service, the Board will go into a closed working retreat for the remainder of our time in St. Louis.

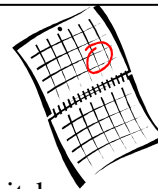
The Board meeting will be held at Mercy Center, 2039 North Geyer Road in Frontenac, a suburb of St. Louis, MO.

If you are planning to attend, kindly respond to the DSFI office at 314/842-2335 or 800/644-9680. For directions, please also contact the office. Thank you.

For more information please contact:

William Freeman, President, DSFI
802/384-3845

Save The Date!!



- Spiritual Renewal Retreat with Dr. Al G. Salazar. **August 6 – 8, 2009.** Held at the Seton Retreat Center, Emmitsburg, MD. Hosted by the Divine Science Church of the Healing Christ. Contact dschurchdc@aol.com for details.

- International New Thought Alliance 2009 Annual Congress **August 24-28, 2009.** The Congress will be held in the Chicago, IL area at the Hilton Chicago/Indian Lakes Resort. Visit www.NewThoughtAlliance.com for details.

**DIVINE SCIENCE FEDERATION
INTERNATIONAL**

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