

WHAT WE BELIEVE

A 13-Week Reflection Journal

October 4, 2026 – January 2, 2027

*Exploring the Declaration of Principles of Centers for Spiritual Living
through personal reflection and the vision of a world that works for all.*

Prepared as a weekly spiritual reflection journal

Welcome to the Journey

This journal is an invitation to spend thirteen weeks with the spiritual ideas expressed in Centers for Spiritual Living's Declaration of Principles, commonly known as "What We Believe." The principles were written by Dr. Ernest Holmes and first published in Science of Mind magazine in October 1927. They offer a concise statement of foundational Science of Mind teachings.

Each week begins with the actual What We Believe statement, followed by a plain-language interpretation. The interpretation is intentionally written in contemporary, accessible language. It is not a replacement for the original statement; it is simply a doorway into reflection.

The official current CSL webpage presents eleven individual statements. To create the requested thirteen-week journey without inventing additional declarations, Weeks 12 and 13 intentionally revisit two foundational statements—Unity and Destiny—so the journal can move from understanding the principles to living them.

How to Use This Journal

Read the statement slowly at the beginning of each week. Read the interpretation, then sit quietly for a few moments before responding to the two prompts. Return to your responses during the week. Notice where the principle appears in your relationships, choices, reactions, hopes, and opportunities to serve.

The second prompt connects each principle with Centers for Spiritual Living's Global Vision of a world that works for everyone and for all of creation.

Source note: Official Declaration of Principles and Global Vision, Centers for Spiritual Living (csl.org).

Week 1: God, the Living Spirit Almighty

October 4–October 10, 2026

What We Believe

WE BELIEVE in God, the Living Spirit Almighty; one, indestructible, absolute and self-existent Cause. This One manifests Itself in and through all creation, but is not absorbed by Its creation. The manifest universe is the body of God; it is the logical and necessary outcome of the infinite self-knowingness of God.

What This Means Today

This statement says that there is one ultimate spiritual Reality behind everything. We call it God, Spirit, or the One. Spirit is not far away from life; Spirit is expressed through life. Nature, people, creativity, the universe, and existence itself can all point us toward this one Source. At the same time, God is greater than any single thing we can see or describe.

Personal Reflection

Where do you notice a sense of sacredness, wonder, or a greater Presence in your everyday life? What words or ideas in this statement speak to you most strongly?

Creating a World That Works for All

Believing that this is true, how might abiding by this statement help in creating a world that works for all?

A Thought to Carry with Me This Week

Week 2: The Individualization of Spirit

October 11–October 17, 2026

What We Believe

WE BELIEVE in the individualization of the Spirit in us, and that all people are individualizations of the One Spirit.

What This Means Today

This means that the same Spirit that is present everywhere is also present in every person. Each of us expresses that one Life in a unique way. We may have different personalities, cultures, identities, talents, beliefs, and experiences, but no person is spiritually separate from the Source of Life—or from the rest of humanity.

Personal Reflection

If you truly believed that every person is an expression of the One Spirit, what might change in the way you see yourself and other people?

Creating a World That Works for All

Believing that this is true, how might abiding by this statement help in creating a world that works for all?

A Thought to Carry with Me This Week

Week 3: The Eternal and Expanding Soul

October 18–October 24, 2026

What We Believe

WE BELIEVE in the eternality, the immortality and the continuity of the individual soul, forever and ever expanding.

What This Means Today

This statement teaches that who we are at the deepest spiritual level is more than our body, age, job, possessions, or present circumstances. The soul continues its journey and is always capable of greater awareness and expression. Spiritually, life is not about becoming smaller; it is an ongoing invitation to grow.

Personal Reflection

What part of your life is inviting you to grow, expand, or become more fully who you believe you are?

Creating a World That Works for All

Believing that this is true, how might abiding by this statement help in creating a world that works for all?

A Thought to Carry with Me This Week

Week 4: Heaven Within

October 25–October 31, 2026

What We Believe

WE BELIEVE that heaven is within us, and that we experience it to the degree that we become conscious of it.

What This Means Today

Rather than thinking of heaven only as a place somewhere else or sometime later, this principle says that qualities we associate with heaven—peace, love, joy, wholeness, belonging, and connection—can be discovered within consciousness now. As we become more aware of these qualities, we become more able to experience and express them.

Personal Reflection

What does “heaven within” mean to you today? Which quality—peace, joy, love, belonging, wholeness, or something else—are you ready to become more conscious of?

Creating a World That Works for All

Believing that this is true, how might abiding by this statement help in creating a world that works for all?

A Thought to Carry with Me This Week

Week 5: Freedom from Discord

November 1–November 7, 2026

What We Believe

WE BELIEVE the ultimate goal of life to be a complete emancipation from all discord of every nature, and that this goal is sure to be attained by all.

What This Means Today

This statement points toward freedom. It says that conflict, fear, limitation, suffering, and disharmony do not have the final word about who we are. The spiritual direction of life is toward greater freedom and wholeness. This does not mean ignoring real problems. It means refusing to believe that a painful condition is the whole truth or the permanent limit of what is possible.

Personal Reflection

Where in your life are you being called to move from discord toward greater freedom, healing, peace, or wholeness?

Creating a World That Works for All

Believing that this is true, how might abiding by this statement help in creating a world that works for all?

A Thought to Carry with Me This Week

Week 6: The Unity of All Life

November 8–November 14, 2026

What We Believe

*WE BELIEVE in the unity of all life, and that the highest God and the innermost God is one God.
We believe that God is personal to all who feel this indwelling presence.*

What This Means Today

This principle says that life is connected. The Divine that seems infinitely greater than us is also the Divine Presence within us. We do not have to choose between a God “out there” and a God “within.” The same sacred Life is present everywhere. When we recognize that connection, spirituality becomes personal, relational, and lived.

Personal Reflection

Where do you experience connection—with another person, nature, community, creativity, or the Divine?
What does that connection teach you about unity?

Creating a World That Works for All

Believing that this is true, how might abiding by this statement help in creating a world that works for all?

A Thought to Carry with Me This Week

Week 7: Direct Revelation of Truth

November 15–November 21, 2026

What We Believe

WE BELIEVE in the direct revelation of truth through our intuitive and spiritual nature, and that anyone may become a revealer of truth who lives in close contact with the indwelling God.

What This Means Today

This statement says spiritual wisdom is not reserved for a special few. Each person can develop a deeper awareness of truth through prayer, meditation, reflection, intuition, study, and conscious relationship with the Divine Presence within. We still use reason, wisdom, and discernment, but we also learn to listen deeply.

Personal Reflection

When have you experienced an inner knowing, insight, or spiritual intuition that helped you see something differently? How do you tell the difference between impulse and deeper wisdom?

Creating a World That Works for All

Believing that this is true, how might abiding by this statement help in creating a world that works for all?

A Thought to Carry with Me This Week

Week 8: Universal Mind and Creative Law

November 22–November 28, 2026

What We Believe

WE BELIEVE that the Universal Spirit, which is God, operates through a Universal Mind, which is the Law of God; and that we are surrounded by this Creative Mind which receives the direct impress of our thought and acts upon it.

What This Means Today

This is one of the central ideas of Science of Mind: consciousness is creative. Our habitual thoughts, beliefs, expectations, and intentions influence how we experience life and how we act in it. This principle invites us to become responsible for the mental patterns we repeatedly give our attention to and to choose thoughts that support the life we want to help create.

Personal Reflection

What thought, belief, or expectation are you giving energy to right now? Is it helping create the experience you want, or is there a new idea you are ready to practice?

Creating a World That Works for All

Believing that this is true, how might abiding by this statement help in creating a world that works for all?

A Thought to Carry with Me This Week

Week 9: Healing and the Power of Mind

November 29–December 5, 2026

What We Believe

WE BELIEVE in the healing of the sick and control of conditions through the power of this Mind.

What This Means Today

This statement expresses confidence in the possibility of healing and transformation through spiritual consciousness. In contemporary practice, spiritual work can stand alongside appropriate medical, psychological, social, and practical support. The principle invites us not to surrender our inner power to appearances alone, but to bring prayer, consciousness, wise action, and openness to healing into the conditions we face.

Personal Reflection

What condition in your life would you like to approach with a greater consciousness of wholeness, possibility, and wise action?

Creating a World That Works for All

Believing that this is true, how might abiding by this statement help in creating a world that works for all?

A Thought to Carry with Me This Week

Week 10: The Goodness and Givingness of Life

December 6–December 12, 2026

What We Believe

WE BELIEVE in the eternal Goodness, the eternal Loving-kindness and the eternal Givingness of Life to All.

What This Means Today

This statement asks us to look beneath fear and scarcity and recognize a deeper spiritual reality: Life is fundamentally giving. We can see this in breath, relationships, ideas, nature, opportunities, compassion, and the countless ways life supports life. Recognizing goodness does not require pretending that injustice or pain does not exist. It calls us to become participants in goodness and loving-kindness.

Personal Reflection

Where have you experienced goodness, generosity, or loving-kindness recently? How might you become a more conscious expression of those qualities this week?

Creating a World That Works for All

Believing that this is true, how might abiding by this statement help in creating a world that works for all?

A Thought to Carry with Me This Week

Week 11: Our Soul, Spirit, and Destiny

December 13–December 19, 2026

What We Believe

WE BELIEVE in our own soul, our own spirit and our own destiny; for we understand that the life of all is God.

What This Means Today

This final statement brings the teaching home. Your life matters. Your soul, spirit, gifts, choices, and unfolding path have value. At the same time, your life is not separate from the life of others. If the Life of all is God, then honoring your own spiritual worth and honoring the worth of others belong together.

Personal Reflection

What becomes possible when you trust that your life has spiritual worth, purpose, and an unfolding destiny?

Creating a World That Works for All

Believing that this is true, how might abiding by this statement help in creating a world that works for all?

A Thought to Carry with Me This Week

Week 12: Living Unity: From Belief to Practice

December 20–December 26, 2026

What We Believe

*WE BELIEVE in the unity of all life, and that the highest God and the innermost God is one God.
We believe that God is personal to all who feel this indwelling presence.*

What This Means Today

After eleven weeks of study, we return to unity because spiritual principles become meaningful when they shape how we live. If all life is connected, then compassion, respect, justice, listening, generosity, and care for the Earth are not merely nice ideas. They become natural ways of honoring the One Life appearing as many lives.

Personal Reflection

Looking back over the journal so far, where are you being invited to live the principle of unity more consistently—in a relationship, a community, your work, or your treatment of yourself?

Creating a World That Works for All

Believing that this is true, how might abiding by this statement help in creating a world that works for all?

A Thought to Carry with Me This Week

Week 13: Living Our Destiny: A World That Works for All

December 27–January 2, 2027

What We Believe

WE BELIEVE in our own soul, our own spirit and our own destiny; for we understand that the life of all is God.

What This Means Today

We close by returning to soul, spirit, and destiny. A spiritual destiny is not only about personal success. It can also mean becoming a fuller expression of love, wisdom, creativity, courage, peace, and service. The question becomes: How will the life within me contribute to the life we share? A world that works for all is created through both consciousness and action.

Personal Reflection

What have these thirteen weeks helped you understand about who you are, what you believe, and how you want to live from this point forward?

Creating a World That Works for All

Believing that this is true, how might abiding by this statement help in creating a world that works for all?

A Thought to Carry with Me This Week

Closing Reflection

You have spent thirteen weeks reading, interpreting, questioning, and applying the principles of What We Believe. Before closing this journal, take time to notice what has changed—not only in what you think, but in how you want to live.

Which statement challenged or expanded you the most? Why?

Which statement now feels most central to your spiritual life?

What practice or action will help you continue living these principles?

Complete this sentence: Because of this journey, I now believe...

May what you believe become visible in how you live.