

DAILY REFLECTIONS

90 Day Guide



Who We Are and What We Believe

A 90-Day Spiritual Reflection Guide

Presented by ElderPride Incorporated & CSL Visalia

In affiliation with Centers for Spiritual Living

Introduction

This three-month journey invites you into a time of reflection, spiritual deepening, and personal growth through the lens of Science of Mind—a spiritual philosophy and way of living founded by Dr. Ernest Holmes. Together with **Because the Bible Says It's So** by Dan McClellan, we'll explore the foundational beliefs that guide our spiritual communities.

About the Science of Mind

Science of Mind is a spiritual philosophy developed in the early 20th century by Dr. Ernest Holmes. It teaches that our thoughts create our reality and that each of us has direct access to the Divine. Rather than focusing on dogma, the Science of Mind emphasizes personal spiritual practice, affirmative prayer, self-responsibility, and a belief in Oneness with all life.

About Dr. Ernest Holmes

Dr. Ernest Holmes (1887–1960) was a visionary teacher and philosopher who synthesized spiritual wisdom from many traditions with emerging science. His seminal book, **The Science of Mind**, lays the foundation for the teachings practiced in Centers for Spiritual Living today.

About ElderPride and CSL Visalia

ElderPride Incorporated and CSL Visalia are proud affiliates of the Centers for Spiritual Living, the global steward of the Science of Mind teachings. Our mission during these 90 days is to deepen our understanding of the faith, philosophy, and way of life we practice—and to affirm, individually and collectively, who we are and what we believe.

Structure of the Guide

Theme: Who We Are and What We Believe

Duration: September 1 – November 30

Weekly Focus: One “What We Believe” statement from Dr. Holmes per week

Daily Practice:

- Reflect on the “What We Believe” statement.

- Journal what the statement means to you and how it shows up in your life.
- Reflect on the assigned chapter from *Because the Bible Says It's So*.

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[illegible]

My signature affirms that I read the assignment, reflected on its content, and did my best.

Tuesday, September 02, 2025

What We Believe Statement:

"We believe in God, the Living Spirit Almighty; one, indestructible, absolute, and self-existent Cause."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

[illegible]

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Wednesday, September 03, 2025

What We Believe Statement:

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Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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Thursday, September 04, 2025

What We Believe Statement:

"We believe in God, the Living Spirit Almighty; one, indestructible, absolute, and self-existent Cause."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

[illegible]

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Friday, September 05, 2025

What We Believe Statement:

"We believe in God, the Living Spirit Almighty; one, indestructible, absolute, and self-existent Cause."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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[illegible]

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Saturday, September 06, 2025

What We Believe Statement:

"We believe in God, the Living Spirit Almighty; one, indestructible, absolute, and self-existent Cause."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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Tuesday, September 09, 2025

What We Believe Statement:

"We believe in the individualization of the Spirit in us, and that all people are individualizations of the One Spirit."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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Saturday, September 13, 2025

What We Believe Statement:

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Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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Sunday, September 14, 2025

What We Believe Statement:

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Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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Sunday, September 21, 2025

What We Believe Statement:

"We believe in the eternality, the immortality and the continuity of the individual soul, forever and ever expanding."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

[illegible]

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[illegible]

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Tuesday, September 23, 2025

What We Believe Statement:

"We believe that the Kingdom of Heaven is within us and that we experience this Kingdom to the degree that we become conscious of it."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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Thursday, September 25, 2025

What We Believe Statement:

"We believe that the Kingdom of Heaven is within us and that we experience this Kingdom to the degree that we become conscious of it."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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Friday, September 26, 2025

What We Believe Statement:

"We believe that the Kingdom of Heaven is within us and that we experience this Kingdom to the degree that we become conscious of it."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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Reflection on this week's reading from "Because the Bible Says It's So":
(Respond to a significant idea, insight, or challenge from the chapter.)

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Sunday, September 28, 2025

What We Believe Statement:

"We believe that the Kingdom of Heaven is within us and that we experience this Kingdom to the degree that we become conscious of it."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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Tuesday, September 30, 2025

What We Believe Statement:

"We believe the ultimate goal of life to be a complete freedom from all discord of every nature, and that this goal is sure to be attained by all."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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Reflection on the “What We Believe” Statement:

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Friday, October 03, 2025

What We Believe Statement:

"We believe the ultimate goal of life to be a complete freedom from all discord of every nature, and that this goal is sure to be attained by all."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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Saturday, October 04, 2025

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Tuesday, October 07, 2025

What We Believe Statement:

"We believe in the unity of all life, and that the highest God and the innermost God is one God."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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What We Believe Statement:

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Reflection on the “What We Believe” Statement:

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Thursday, October 09, 2025

What We Believe Statement:

"We believe in the unity of all life, and that the highest God and the innermost God is one God."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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Friday, October 10, 2025

What We Believe Statement:

"We believe in the unity of all life, and that the highest God and the innermost God is one God."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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Saturday, October 11, 2025

What We Believe Statement:

"We believe in the unity of all life, and that the highest God and the innermost God is one God."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

[illegible]

[illegible]

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Sunday, October 12, 2025

What We Believe Statement:

"We believe in the unity of all life, and that the highest God and the innermost God is one God."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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Monday, October 13, 2025

What We Believe Statement:

"We believe that God is personal to all who feel this Indwelling Presence."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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Reflection on this week's reading from "Because the Bible Says It's So":

(Respond to a significant idea, insight, or challenge from the chapter.)

Signature: _____ Date: _____

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Tuesday, October 14, 2025

What We Believe Statement:

"We believe that God is personal to all who feel this Indwelling Presence."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

[illegible]

Reflection on this week's reading from "Because the Bible Says It's So":

(Respond to a significant idea, insight, or challenge from the chapter.)

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Thursday, October 16, 2025

What We Believe Statement:

"We believe that God is personal to all who feel this Indwelling Presence."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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Reflection on this week's reading from "Because the Bible Says It's So":

(Respond to a significant idea, insight, or challenge from the chapter.)

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Friday, October 17, 2025

What We Believe Statement:

"We believe that God is personal to all who feel this Indwelling Presence."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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Reflection on this week's reading from "Because the Bible Says It's So":

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Saturday, October 18, 2025

What We Believe Statement:

"We believe that God is personal to all who feel this Indwelling Presence."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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Reflection on this week's reading from "Because the Bible Says It's So":

(Respond to a significant idea, insight, or challenge from the chapter.)

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Sunday, October 19, 2025

What We Believe Statement:

"We believe that God is personal to all who feel this Indwelling Presence."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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Tuesday, October 21, 2025

What We Believe Statement:

"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."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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Thursday, October 23, 2025

What We Believe Statement:

"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."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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Friday, October 24, 2025

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"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."

Reflection on the “What We Believe” Statement:

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Sunday, October 26, 2025

What We Believe Statement:

"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."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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Tuesday, October 28, 2025

What We Believe Statement:

"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 thoughts and acts upon it."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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Thursday, October 30, 2025

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Friday, October 31, 2025

What We Believe Statement:

"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 thoughts and acts upon it."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

My signature affirms that I read the assignment, reflected on its content, and did my best.

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

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This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general note-taking. There are no margins, text, or other markings on the page.

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Tuesday, November 04, 2025

What We Believe Statement:

"We believe in the healing of the sick and control of conditions through the power of this Mind."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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[illegible]

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Thursday, November 06, 2025

What We Believe Statement:

"We believe in the healing of the sick and control of conditions through the power of this Mind."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

[illegible]

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My signature affirms that I read the assignment, reflected on its content, and did my best.

Friday, November 07, 2025

What We Believe Statement:

"We believe in the healing of the sick and control of conditions through the power of this Mind."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

[illegible]

[illegible]

My signature affirms that I read the assignment, reflected on its content, and did my best.

Saturday, November 08, 2025

What We Believe Statement:

"We believe in the healing of the sick and control of conditions through the power of this Mind."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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Tuesday, November 11, 2025

What We Believe Statement:

"We believe in the eternal Goodness, the eternal Loving-kindness and the eternal Givingness of Life to All."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

My signature affirms that I read the assignment, reflected on its content, and did my best.

(What does this mean to you? How does it relate to your life today?)

[illegible]

My signature affirms that I read the assignment, reflected on its content, and did my best.

Thursday, November 13, 2025

What We Believe Statement:

"We believe in the eternal Goodness, the eternal Loving-kindness and the eternal Givingness of Life to All."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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My signature affirms that I read the assignment, reflected on its content, and did my best.

Friday, November 14, 2025

What We Believe Statement:

"We believe in the eternal Goodness, the eternal Loving-kindness and the eternal Givingness of Life to All."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

[illegible]

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My signature affirms that I read the assignment, reflected on its content, and did my best.

Saturday, November 15, 2025

What We Believe Statement:

"We believe in the eternal Goodness, the eternal Loving-kindness and the eternal Givingness of Life to All."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

[illegible]

Reflection on this week's reading from "Because the Bible Says It's So":
(Respond to a significant idea, insight, or challenge from the chapter.)

Signature: _____ Date: _____

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Tuesday, November 18, 2025

What We Believe Statement:

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

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

[illegible]

[illegible]

My signature affirms that I read the assignment, reflected on its content, and did my best.

[illegible]

[illegible]

My signature affirms that I read the assignment, reflected on its content, and did my best.

Thursday, November 20, 2025

What We Believe Statement:

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

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

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Tuesday, November 25, 2025

What We Believe Statement:

"We believe that the living Spirit lives in all people, in all life, and that through conscious union with It, we realize our true identity and divine nature."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Reflection on this week's reading from "Because the Bible Says It's So":
(Respond to a significant idea, insight, or challenge from the chapter.)

Signature: _____ Date: _____

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My signature affirms that I read the assignment, reflected on its content, and did my best.

Thursday, November 27, 2025

What We Believe Statement:

"We believe that the living Spirit lives in all people, in all life, and that through conscious union with It, we realize our true identity and divine nature."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

[illegible]

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

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My signature affirms that I read the assignment, reflected on its content, and did my best.

Saturday, November 29, 2025

What We Believe Statement:

"We believe that the living Spirit lives in all people, in all life, and that through conscious union with It, we realize our true identity and divine nature."

Reflection on the “What We Believe” Statement:

(What does this mean to you? How does it relate to your life today?)

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Rev. Jack Elliott is a motivational storyteller, playwright, and empowerment teacher. Ordained in 1985, he is licensed and affiliated with the Centers for Spiritual Living. He is the Founding President of Heart and Soul Center of Light, the Founding Spiritual Director of ElderPride Incorporated, and the Spiritual Leader of CSL Visalia.

You'll find his essays, videos, and podcasts at www.elderpride4me.org.

If you feel empowered to support his work, click the link below to make a donation. (INSERT ELDERPRIDE BREEZE LINK)

You may also make a donation in his name to Heart and Soul Center of Light by visiting www.heartandsoulcenter.org and clicking the "Donate" button, or by visiting www.cslvisalia.org and clicking their donate button.