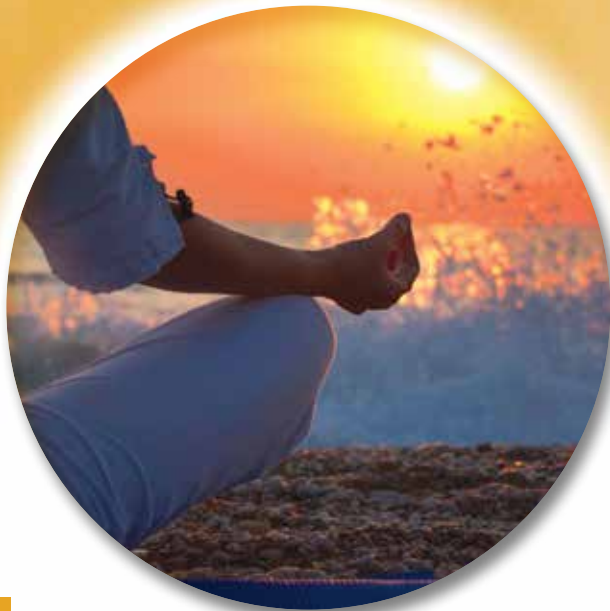




SPIRITUAL PRINCIPLES AND PRACTICES



STUDENT GUIDE

ESSENTIAL COURSE



Centers for Spiritual Living SPIRITUAL DEVELOPMENT EDUCATION



EXPLORATORYCOURSES

Explore spiritual concepts, beliefs, principles and practices—for newcomers, congregants and spiritual seekers.



ESSENTIALCOURSES

Understand and apply foundational Science of Mind philosophy, principles and practices—including all of the basic concepts.



CORECOURSES

Apply and analyze CSL Principles and Practices in everyday life to support personal growth and community transformation.



MASTERYCOURSES

Analyze, evaluate and study for a deeper experience, leadership, and expansion of the teaching in the community and the world.



SPIRITUAL PRINCIPLES AND PRACTICES

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COURSE DESCRIPTION

Living the best possible life takes practice, practice, practice. Discover proven practices that bring spiritual principles into action allowing you to manifest a desired goal or intention. Through this course, which offers spiritual practices and their methods that you can begin using NOW, you will begin to see results and changes in your life.

Spiritual Principles and Practices includes 5 Modules:

Module 1: Principles, Practices, and Methods

Module 2: Personal Intention and Spiritual Mind Treatment

Module 3: Other Practices and Methods to Realize Your Intention

Module 4: Practicing Compassion and Gratitude

Module 5: Plan and Present

Required Reading

This Thing Called You, Holmes, Ernest

ISBN-13 : 978-1585426072

Disclaimer: Centers for Spiritual Living is grounded in oneness and inclusion. We recognize that some language in the required reading is inappropriate and unconsciously racist, sexist, etc. We also recognize there is value in the ancient wisdom of these older writings. We ask that you read carefully, taking into consideration the historical context, to glean the truth and come to a deeper understanding of the historical time and place each was written.

Note to Students: If you come across any required reading that has inappropriate and offensive language and/or references, please bring to class for review and discussion.

COURSE OBJECTIVES

The specific objectives to achieve the above in this course are to:

- ☐ Define and apply Principles, Practices and Methods as used in the Science of Mind
- ☐ Identify a personal intention and relate it to Science of Mind Principle and Practice
- ☐ Apply Practices utilizing various Methods that support the desired intention
- ☐ Create and present a Vision Board which reflects the desired intention

GROUP GUIDELINES FOR SHARING

Why We Share

In order to enrich course content sharing will be a vital part of many Lifelong Learning courses. The purpose of sharing is multifaceted. Sharing allows participants to:

- Acknowledge their own progress and be recognized.
- Recognize undesired conditions and circumstances in their lives and start replacing these with desirable experiences.
- Practice active listening, to really hear other people, and to benefit from their sharing.

How We Share

- Keep all sharing in class confidential.
- Share from your own feelings and experiences. Do not comment on another's sharing or give advice.
- KEEP YOUR SHARING SHORT: two to three minutes. No backstory. Just the important facts. This allows everyone time to share if they choose to do so.
- Share once in each class module. Wait until everyone else has had a chance to share before asking to share again.

How To Enhance Sharing And Listening

- As sharing begins, center yourself in love and compassion.
- Be aware of the precious gift you are being given when someone has the courage to share.
- Make the space for sharing without categorizing what you are hearing as positive or negative, good or bad.
- Be sensitive to the amount of class time YOU spend sharing.





MODULE ONE: PRINCIPLES, PRACTICES AND METHODS

MODULE OBJECTIVE

- ❑ Define and apply Principles, Practices and Methods as used in the Science of Mind

Spiritual Principles: Overview

Spiritual Practice: Spiritual Mind Treatment

Method: Meditation

GUIDING PRINCIPLE

Definition of a General Life Principle: A rule, belief, or idea that guides you.

Some people use a saying as a guiding life principle. Think about a saying and the underlying principle or a single word that the saying promotes. Example: “Just do it.” The principle may mean confidence to one person and courage to another.

A principle is a natural law like gravity. If you drop something, gravity controls.

The 7 Habits of Highly Effective People, Dr. Stephen Covey

Spiritual Principles help us understand the Nature of Reality—the Infinite Presence and the Universal Law, the nature of Creation and our place in it, and who we are in the scheme of things. However, Principles are more than just intellectual ideas, they form the foundation for the way we engage in and co-create our lives. Centers for Spiritual Living identified ten Spiritual Principles that articulate the basic ideas of the Science of Mind theory and philosophy.

Example: Oneness

Spiritual Principles (for full explanations see Appendix A):

- | | | | | |
|-----------|---------------------|--------------------|--------------------|----------------|
| – Oneness | – Creation | – Creative Process | – Spiritual Beings | – Heaven |
| – Love | – Three Fold Nature | – Spiritual Laws | – Freedom | – Eternal Life |

The spiritual principle I choose to work with in this course is:

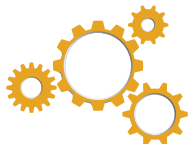
The way it shows up in my life is:

My intention for this course is:

Principle: The Science of Mind is the study of the Principle of Being. The source or cause from which a thing results; a truth which is unchangeable. We first understand the principle and then relate it to our problem for the final test.

The Science of Mind



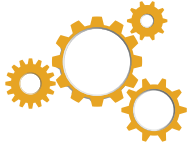


In-Class Activity

- Notes:**

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There is no handwriting or other markings on the paper.

Principles, Practices and Methods Definition



ACTIVITY

In-Class Activity

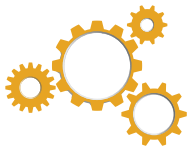
Spiritual Practices teach us how, and provide the means, to apply Spiritual Principles in our lives. Centers for Spiritual Living has identified ten Spiritual Practices that each include primary methods we teach for practicing the application of our principles. Each Practice may help us apply any or all the Principles. In this course, each Practice is associated with the Principle(s) upon which it is primarily based and to which it most commonly applies.

Example: Compassion

Methods are used to practice and apply the Spiritual Principles in everyday life. Exploring various methods deepens our understanding and practice so we are in alignment with our Spiritual Principles.

Example: Forgiveness

Relationship Between Principle and Practice



ACTIVITY

In-Class Activity

You can clearly take Principle (which never changes) and put it into practice, using a variety of methods to create what you choose. The following in-class activity allows you to use Principle represented by paper, making a shape of your choice. (You will need an 8.5x11 piece of paper for this exercise. If necessary you can remove a blank page from the Student Guide.)

1. *Secure an 8.5 x 11 piece of paper.*
2. *Create a shape of your choice with the paper.*
3. *When your shape is complete, hold it up for the large group to see.*
4. *When most of the students have held up their shape, create a different shape with the same piece of paper.*
5. *When your second shape is complete, hold it up for the large group to see.*
6. *At the direction of the instructor, share what you have learned about Principle and Practice with the large group.*

Sample: *The practice of Principle is an individual choice and can be different for each one of us.*

Response: *How we practice and the shape of the outcome may change, but Principle is changeless.*

EXPLORING METHODS FOR PRACTICING THE PRINCIPLES

Practicing the Presence through Mindfulness



Practicing the Presence is a way to practice the Principles of Oneness, Love, and Creation; to become aware of and experience the One Infinite Reality. The Practice of the Presence is engaging in formal, disciplined methods that quiet the mind and body, creating an opening for more awareness of yourself, others, and the situation or environment. Beyond these formal methods, Practicing the Presence is a way of living in alignment with our Science of Mind

Principles, making these Principles evident in the way we engage in the present moment, and supporting congruence in thought, word and behavior.

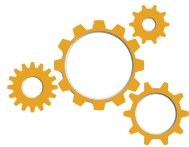
Mindfulness is paying attention to the fullness of each present moment, objectively observing the behavior, attitudes and beliefs of ourselves and others. Mindfulness supports awareness.

All we have to do is to recognize God as being intimately present within us. Then we may speak directly to Him every time we need to ask for help, to know His will in moments of uncertainty, and to do whatever He wants us to do in a way that pleases Him. We should offer our work to Him before we begin and thank Him afterward for the privilege of having done it for His sake. This continuous conversation would also include praising and loving God incessantly for His infinite goodness and perfection.

Fourth Generation by Brother Lawrence

...become *aware* of
and **EXPERIENCE** the
One Infinite Reality.

Mindfulness Discussion



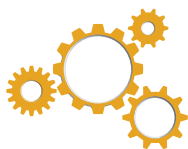
ACTIVITY
In-Class Activity

1. *How did this exercise allow you to practice the principles?*

2. *In this practice what principle(s) came alive for you?*

3. *How does this method help you bring about your personal intention?*

SACRED STUDY THROUGH CONTEMPLATION



ACTIVITY

In-Class Activity

1. *A volunteer reads the following quote from **This Thing Called You** to the large group.*

You are the only person you can know intimately.
 You are the one with whom you must live eternally.
 This book is about you.
 It is for you and to you.

This Thing Called You, Ernest Holmes

2. *A volunteer rereads the passage aloud using the first person as rewritten.*
3. *Share the impact of making the change with the large group.*
4. *Read the first two sentences of Chapter 1 in **This Thing Called You** as it is written and then from the first person.*

“You (I), like all others, are (am) seeking the joy of living. You (I) wish to be needed, to be loved, to be included in the great drama of life.”

5. *What is the impact of the change?*

This Thing Called You which is the Required Reading for the course will be read this way. Every reading from the text will be from the **FIRST PERSON VOICE** as was demonstrated.

By reading the text this way, how will you be using the following Practices and Methods?

- *Practicing the Presence/Mindfulness*
- *Intentional Manifesting/Affirmation*
- *Sacred Study/Contemplation/Journaling*

Transformation



Ernest Holmes, and Science of Mind, ask each of us to go within our own mind and prove the Principles for ourselves. Our life is our laboratory; our daily life is our experiment; we are the scientists uncovering the Truth in the sanctity and freedom of our mind. Each of us is called upon to make this great experiment, and to share with the world what we uncover and discover. When enough of us do this and boldly proclaim what we have demonstrated and manifested as

we conduct these controlled and directed Principle experiments we will contribute to our individual and collective transformation.

Each of us is called upon to make this great experiment, and to share with the world what we uncover and discover. When enough of us do this... we will contribute to our individual and collective transformation.



HOME STUDY FOR MODULE TWO

READING: *Student Guide – Module Two*

Chapters 1-5 in This Thing Called You from the “I” voice (first person perspective)

INSTRUCTIONS: *Read the assigned texts and complete the tasks below.*

1. *Journal realizations/revelations from the reading on pages provided in the Student Guide.*
2. *Be prepared to share journal entry in Module Two.*
3. *Look at the list of practices and pick a method you think will help you manifest your intention. Use that method every day this week and note whether it moves you toward or away from your intention.*



MODULE TWO:

PERSONAL INTENTION AND SPIRITUAL MIND TREATMENT

MODULE OBJECTIVE

- ☐ Use Spiritual Mind Treatment to help manifest your intention

Spiritual Principles: Creative Process, Spiritual Laws

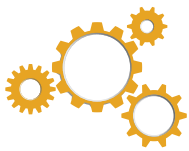
Spiritual Practice: Spiritual Mind Treatment

Method: Spiritual Mind Treatment

INTENTIONS

You are never limited by the Principle of your being. Limitation is a result of the limited use of this Principle... This Principle must be without limit. Your thought and acceptance can put brakes on it. In this way, paradoxical as it sounds, you limit the Limitless.

This Thing Called You, Ernest Holmes



ACTIVITY

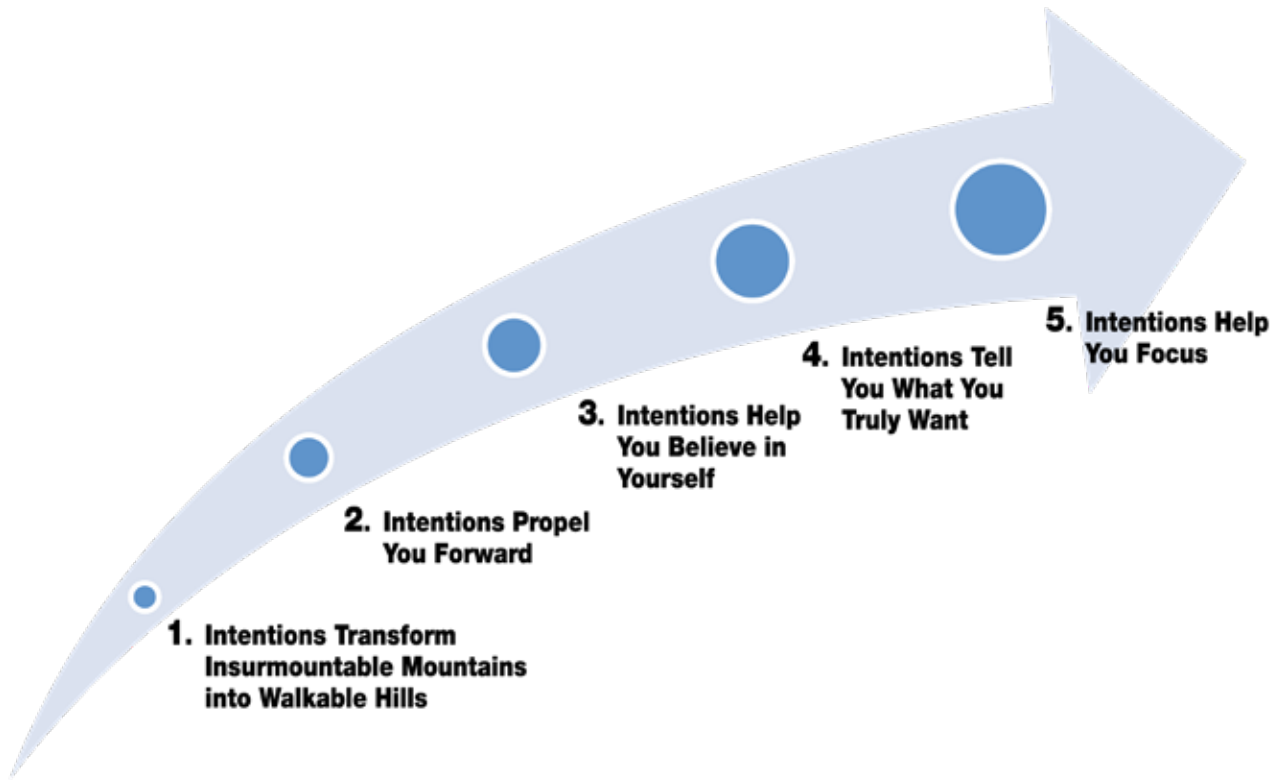
In-Class Activity

1. *Based on the quote, what is the relationship between what we can accomplish and Principle?*

2. *How can the way we use Principle affect our intentions?*

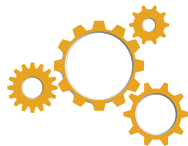
PERSONAL INTENTIONS

Why We Have Intentions



PRACTICING PRINCIPLES

Think. Pair. Share.

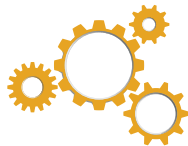


ACTIVITY
In-Class Activity

1. *Once you are placed into a pair, go to Appendix A in the Student Guide, Spiritual Principles and Practices.*
2. *Share your intention with your Partner and how you will feel when you achieve that intention.*
3. *With your partner, determine a Spiritual Practice and Method that supports the intention.*
4. *Share with the large group as directed by the teacher your Practice and Method and how you will feel when your intention is realized.*

Notes:

Accountability Partner Exercise



ACTIVITY
Accountability

Creating intentions and affirmations is easy, follow through, however can be difficult. One of the best ways to help keep your attention focused on your intention is through an accountability partner. An accountability partner is like a cheerleader and a companion to help you stay on track. For the rest of this course you will work with your accountability partner at least twice per week to help you stay on track.

Notes:

SPIRITUAL MIND TREATMENT

Claiming Your “Good”

Spiritual Mind Treatment is a scientific form of affirmative prayer that underlies the teachings of Science of Mind. It shifts your mind so that you manifest that which you desire.

If you’re faced with a situation you would like to change, you can use Spiritual Mind Treatment to define and claim what you want. We call that your “Good.” You might want to be still and clearly imagine what it is you want. Come right out and say it. This helps you clarify and focus your thinking.

For example, say, “This is a treatment for the success of my new project,” or “This is a treatment for perfect health for myself.” This would be called the Purpose of your Treatment. It’s important to be clear about your Purpose. A Spiritual Mind Treatment is divided into five steps: Recognition, Unification, Realization, Thanksgiving and Release.



RECOGNITION

First, recognize the infinite Spirit of God. For example, remember that God is the infinite Spirit that is in and through all things, that God is all powerful and wise, that God is the perfect source of everything—perfect health, prosperity, happiness, harmony, intelligence, energy.

Remember that God is a loving presence and ever-available. When you begin to feel good, you have recognized God. This step is as much about feeling God’s presence as it is about intellectually listing qualities.

UNIFICATION

The next step is to unify with the presence of God. You have already listed and felt the characteristics of God. Now remind yourself that you are a part of God and that you, too, have all the qualities of the Infinite Spirit. Your real spiritual self is perfect in every way, even if you face a situation that requires change.

REALIZATION

Now imagine how you will feel when you receive what you want. Feel how wonderful it is to realize your dreams. Feel the experiences as though they are happening to you right now. Build

mental pictures and intensify the thrill and confidence of knowing that you have mastery over all your problems. The goal of this step is to build the strongest possible feeling of already having what you want. The stronger the feeling, the stronger the treatment.

THANKSGIVING

If a friend invites you along for a weekend trip, you are thankful, in advance, to know you're going, even if the trip isn't happening immediately. It's the same in treatment. Know that the omnipotent Spirit is already creating whatever you have treated for — and feel happy, excited and grateful.

RELEASE

You have recognized God and unified with God. You have realized your desire as if it were happening now. You've given thanks. Now let it go. Release it to the infinite power and intelligence of God's law. Release the treatment, secure in the knowledge that your desire is already assured. Be confident and go about your day.



Spiritual Mind Treatment Template

Use these five steps to make your life — and the lives of others — happier, more fulfilled and aligned with Spiritual Principle.

PURPOSE: _____

1. RECOGNITION

We begin every Affirmative Prayer with the Recognition that there is One Life, and that Life is God. You may call God by any other name that makes It clear and personal to you, such as: Spirit, Universe, Allah, Infinite Mind, the One, the Force, Light, or any other term that feels real to you. Remember, this is your prayer. Begin with a statement recognizing God, such as: "I know there is only one power and one life. That is the life of God." Or, "I know there is an Infinite Spirit that I call the Universe." or "I recognize the One as the power, the presence, and the love of All That Is." Use whatever works for you. And feel this truth in your heart.

Example: I drop down inside myself to recognize there is only One Power, One Life. I know this life as God. I know this life as Peace, Power, Harmony, and Oneness.

Write your own Step 1 here: _____

2. UNIFICATION

In the Unification step of Affirmative Prayer, we affirm that the same Spirit that God is, we are. We are of God. We are Divine emanations of the Most High. Since God is all there is, there can be nothing outside of God, and no one is separate from God. And so we realize and declare our Oneness as spiritual beings. After you do the above Recognition step, declare your unity with the Allness of God, such as: "I know that I am one with God." Or "I know that I am one with that Infinite Mind that has created all there is." Or "I recognize my unity with All That Is." Feel this to be the truth of your being.

Example: I know that whatever is the truth of God is the truth of me. Just as God is Peace, Power, Harmony, and Oneness, I know that is the truth of me.

Write your own Step 2 here: _____

3. REALIZATION

In Step 3 of your Affirmative Prayer, you want to Realize the qualities or attributes of God which you want to embrace within yourself—to call forth in your own awareness. These are the Divine qualities inherent within you which you want to become more conscious of. To realize is to make real. And so you might want to say something like, “I know that the Divine qualities of peace, power, plenty, and wisdom are already within me. I embrace them now.” Or, “All that God is, I AM. I step forth into my true Divinity, saying yes to my prosperity, guidance, order, harmony, health and love.”

Example: I speak my word knowing that I am Peace, Power, Harmony and Oneness. I embrace them now. Anything unlike Peace, Power, Harmony and Oneness is dissolved right here and now. No matter what conditions I am experiencing, the spiritual truth of me is that I am Peace, Power, Harmony and Oneness.

Write your own Step 3 here: _____

4. THANKSGIVING

Step 4 of your Affirmative Prayer is Thanksgiving. An attitude of gratitude is essential in establishing a new intention for our lives. In giving thanks, we are declaring that it is already done. We are grateful for knowing that it is already done in the Mind of God. In your Thanksgiving step, you may want to say something like “I am so grateful for the revelation of this spiritual Truth in my life.” Or, “It is with great gratitude that I accept this transformation of consciousness for myself.” Or, “I am grateful for my perfect health, wholeness and well-being.” Remember to feel the gratitude. Do not allow yourself to be caught up in what the appearances are. Know that it is done and give thanks.

Example: I give thanks for speaking my word.

Write your own Step 4 here: _____

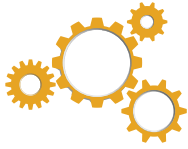
5. RELEASE

In Step 5, the Release step of your Affirmative Prayer, you let go and let God. You are turning your affirmative declaration of Truth entirely over to Infinite Love, Spirit, the Allness that is God. It is a very important step, because as long as you hold on to it, nothing can take place. Release is also an act of trust. You release your prayer trusting in the all good of God. You release it knowing that truly it is done. Always release into the Law.

Example: I release this prayer into the action of the Law, knowing it is already done And so it is.

Write your own Step 5 here: _____

Practitioner Panel



ACTIVITY

In-Class Activity

Spiritual Coaching is a great Method to build the Practice of Self-Awareness. When moving toward an intention, Self-Awareness can be powerful and essential. Practitioners are trained to know Principle as the Cause of all. Getting support and Treatment from a Licensed Practitioner can go a long way in realizing your intentions as you bring focus back to Principle. We have Licensed Practitioners at our center who provide this coaching for a fee.

Notes:



HOME STUDY FOR MODULE THREE

READING: *Student Guide – Module Three*

Chapters 6-10 in This Thing Called You from the “I” voice (first person perspective)

INSTRUCTIONS: *Read the assigned texts and complete the tasks below.*

1. *Review the methods in Appendix A and pick one method to use for this week. Journal about your experience.*
2. *Choose an affirmation statement (in italics) from Chapters 6 thorough 10 of This Thing Called You. Contemplate on the statement to further understand and embody it. Be prepared to share in Module Three. You may use the journal page provided in your Student Guide.*
3. *Continue speaking out loud the spiritual mind treatment you created in class. Note any changes you feel.*
4. *Check in with your accountability partner via phone or text at least twice this week to support each other in working toward your intention statement.*

Journal:



MODULE THREE:

OTHER PRACTICES AND METHODS TO REALIZE YOUR INTENTION

MODULE OBJECTIVE

- ☐ Practice a method to realize your intention

Spiritual Principles: Oneness, Heaven, Creative Process

Spiritual Practices: Self Awareness, Practicing the Presence

Methods: Meditation, Visioning

PRACTICING THE PRESENCE

Reflection and Discussion

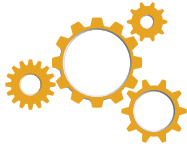


1. *Thinking about the method you chose for this week, what shifts have you noticed as a result of practicing this method?*

2. *What resistance did you encounter with practicing the method you chose, and how did you work with that resistance?*

3. *What can you learn about yourself from the ways you resisted practicing the method you chose?*

Self-Awareness



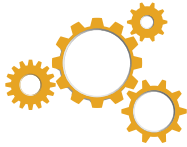
ACTIVITY

In-Class Activity

1. *What do you notice about your current position? Are you surprised?*
2. *What does this tell you about how aware you are of where you are in any given moment?*
3. *When trying to reach your intention, why is awareness important?*

Notes:

Practice the Presence for Well Being



ACTIVITY

Case Study/Discussion

Read the following Case Study

Cheryl is thirty years old. She has worked hard for everything in her life. She worked her way through college, and chose a career in a technical field, because she wanted to make a lot of money, believing that would prove her worth.

Cheryl currently works for a large tech firm in a job that requires working long hours, seven days a week to succeed. Cheryl has a partner, Anya and two children, Rico, eight and Marti, ten. Anya is a writer who works from home, and she does the majority of shuttling the children to appointments, after-school activities, and outings. Property is very expensive in the state where they live; Cheryl and Anya were only able to afford to buy a house that is far away from where Cheryl works, and so Cheryl commutes almost two hours each way to her job, making her days even longer.

Some days Cheryl just sleeps in her car, rather than making the long drive home late at night.

Recently, Cheryl and Anya have been arguing, because Anya wants Cheryl to spend more time with their children and with her and Cheryl is feeling burned out and when she is home she just wants to relax and not have anyone ask her for anything.

Adding to her stress, Cheryl received a performance review that was less than stellar. She was informed that, even though she had a good attitude, and had met all of her performance criteria, other employees were outperforming her, and if she wanted a promotion she would have to do more and work harder. Cheryl was devastated by this. She had given ten years to this company, and worked, on average over 90 hours per week

(not including commute time). She felt like if she left the job she would be a failure, and she would let down her family, because she was their primary source of income. She didn't want to talk about it with Anya, because it seemed like every conversation lately turned into an argument and it was becoming hard to remember why they got together in the first place.

One morning, shortly after her performance review, as Cheryl was about to go into a meeting at work, her heart started racing, her chest hurt and her head started pounding. She yelled to her secretary that she might be having a heart attack. The secretary called 911, and Cheryl was transported to the nearest ER. After a careful workup, it was found that Cheryl did not have a heart attack. Rather, she was having a panic attack. The ER doctor recommended that Cheryl follow up with her regular physician. Cheryl felt relief knowing she hadn't had a heart attack, but she was also embarrassed, because she had let the stress get to her, so, she didn't follow up immediately. Then she had another panic attack while driving to work. She made an appointment with her primary care physician, who recommended that Cheryl try meditating and also suggested she might want to make some changes to her work/family balance. She also talked with Cheryl about what she was eating, how much exercise and sleep she was getting, and about the quality of her relationship.

Cheryl walked out of the appointment feeling better, because she felt like someone had really heard her. It took a few weeks, but Cheryl found an app she liked, and she started meditating. Initially, she could only meditate for about five minutes before she got too squirrely, but she kept at it, and within two months she was meditating for twenty minutes twice a day. She found that

she felt calmer after meditating and that calmness carried over into her other activities, including her conversations with Anya.

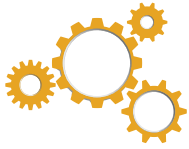
Cheryl and Anya had been attending a local CSL center, and Cheryl started seeing a practitioner. Through her work with the practitioner, Cheryl began looking at the real cost of her job. She discovered that while she made what seemed like a great salary, when she figured up how many hours she worked, she realized her hourly wage was very low. She began having some deep conversations with Anya and realized she could be happier working at a job close to home, with a non-profit she loved. While her salary would be much less, she would only be working 35 hours per week, and her commute would be ten minutes, which would allow her to spend much more time with Anya and their children.

Cheryl continues working with her practitioner regularly, even now that she is doing better, so that she can stay focused on her intentions and get a regular spiritual tune up. She and Anya renewed their vows, and they are more committed than ever. Cheryl also continues her meditation practice and, through her work with her practitioner has added a regular gratitude practice which helps her self-awareness and brings her back to center when she finds herself out of balance. Cheryl and Anya have started a practice every evening before they go to bed of each stating five things for which they are grateful. Even on days when many things don't go "right" Cheryl finds it easy to be grateful, and this has turbocharged her sense of wellbeing.



Notes:

VISIONING



ACTIVITY

Exploring the Method of Visioning

Adapted from Rev. Michael Beckwith's Life Visioning Process

As you have seen in the previous Case Study, Meditation is a Method that can keep us on even ground as we move through our life experience. This is important when we have goals or intentions that we are trying to realize.

Another great Method to support our goals and intentions is Visioning, a form of guided meditation. Visioning is not the same as visualization. Through Visioning, we create a space of deep listening and awareness of our greater good. It is a way in which we can catch the Higher Idea or deeper wisdom for any project or undertaking. As we listen without judgment, this idea moves through us and is revealed. The Higher Ideas can come in a variety of ways: through words, images or pictures in the "mind's eye", sounds, feelings. We may not always understand what comes up and we do not judge, we just listen and allow and notice whatever is expressed without controlling or questioning.

The process begins with settling into the Presence of Infinite Love. You are then led through five questions. Time is given between each question for you to listen and receive. Once the questions are complete, you are invited into an atmosphere of willingness. When that portion of the process is complete, you are asked to journal what has come up for you. There can also be some sharing at this point. The Visioning concludes with a Spiritual Mind Treatment.

*Let's try Visioning so you can experience it for yourself. For now, just take time to listen and experience this powerful Method of Practicing the Presence. We will use the questions created by Michael Beckwith which are outlined in his book, *The Life Visioning Process*. The topic of this Visioning will be your own personal goal/intention that you have been working on in this course."*

Step 1: Introduction

Bring to mind the intention you have been focusing on in this course. Bring your attention to a time or a moment when you felt total and complete love—a love that was unconditional, inclusive and without judgment; a love that felt like freedom. If you cannot remember such a time than simply imagine feeling such a love. With every breath you take, allow that love to expand further and further until that love is everywhere present. As I read the questions, repeat silently to yourself.

Step 2: Ask Questions

1. *What is the Highest Idea for my goal or intention?*
2. *What must I become to allow that Idea to be made manifest?*
3. *What must I release to create the space for that Idea?*
4. *What gift do I bring to this Idea?*
5. *Is there anything else I need to know in this moment?*

Now remember a time when you were so certain that the only possible answer could be YES! With that feeling tone, say YES to the Highest Idea for your intention, say YES to what you must become, YES to what you must release, YES to your gifts and anything else that has come up for you during this visioning.

When you are ready, open your eyes and begin to journal all that you remember from the visioning in the Student Guide on Page 35.

Share with the group what came up for you during the exercise.

Conclude with a SMT for the Visioning that is in agreement with ideas presented.

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.





HOME STUDY FOR MODULE FOUR

READING: *Student Guide – Module Four*

Chapters 11-13 in This Thing Called You from the “I” voice (first person perspective). Read these chapters out loud

INSTRUCTIONS: *Read the assigned texts and complete the tasks below.*

1. *Choose one thing you will do differently based on what you learned in the reading.*
2. *Vision for yourself every day. If you like you could vision with your accountability partner. Write about your experience with visioning.*



Spiritual Mind Treatment

Allow the prayer to be one of thanksgiving and appreciation for what is already so.



MODULE FOUR: PRACTICING COMPASSION AND GRATITUDE

MODULE OBJECTIVE

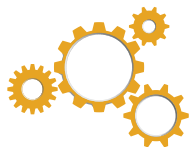
- ☐ Use the practices of gratitude and compassion to help realize your intention

Spiritual Principles: Love, Oneness, Freedom

Spiritual Practices: Compassion, Gratitude

Methods: Forgiveness, Sacred Service, Journaling

COMPASSION AND GRATITUDE



ACTIVITY

In-Class Assessment

Intention-Blocker Assessment

<i>My Behavior Pattern</i>	<i>The story I tell myself about this is...</i>	<i>Is this behavior pattern familiar for you? (Y or N)</i>
Perfectionism	<i>As soon as I get things in order, I will begin to work on my intention.</i>	
Fear	<i>But what if I fail???</i>	
Focus on Outcome (take shortcuts, choose easy route)	<i>I want it now!</i>	
Taking Big Steps	<i>I want to get there quickly.</i>	
Excuses	<i>I'm too _____ to begin.</i> <i>I'm not _____ enough.</i>	
Procrastination	<i>I'll have more time tomorrow.</i> <i>Note: procrastination can be a tricky pattern. It can mask Perfectionism so pay attention to the story you tell yourself. Is it really about time? Or is it more about needing the perfect conditions to start?</i>	
Expectation	<i>It never works out the way I expect it to work out.</i>	
Distraction	<i>There are just too many options. I am overwhelmed.</i>	
Consistency	<i>I can't commit to doing something every day.</i>	

1. Which one is your primary behavior pattern?

2. How do the “Yes” responses make you feel?

3. To what extent do you consciously practice self-compassion?

4. How might self-compassion support you in achieving your intention?

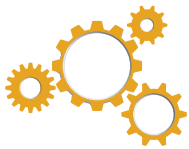
PRACTICING COMPASSION THROUGH FORGIVENESS

Student 1 reads:

Compassion is the practice of the Spiritual Principles of Oneness, Spiritual Beings, Heaven, and Immortality. Compassion respects and honors the True Nature of others, all life, and our selves. Compassion is claiming the same good for others that we claim for ourselves. Active compassion is the practice of joining personal responsibility with social conscience for the good of all.

Student 2 reads:

Forgiveness is a significant way to practice compassion for ourselves and others. Forgiveness is the process of releasing hurts, judgments or grievances, which allows us to see the Universal Spirit in everyone. In order to realize our intentions, we must begin by forgiving ourselves for creating the blocks which may be getting in our way.



ACTIVITY

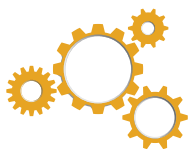
In-Class Behavior Dialogue

Behaviors

- | | | |
|-------------------------------|---------------------|----------------|
| 1. Perfectionism | 4. Taking Big Steps | 7. Expectation |
| 2. Fear | 5. Excuses | 8. Distraction |
| 3. Focusing on the End Result | 6. Procrastination | 9. Consistency |

I hurt myself by always thinking (fill in the blank with "The story I tell myself" statement):

PRACTICING COMPASSION THROUGH SACRED SERVICE



ACTIVITY

Optional In-Class Reflection Exercise

Compassion is Love in Deed

Humanity and Divinity will be identical when we recognize Divinity in Humanity. We must learn to see through the apparent, to judge not according to appearances, to realize that at the center of every person's soul God is enthroned. Compassion and caring are the ties that bind us together in mutual understanding and in the unified attempt to uncover the Divinity in each other. Compassion is the most gentle of all human virtues, for it is the outpouring of the Divine givingness through all.

When the members of a community love one another, that community is solid, prosperous, and happy. Nations are bound together by common interests and common affections. When the whole world realizes this truth, it will unite in thought and in action. Love alone can solve the world's problems and bring about the day of universal peace.



You and I have certain people upon whom we lavish a great deal of affection. This is both natural and desirable. But would we like these few any less if we increased our love to include all humanity? Too often, we are afraid of letting go of the little good we think we hold in our hand lest we lose it, not realizing that only as we release this good can we expect its increase.

Suppose we make a daily habit of feeling that we like people and they like us; we belong to them and they belong to us. In a very real sense, everyone we meet is part of our own family, to love and to enjoy. Let's, then, meditate daily on this thought: "My desire is that everyone I meet will feel the warmth and color of my affection. My purpose is that a feeling of goodwill shall pass from me to others. Today I embrace the world in this affection and desire so that good shall come to everyone."

Excerpted from *A Holmes Reader on Practical Wisdom*

1. Which Spiritual Principles are evident in this Ernest Holmes excerpt?

2. What is the central Practice being presented?

3. Give an example from real life of what this excerpt means.

4. Is there something you can learn from this excerpt you can use as a model for your life?

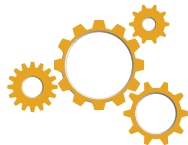
5. *How might the world be different if we all lived by the ideas presented in this quote from the excerpt above:*

“My desire is that everyone I meet will feel the warmth and color of my affection. My purpose is that a feeling of goodwill shall pass from me to others. Today I embrace the world in this affection and desire so that good shall come to everyone.”

6. *If you really lived by the above quote, how would it influence you with regard to practicing sacred service?*

7. *Are the ideas in this excerpt realistic or idealistic? Explain.*

PRACTICING GRATITUDE THROUGH JOURNALING



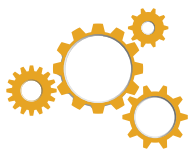
ACTIVITY
In-Class Journaling

My intention is:

How can I practice gratitude to increase my chances of manifesting my intention?

What is one thing I am grateful for that can carry me closer to my intention?

Vision Board



ACTIVITY

Envisioning Exercise

Adapted from “Oprah Magazine” by Brigitt Early, November 26, 2019

Put simply: a vision board is a visual representation of your intentions, says media and life coach Zakiya Larry. These typically poster-sized visuals, contain all kinds of images and text that represent an intention (or intentions) you have.

What’s the point of vision board?

It turns out putting your intentions on paper in a visual format can actually help you achieve them. It’s a notion that Oprah and other celebrities, like Reese Witherspoon, have touted before (though Oprah says she doesn’t use a vision board anymore because she’s a “powerful manifestor”). And there is plenty of research to back it up.

According to Psychology Today, mental practices (like visualization) can increase motivation, confidence, and even motor performance. In fact, in one study, researchers found that, in athletes, visualization was almost as effective as physical practice.

It’s also a fun arts and crafts project that allows you to see what your intentions would look like once you achieve them, says Larry. So, if, for example, you’re hoping to be more comfortable with your body, you might put pictures of happy, healthy women coupled with empowering words like “confidence” on your vision board.

Though similar, vision boards and mood boards are not one and the same. A vision board relates to your life direction, says Larry. A mood board, on the other hand, is more of a planning tool used for aesthetics—decorating a room or planning a party scheme, for example.

Okay, ready? First, consider what matters most to you.

When creating a vision board, take a moment of self-reflection and figure out what’s most important to you, says Larry. Think about the one or two segments of your life you really want to change and focus on the words those sectors bring to mind. Then, decide if your vision board should represent short-term or long-term change. Larry says using yearly benchmarks is most digestible and easiest to track progress.

Then, get out your magazines.

It’s time to hunt through those old issues of O, the Oprah Magazine for visual representations of your intention. Or, if you’ve gone digital, you can always print images you see on Pinterest and Instagram.

If you want to make improvements to your kitchen, for example, you can clip a picture of a home that inspires you. Or, perhaps you’d like to finally take a vacation day. In that case, find yourself a palm tree pic and some glue.

To make your vision board work, put it somewhere you can see it.

The trick is to make sure any words you use are short and the images you choose are vivid, attractive, and glossy, so your vision board regularly catches your eye, says Larry.

Once you're done, put your vision board in a place that's within your regular line of sight—your nightstand, your home office, or even by your television—because the key is to look at it as often as possible, says Larry.



If you're not comfortable making such a statement with your vision board, Larry suggests creating a smaller version. You can cut your poster board in half, or use the largest photo frame you have on hand.

Alternatively, you can snap a picture of your vision board and use it as your laptop's backdrop or your phone's home screen. "I highly recommend making that physical collage, because there's a very clear connection between doing something with your hands, seeing it, and And don't be afraid to make updates..."

Though a vision board is a wonderful tool to help you achieve your intentions, you can't just sit back and expect it to magically make things a reality. Think of your vision board as a living thing—rip things off, add things, or start from scratch if you're so inclined, says Larry. And be open to variations of what you want to achieve. For example, if your intention is to go plant-based, don't beat yourself up if you're more of a vegetarian after six months or so.



HOME STUDY FOR MODULE FIVE

READING: *Student Guide – Module Five*

Chapters 14 through the end in This Thing Called You from the “I” voice (first person perspective). Read these chapters out loud.

INSTRUCTIONS: *Read the assigned texts and complete the tasks below.*

1. *Begin a gratitude journal or gratitude jar. Make a commitment for 21 days.*
2. *Create a Vision Board following the instruction on Pages 45-46 in the Student Guide. Bring your Vision Board to the next class session. When creating your Vision Board, include visual representations of your Intention, Affirmations, Principles, Practices and Methods.*
3. *Continue working with your affirmation, and the spiritual mind treatment you created.*





MODULE FIVE: PLAN AND PRESENT

MODULE OBJECTIVE

- ☐ Create and present a Vision Board which reflects the desired intention

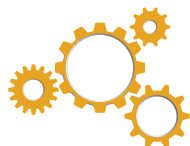
Spiritual Principles: Creative Process, Freedom

Spiritual Practice: Intentional Manifestation

Methods: Giving and Receiving, Intentional Manifestation

LAW OF CIRCULATION

Giving and Receiving



ACTIVITY

Guided Meditation

FINAL AFFIRMATION: "I believe in myself because I believe in God."

Ernest Holmes, *This Thing Called You*



This Method supports the Practice of Intentional Manifestation.

Take some time to get into a comfortable position. Take a few deep breaths and let your chest rise and fall with each inhalation and exhalation. When ready, let your eyes drift closed.

As you continue to breathe slowly and deeply, let your attention rest gently on your breath. Feel the movement as it enters and exits your body. Each time you exhale, let go of any tension. Relax your face, your shoulders, your belly, your legs. As you move the breath in and out of your body, feel the rise and fall of your abdomen or chest. With each rise and fall, focus on the expansion and contraction that comes with each breath. The circulation of the breath.

On your next exhale, settle your attention to the area of your heart. Use your breath to expand your heart space. With your attention on your heart center, invite five people into your heart that you are grateful for.

One at a time come face to face with each person as they give you a gift. Accept the gift from each one and place it into the bag you have brought to hold the gifts. The gift may be a compliment, a flower, or a prayer. It may be something of form or great need.

Thank each one for the gift and allow them to move on.

Now imagine being invited into the hearts of five other people. Enter each of their heart spaces one at a time with your bag of gifts.



As you enter the heart space of each one, share with them a gift from your bag. A gift that is perfect for them. So, begins the process of circulating joy, wealth, and affluence in your life and in the lives of others. Use the Law of Circulation to give and receive. Notice as you give your gifts, your bag remains full. Accept the manifestation that is taking place without trying to understand it.

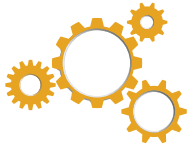
As you move from the last individual, slowly bring yourself back to your own heart space and your breath. Sit in that space for a moment and listen to these words. "Today I gratefully receive all the gifts that life has to offer me. I receive the gifts of nature: sunlight, the sound of birds singing, spring showers, or the first snow of winter. I am open to receiving gifts from others, whether it be in the form of a material gift, money, a compliment, or a prayer. I make a commitment to keep wealth circulating in my life by giving and receiving life's most precious gifts: the gifts of caring, affection, appreciation, and love. Each time I meet someone, I silently wish them happiness, joy, and laughter.

Continue with easy, relaxed breathing.

With each inhale and exhale, feel the joy that comes with giving and receiving. Feel the joy of limitless manifestation. With each exhale, let the feeling grow outward. Expanding to fill your chest, your arms and hands, your legs and feet. With each inhale this feeling grows, filling you up.

And now, slowly bring yourself back to this space and this room, bring back the joy that comes with the circulation of giving and receiving.

Brain Swap



ACTIVITY

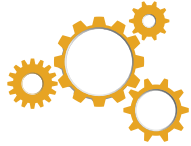
In-Class Exercise*

Notes:

**Use a separate piece of paper for the activity if you wish to avoid tearing this page out of the guide.*

VISION BOARDS

Presentations



ACTIVITY

In-Class Group Sharing

1. *Share your vision board as it relates to your intention. When sharing the vision board include the following:*
 - *What is your intention?*
 - *How does a vision board contribute to you achieving your intention?*
 - *What are elements of your vision board as they relate to intention?*
 - *Affirmation*
 - *Principles*
 - *Practices*
 - *Methods*
2. *Discuss the following with the large group.*
 - *What did you enjoy most about this activity?*
 - *Where will you display your Vision Board?*
 - *How often will you reflect on your Vision Board?*
 - *How do you feel when you look at your Vision Board?*



Spiritual Mind Treatment

Intention-Focused SMT

I know there is just one Life. That Life is fully expressed as all things. That Life is fully expressed as Love, Joy, Peace, Truth and Harmony. I recognize the overflowing Source that fills me full. It is fully present right here and now, right where I am. The all good presence is ever present as me.

I am open to this Presence. I express all that Life is expressing. I express the Love that I am. I express the Peace that I am. I express the Truth and Harmony that I am. I am an expression of the all Good as we are one. I am one with the One.

*Knowing this I know that all my needs are met. I know that my intention... (add your **intention** here)*

is fully realized. As it is already so in the Mind of God, it is already so. There is an activity of Divine Intelligence that is fully active right here and now. That intelligence is moving even now upon my desire and intention. I know that my intention is realized and materialized. I know it, I see it, I feel it, I welcome it. Life continues to unfold and expand in my life. There is beauty, love, peace and joy all around.

I am grateful to know this Truth. I am grateful for all that is demonstrated and manifested in my Life. I release this into the Law. I know it is done. AND SO IT IS!



Appendix A

Spiritual Principles and Practices

SPIRITUAL PRINCIPLES

1. **Oneness**

There is One Infinite Reality. We call it many names, including but not limited to God, Life, Universal Spirit, Infinite Intelligence, First Cause, or The Thing Itself. The One Infinite Reality is undivided, complete, and whole within Itself. This Oneness creates everything out of itself, and therefore includes both the absolute and relative, tangible and intangible, physical and metaphysical aspects of reality.

2. **Love**

Love is the self-givingness of Universal Spirit through its desire to express itself in terms of creation. Love is the impulse and Law is the way of creation.

3. **Creation**

The physical universe is the manifest body of The One Infinite Reality, and the One Infinite Reality is more than the physical universe. Creation is an expression of the One Infinite Reality. It is inherently Good and is ever-evolving toward greater expression of Good.

4. **Threefold Nature**

The One Infinite Reality expresses Itself in three aspects: Spirit, Law, and Body. Each individual is made in the image and likeness of the One Infinite Reality and has these same three aspects.

5. **Creative Process**

The One Infinite Reality operates through the Universal Law of Cause and Effect. This Universal Law is impersonal, automatic, and intelligent. The Universal Law receives the direct impress of Spirit's impulse and acts upon it, bringing it into form.

Individuals, having the same threefold nature, use the Creative Process to shape our human experience in alignment with the whole, perfect, and complete Reality.

6. **Spiritual Laws**

Universal Spirit maintains harmony, equilibrium, and balance through Spiritual Law. There are various expressions and uses of Spiritual Law, for example, the law of correspondence, the law of attraction, the law of giving and receiving. Spiritual laws are impersonal, consistent, and intelligent, and are always operating. Consciously, individuals can learn to use these laws to create or change conditions.

7. **Spiritual Beings**

The One Infinite Reality is both transcendent and immanent. Individual human beings are spiritual beings living in a spiritual universe having a human experience. This is our True Nature.

8. **Freedom**

Freedom is the birthright of every individual. We are free to choose and create our experience of life.

9. **Heaven**

Heaven is the state of awareness of our True Nature. We experience our True Nature to the degree we become conscious of it. We actively seek to know the True Nature of every individual and celebrate each individual's unique expression of it. This experience of our True Nature is sure to be attained by all.

10. **Eternal Life**

The One Infinite Reality is eternal. We believe in the eternality, the immortality, and the continuity of the individual, forever and ever expanding.

PRACTICES TO APPLY SPIRITUAL PRINCIPLES

A. Spiritual Mind Treatment

Spiritual Mind Treatment is the single most important Science of Mind Practice. It is a specific methodology that puts all the Principles into practice in a systematic and intentional manner. We consciously use the Creative Process to direct Spiritual Laws to heal/change real life conditions. Regularly used and applied to every area of life, it develops a deeper awareness, expanded consciousness, and greater experience of the One Infinite Reality.

- Spiritual Mind Treatment is an act, art, and science. It is an act, being the conscious activity of thought. It is an art in that there must be conviction, appreciation, and realization. It is a science, in that it produces verifiable results through the application of impersonal, consistent spiritual law.

B. Practicing the Presence

Practicing the Presence is the practice of the principles of Oneness, Love, and Creation to become aware of and experience the One Infinite Reality. The Practice of the Presence is engaging in formal, disciplined methodologies that quiet the mind/body and open awareness. Beyond these formal methodologies, it is living in alignment with our Science of Mind Principles, making these Principles evident in the way we engage in the present moment, thereby being congruent in thought, word, and behavior.

- Meditation opens us to this inner awareness. It transcends all theologies and allows us to directly experience the One Infinite Reality. There are many different forms of meditation, each of which opens us to be receptive to the Presence of Universal Spirit.
- Mindfulness is paying attention to the present moment, objectively observing the behavior, attitudes and beliefs of ourselves and others. Mindfulness creates awareness of our inner alignment and congruence in daily living. Visioning consciously opens us to be receptive to the impress of Universal Spirit.
- Visioning is the practice of cultivating the Field of Consciousness and illuminating what wants to emerge into form, without preconceived ideas or limitations. Visioning has a specific methodology, which can be used individually or in a group. Visioning may also be done informally.

C. Direct Revelation

Direct Revelation is the practice of the Principles of Spiritual Being, Freedom, and Heaven. As individualized expression of the One Infinite Reality we have access to the infinite wisdom and intelligence of the Ultimate Reality. It flows through us, as us, to the degree that we set our previous ideas aside and become aware and conscious of the impress of Universal Spirit. Direct Revelation is available to us through our intuition and can be intentionally cultivated.

- Visioning consciously opens us to be receptive to the impress of Universal Spirit. Visioning is the practice of cultivating the Field of Consciousness and illuminating what wants to emerge into form, without preconceived ideas or limitations. Visioning has a specific methodology, which can be used individually or in a group. Visioning may also be done informally.

D. Self-Awareness

Self-awareness is the practice that illuminates our alignment with each of the Science of Mind Principles. It is the practice of being conscious of one's motivations, internal dialogue, and hidden beliefs. It is a willingness to observe and take responsibility for one's internal and external choices. Self-awareness is the foundation for conscious choice.

- Silence creates an inner spaciousness to become aware of one's own consciousness, to experience the rise and fall of thoughts and feelings without attachment or judgment. It invites us to become comfortable within our own body/mind, to release distractions so that self-awareness has space to grow.
- Spiritual Coaching is working with a Professionally Licensed Practitioner to assist in examining one's life in the light of spiritual principles, becoming aware of one's inner states, hidden beliefs, and patterns of thought.
- There are many other methods for practicing Self-Awareness, which can be done alone or guided by another, including but not limited to guided imagery, journaling, and therapy.

E. Gratitude

Gratitude is the practice of the Principle of Creation, seeing creation as life affirming, looking for the Good and focusing on that good. Gratitude is more than an emotion; it is an attitude which carries us beyond doubt, attracting and magnifying the good that is focused upon. Gratitude accepts with perfect faith that which has not yet manifested, as if it were already here.

- Journaling is a powerful way to practice Gratitude on a regular or daily basis. There are many other methods for practicing Gratitude.

F. Compassion

Compassion is the practice of the principles of Oneness, Spiritual Beings, Heaven, and Immortality. Compassion respects and honors the True Nature of others, all life, and ourselves. Compassion is claiming the same good for others that we accept for ourselves. Active compassion is the practice of joining personal responsibility with social conscience for the good of all.

- Forgiveness is a significant way to practice compassion; it is a process of releasing hurts, judgments or grievances which allows us to see the Universal Spirit in everyone.
- Sacred Service is a way to practice Compassion by actively serving others, as well as seeking to bring about the CSL Global Vision and a world that works for everyone.

G. Intentional Manifestation

Intentional manifestation is the practice of Threefold Nature, the Creative Process, Spiritual Laws, and Freedom. It is consciously producing a definite outcome by using Science of Mind Principles to bring about a greater good, a more abundant life, a better condition than existed before. Intentional Manifestation invites us to exercise our freedom to create the life we desire.

- Spiritual Mind Treatment is our primary and most significant methodology for intentional manifestation, creating the bridge between Spiritual Truth and manifested reality, transforming creation into a reflection of Spiritual Truth.

- Affirmation and Visualization are methods for Intentional Manifestation. Affirmations and Visualizations create a new causal idea in Mind and a deeper acceptance within us of the reality of the idea, which then becomes the seed for the new manifestation.
- Giving and Receiving is a way to practice conscious participation in the circulation of universal good in all of its forms.

H. Sacred Study

Sacred Study is the practice of expanding our knowledge and understanding of the Nature of the One Infinite Reality, who we are, and a deeper understanding and use of each of the Science of Mind Principles. Spiritual Study deepens our awareness of spiritual truths and provides the framework for spiritual practice. Through Spiritual Study, we gain wisdom as well as a deep appreciation for the wisdom of those who have walked a spiritual path throughout the ages.

- Contemplation is a tool for the practice of Sacred Study. It expands our conscious awareness and embodiment of a spiritual principle or idea.
- Spiritual Education learning and applying Science of Mind Principles and Practices through a variety of courses and opportunities.
- Reading and discussion of sacred writing, contemporary books and materials of a spiritual nature, and one's one engagement with the ideas presented invite exploration, discernment, and alignment with Science of Mind Principles and universal spiritual truth.

I. Other methods to further embody Science of Mind Principles

The purpose of these practices is to embody our spiritual principles. This embodiment is a natural and spontaneous response to life, which is in alignment with Science of Mind Principles. There are many methods to practice and apply the Spiritual Principles in everyday life. Ongoing proficiency and expansion of spiritual practices nurtures the application and embodiment of our Spiritual Principles. Exploring additional methods to deepen our understanding and practice that are in alignment with our Spiritual Principles is valued and encouraged.

Appendix B

Names for God

NAMES OR PHRASES FOR GOD

God (The Whole)

The One Infinite Reality (the circle and everything in it)

Macrocosm/Universal		Microcosm/Individual	
1.	Universal Spirit	1.	Spiritual Being
2.	Energy	2.	Human Being
3.	Consciousness	3.	Self
4.	Divine Nature		
5.	Divinity		
6.	Eternal Thing Itself		
7.	Divine Being		
8.	Omnipresence		
9.	One Life		
10.	Original Life		
11.	Infinite		
12.	Infinite Good		
13.	Infinite Knowingness		
14.	Infinite Thing		
15.	Infinite Unity		
16.	Intelligence from which Everything Comes		
17.	Life		
18.	Living Spirit Almighty		
19.	Divine Wisdom		
20.	Divine Mind		
21.	Pure Intelligence		
22.	Source		
23.	The Eternal		
24.	The Invisible		
25.	The Thing Itself		
26.	The Ultimate		

Macrocosm/Universal		Microcosm/Individual
27.	The Universal	
28.	The Universe	
29.	The Whole	
30.	Ultimate Essence	
31.	Ultimate Reality	
32.	Universal Life	
33.	Universal Wholeness	
34.	The One and Only	
35.	Divine Intelligence	

SPIRIT

Absolute, causal, intangible, impulse of creation (top portion)

Macrocosm/Universal		Microcosm/Individual
1.	Love	1. Spirit
2.	Universal Mind	2. I AM
3.	Self-Givingness	3. Conscious Mind
4.	Presence	4. Intuition
5.	Eternal Spirit	5. Causation
6.	First Cause	
7.	Impulse of Creation	
8.	Spirit of Truth	
9.	Spiritual Presence	
10.	Universal Mind	
11.	Universal Possibility	
12.	Word of the Creator	
13.	The Great I AM	
14.	The Absolute	
15.	The Unconditioned	

SOUL-LAW

The creative, impersonal, automatic Law and home of human race and individual beliefs and experiences, and the intangible “soul-stuff” out of which everything is made (middle portion)

Macrocosm/Universal		Microcosm/Individual	
1.	Universal Subjective Mind	1.	Subjective Mind
2.	Creative Intelligence of the Universe	2.	Mental Law
3.	Creative Power		
4.	Divine Law		
5.	Law of Cause and Effect		
6.	The Law		
7.	Principle		
8.	Immutable Law		
9.	The Power Back of Creation		
10.	The Creative Process		
11.	Soul-Stuff		
12.	Substance		
13.	Creative Medium		
14.	Receptive Medium		

BODY

The physical universe: relative, tangible, and conditional,
space/time continuum (bottom portion)

Macrocosm/Universal	Microcosm/Individual
1. Manifest Body of God	1. Human Condition
2. Body	2. Human Expression
3. Manifest Condition	3. Human Experience
4. Effect	4. World of Affairs
5. Expression	5. Things
6. Physical Universe	
7. Form	
8. Nature	
9. Result(s)	
10. Time, Space, Time-Space Continuum	
11. Matter	

QUALITIES OF GOD

Beauty	Light
Good	Peace
Goodness	Truth
Harmony	Wholeness
Joy	Love
Infinite	Wisdom
Eternal	Changeless
Freedom	Life
Power	Order
Abundance	Unity



Appendix C

Spiritual Mind Treatment

THE FIVE STEPS OF TREATMENT

The following is the memo from Orrin Moen, Ernest Holmes' Administrator of Education, introducing the Five Steps of Treatment to students in the early days of Science of Mind.

To: All students
From: Orrin Moen, Administrator of Education
Subject: SPIRITUAL MIND TREATMENT

The Board of Regents has established an approved technique for giving a Spiritual Mind Treatment, consisting of five steps, to augment the subject matter of The Science of Mind textbook. Although you will find these ideas in the text material, particularly in Dr. Holmes' practical suggestions for mental treatment, we trust the five steps will prove helpful to you.

The steps are as follows:

Recognition
 Unification
 Realization
 Thanksgiving
 Release

1. **RECOGNITION:** In this step I recognize that God is the Absolute Reality and, as such, the only Intelligence.
2. **UNIFICATION:** I next unify my thinking with God, recognizing that my mind is an individualization of God-mind as my mind. Even though I know that God is the only Intelligence, this knowledge does nothing for me in a specific way until I identify with It. In this step, I accept the idea that I am now thinking with the mind of God. The Spirit of God moves through me as my spirit of self-awareness.
3. **REALIZATION:** The word realization means to "make real." During this step I consciously erase or dissolve whatever has caused the difficulty in my life. I am willing to give up my false beliefs, opinions and attitudes. I use whatever words are needed to establish in me the feeling of already having a life that is whole, perfect and complete. (If I am treating for someone else, I state the name of the person I am speaking my word for.)
4. **THANKSGIVING:** I now give thanks that my Spiritual Mind Treatment is a new mental cause that I have set in motion and I give thanks also for its manifestation.
5. **RELEASE:** In this step I mentally let go of the treatment and let the Law work out the good I have established in mind for myself, or a patient. I am no longer concerned about the situation and am free to act as though the demonstration is already complete.

Spiritual Mind Treatment

PURPOSE:

1. Recognition

2. Unification

3. Realization

4. Thanksgiving

5. Release

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