



This Study Guide is Curated
by Rev Jack Elliott

Introduction to This Thing Called You

This Thing Called You is Ernest Holmes's intimate guide to awakening the Divine presence within. He teaches that every person is an individualization of a universal Mind, inherently creative, loved, and powerful. Our thoughts, beliefs, and feelings act as causes that shape experience, and we can choose new causes through spiritual mind treatment, visualization, and meditation. Holmes emphasizes oneness with God, the law of mind in action, and the availability of guidance, healing, abundance, and joy here and now. The book is both a philosophy and a practical manual for living a freer, fuller, more conscious life.

About the Author

Ernest Holmes (1887–1960) was an American spiritual teacher, writer, and founder of the Religious Science movement (now Centers for Spiritual Living). A pioneer of New Thought, he blended world wisdom traditions, philosophy, and psychology in classics such as *The Science of Mind* and *This Thing Called You*.

How to Our Two-Month Guide

- Text: This Thing Called You by Ernest Holmes (14 chapters).
 - Each chapter gets four days of focus.
 - “First/second/third/final segment” just means roughly that portion of the chapter in your edition.
 - Every day has: theme, reading, and a simple practice/journal prompt.
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JANUARY STUDY GUIDE

(Chapters 1–7 + Integration)

Chapter 1 (Jan 1–4) – Your Oneness with the Divine

Jan 1 – You Are Part of a Living Universe

- Reading: Chapter 1, first segment.
- Practice: Underline/mark every sentence that says what you are in Truth.
- Journal: "If this were all true about me, my life would feel like..."

Jan 2 – The Nature of the Divine Presence

- Reading: Chapter 1, second segment.
- Practice: List the qualities Holmes gives to God/Spirit (love, intelligence, etc.).
- Journal: "Three of these qualities I most long to embody are... because..."

Jan 3 – Saying Yes to Your Own Life

- Reading: Chapter 1, third segment.
- Practice: Create one short affirmation that begins, “Life in me is...” and repeat it slowly for five minutes.
- Journal: Notice any resistance or doubt. Write it out without judging it.

Jan 4 – Accepting Your Divine Identity

- Reading: Chapter 1, final segment.
 - Practice: Sit quietly and imagine a loving Presence surrounding and filling you.
 - Journal: “Today I am willing to see myself as...” Finish with at least ten descriptions rooted in the chapter.
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Chapter 2 (Jan 5–8) – Innate Power and Potential

Jan 5 – The Creative Power Within

- Reading: Chapter 2, first segment.
- Practice: Circle every reference to power or potential in you.
- Journal: “Areas of my life where I forget I have power are...”

Jan 6 – Thought as Cause

- : Chapter 2, second segment.

- Practice: Note one idea that connects thoughts and results.
- Journal: "One repeating thought I have is... It tends to produce..."

Jan 7 – Choosing New Mental Patterns

- Reading: Chapter 2, third segment.
- Practice: Rewrite yesterday's repeating thought into a constructive, faith-filled statement.
- Journal: "If I really believed this new statement, I would begin to..."

Jan 8 – Commitment to Inner Work

- Reading: Chapter 2, final segment.
- Practice: Design a simple daily mental practice (affirmation, short treatment, or visualization).
- Journal: Write out your practice and when you will use it each day.

Chapter 3 (Jan 9–12) – The Creative Process of Thought

Jan 9 – How Mind Works

- Reading: Chapter 3, first segment.
- Practice: Sketch a simple diagram of how an idea moves from thought into form as Holmes describes it.
- Journal: "The most helpful part of this explanation is..."

Jan 10 – Impersonal Law

- Reading: Chapter 3, second segment.
- Practice: Notice where Holmes describes Law as impersonal and exact.
- Journal: "If Law simply reflects my mental atmosphere, then I am invited to..."

Jan 11 – Planting New Seeds

- Reading: Chapter 3, third segment.
- Practice: List three "seed thoughts" you wish to plant (health, peace, success, etc.).
- Journal: For each seed, write one sentence describing how it would show up in your daily life.

Jan 12 – Releasing Old Patterns

- Reading: Chapter 3, final segment.
 - Practice: Identify one belief you are ready to release.
 - Journal: Write a short release statement ("I now let go of..."), then a replacement truth ("I accept...").
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Chapter 4 (Jan 13–16) – Aligning with Universal Law

Jan 13 – One Presence, One Law

- Reading: Chapter 4, first segment.
- Practice: Underline descriptions of the unity of Spirit and Law.
- Journal: "Knowing there is one Presence and one Law reassures me because..."

Jan 14 – Your Place in the Whole

- Reading: Chapter 4, second segment.
- Practice: Reflect on how your individual life contributes to the larger good.
- Journal: "Three ways my unique life blesses others are..."

Jan 15 – Agreeing with Good

- Reading: Chapter 4, third segment.
- Practice: Choose one statement from the chapter that affirms the goodness of life (paraphrase it).
- Journal: "Today I agree with good by..." Name one concrete action.

Jan 16 – Trusting the Process

- Reading: Chapter 4, final segment.
- Practice: Spend 5–10 minutes sitting with the feeling that the universe is friendly and supportive.
- Journal: Describe any shift in body, emotions, or outlook.

Chapter 5 (Jan 17–20) – Challenges as Opportunities

Jan 17 – Reframing Difficulties

- Reading: Chapter 5, first segment.
- Practice: Note how Holmes talks about problems as invitations to grow in consciousness.

- Journal: "A current challenge I'm facing is... If it were a teacher, it might be saying..."

Jan 18 – Fear and Faith

- Reading: Chapter 5, second segment.
- Practice: List the contrasts Holmes makes between fear and faith.
- Journal: "One fear-thought I'm ready to surrender is... I replace it with faith in..."

Jan 19 – Standing in Truth

- Reading: Chapter 5, third segment.
- Practice: Choose a strong truth-statement from the chapter and paraphrase it as your own decree.
- Journal: "If I stood in this truth today, I would handle my challenge by..."

Jan 20 – Victory in Consciousness

- Reading: Chapter 5, final segment.
 - Practice: Do a short treatment for your challenge, moving from recognition to gratitude and release.
 - Journal: Capture your treatment in 4–5 sentences for future use.
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Chapter 6 (Jan 21–24) – Purpose and Authenticity

Jan 21 – Discovering Your True Self

- Reading: Chapter 6, first segment.
- Practice: Highlight any descriptions of the “real you” beyond roles or history.
- Journal: “When I drop labels and stories, I sense that I am...”

Jan 22 – Listening Within

- Reading: Chapter 6, second segment.
- Practice: Spend 5 minutes in silence, simply noticing inner guidance.

- Journal: Write whatever impressions, words, or images came. Don't analyze yet.

Jan 23 – Desire as Divine Urge

- Reading: Chapter 6, third segment.
- Practice: List three heartfelt desires and treat them as Divine impulses rather than ego wish-lists.
- Journal: "If these desires are the Divine seeking expression through me, my next small step is..."

Jan 24 – Saying Yes to Your Path

- Reading: Chapter 6, final segment.
 - Practice: Choose one desire and commit to a concrete step this week.
 - Journal: Describe what support (people, practices, reminders) you need to follow through.
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Chapter 7 (Jan 25–28) – Growing Spiritually

Jan 25 – Continuous Unfoldment

- Reading: Chapter 7, first segment.
- Practice: Notice images of growth, unfolding, or evolution.
- Journal: "Where I can already see spiritual growth in the last year is..."

Jan 26 – The Role of Practice

- Reading: Chapter 7, second segment.
- Practice: List the spiritual practices Holmes encourages (treatment, meditation, contemplation, affirmation, etc.).
- Journal: "The practices that fit my life in this season are..."

Jan 27 – Living from a Higher Idea

- Reading: Chapter 7, third segment.
- Practice: Identify one higher idea about yourself or life that calls to you.
- Journal: "To live from this idea today, I will..."

Jan 28 – Gratitude for the Journey

- Reading: Chapter 7, final segment.
 - Practice: Write a gratitude list of at least ten items specific to your spiritual journey.
 - Journal: "As I look back over Chapters 1–7, the theme I most needed is..."
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Integration Days (Jan 29–31) – Reviewing Chapters 1–7

Jan 29 – Key Insights Review

- Reading: Skim your notes and underlinings from Chapters 1–3.
- Practice: Choose one insight from each chapter that you want to carry forward.
- Journal: “My three guiding ideas from the first part of the book are...”

Jan 30 – Practices that Work for You

- Reading: Skim Chapters 4–5.
- Practice: Identify which practices (affirmations, visualizations, treatments) felt most alive.
- Journal: Design a simple “daily spiritual rhythm” you can realistically keep.

Jan 31 – Identity, Power, and Purpose

- Reading: Skim Chapters 6–7.
 - Practice: Write a one-paragraph personal statement beginning: “I am a divine expression of Life. I choose to...”
 - Journal: Note one life area (health, love, work, creativity, finances) where you will apply this statement in February.
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FEBRUARY STUDY GUIDE

(Chapters 8–14)

Chapter 8 (Feb 1–4) – Prayer / Spiritual Mind Treatment (Part 1)

Feb 1 – Nature of Prayer

- Reading: Chapter 8, first segment.
- Practice: Note how Holmes distinguishes spiritual mind treatment from begging or bargaining.
- Journal: "My old idea of prayer was... Now I'm open to seeing it as..."

Feb 2 – Steps in Treatment

- Reading: Chapter 8, second segment.
- Practice: Outline the basic steps of treatment as he presents them (in your own words).
- Journal: "The step I tend to rush past is... I will slow down with it by..."

Feb 3 – Practicing for Yourself

- Reading: Chapter 8, third segment.
- Practice: Do a full treatment for one personal intention.
- Journal: Write your treatment out so you can return to it.

Feb 4 – Practicing for Others

- Reading: Chapter 8, final segment.
 - Practice: Offer a treatment for someone else's highest good (without trying to control details).
 - Journal: Reflect on how it felt to see them as whole and perfect.
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Chapter 9 (Feb 5–8) – Prayer / Spiritual Mind Treatment (Part 2)

Feb 5 – Confidence in Prayer

- Reading: Chapter 9, first segment.
- Practice: Underline statements about certainty, faith, or expectancy.
- Journal: "One way I can strengthen my confidence in treatment is..."

Feb 6 – Repetition and Persistence

- Reading: Chapter 9, second segment.
- Practice: Note Holmes's guidance on repeating treatments or holding an idea.
- Journal: "I will support my treatments by this daily habit..."

Feb 7 – Answered Prayer

- Reading: Chapter 9, third segment.
- Practice: Recall a time in your life when something worked out in an almost “miraculous” way.
- Journal: Connect that experience with principles from this chapter.

Feb 8 – Letting Go

- Reading: Chapter 9, final segment.
 - Practice: After doing a brief treatment, consciously release it and move on with your day.
 - Journal: “What helps me truly let go after prayer is...”
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Chapter 10 (Feb 9–12) – Health and Wholeness

Feb 9 – Spiritual View of the Body

- Reading: Chapter 10, first segment.
- Practice: Highlight statements that describe the body as an expression of mind/Spirit.
- Journal: "I usually think of my body as... Today I'm willing to see it as..."

Feb 10 – Healing Thought Patterns

- Reading: Chapter 10, second segment.
- Practice: Gently identify any habitual negative body-talk you use.
- Journal: Rewrite each statement as a loving truth about your body and health.

Feb 11 – Cooperation with Healing

- Reading: Chapter 10, third segment.
- Practice: Choose one small supportive action (rest, water, movement, appointment, etc.) that aligns with wholeness.
- Journal: "This action is a spiritual practice because..."

Feb 12 – Peace in the Cells of Your Being

- Reading: Chapter 10, final segment.
 - Practice: Visualize peace and divine order flowing through every cell.
 - Journal: Note how your body feels before and after this visualization.
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Chapter 11 (Feb 13–16) – Prosperity & Abundance

Feb 13 – Divine Source of Supply

- Reading: Chapter 11, first segment.
- Practice: Underline descriptions of abundance as spiritual, not merely material.
- Journal: "If my source is truly spiritual, then my finances invite me to..."

Feb 14 – Releasing Lack-Consciousness

- Reading: Chapter 11, second segment.
- Practice: Write down common scarcity thoughts you hold.
- Journal: Transform each into a faith statement rooted in infinite supply.

Feb 15 – Circulation and Giving

- Reading: Chapter 11, third segment.
- Practice: Note Holmes's ideas on giving, circulation, and generosity.
- Journal: "One way I can circulate good this week is..."

Feb 16 – Prosperity as Freedom to Express

- Reading: Chapter 11, final segment.
 - Practice: Imagine what joyful, purposeful use of greater prosperity would look like for you.
 - Journal: Describe it in detail as if it were already happening.
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Chapter 12 (Feb 17–20) – Love and Relationships

Feb 17 – Love as a Divine Quality

- Reading: Chapter 12, first segment.
- Practice: Mark how Holmes describes Love as a cosmic force.
- Journal: "When I remember that Love is a universal presence, I treat others by..."

Feb 18 – Healing Relationship Patterns

- Reading: Chapter 12, second segment.
- Practice: Bring one strained relationship gently into mind, seeing both of you in Light.
- Journal: "The belief I hold about this person/situation that I'm willing to release is..."

Feb 19 – Attracting Right Companionship

- Reading: Chapter 12, third segment.
- Practice: Affirm that you are worthy of healthy, uplifting relationships.
- Journal: Describe the qualities of relationships you are now available for.

Feb 20 – Living as Love in Action

- Reading: Chapter 12, final segment.
- Practice: Choose one loving action to take today that requires a little courage.
- Journal: Reflect on how it felt to act from Love rather than fear.

Chapter 13 (Feb 21–24) – Guidance, Intuition, and Inner Peace

Feb 21 – Inner Guidance is Real

- Reading: Chapter 13, first segment.
- Practice: Note references to intuition, inner voice, or divine guidance.
- Journal: "Times in my life when I followed inner guidance and it helped me were..."

Feb 22 – Listening Practices

- Reading: Chapter 13, second segment.
- Practice: Spend 10 minutes in quiet listening, then write whatever surfaces.
- Journal: Without editing, capture the guidance you sense around one current decision.

Feb 23 – Peace as a Spiritual Atmosphere

- Reading: Chapter 13, third segment.
- Practice: Breathe slowly and imagine a sphere of peace surrounding you.
- Journal: "When I dwell in peace, my choices look like..."

Feb 24 – Walking with an Inner Companion

- Reading: Chapter 13, final segment.
 - Practice: Throughout today, silently imagine a wise, loving Presence walking with you.
 - Journal: Tonight, note moments when you felt that Presence most clearly.
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Chapter 14 (Feb 25–28) – Integration & A New Way of Life

Feb 25 – Reviewing the Whole Journey

- Reading: Chapter 14, first segment.
- Practice: Note any summaries or climactic ideas Holmes offers.
- Journal: "Looking back over the entire book, the three truths that changed me most are..."

Feb 26 – Designing Your Ongoing Practice

- Reading: Chapter 14, second segment.
- Practice: Let the chapter guide you in shaping a sustainable spiritual practice (daily, weekly, monthly).
- Journal: Write out your personal "spiritual practice plan" for the next 90 days.

Feb 27 – Writing Your New Self-Concept

- Reading: Chapter 14, third segment.
- Practice: Draw from the whole book to write a one-page “I Am” statement describing your divine identity.
- Journal: Highlight or star the sentences that feel most powerful.

Feb 28 – Consecration to a New Life

- Reading: Chapter 14, final segment; re-skim your favorite passages from the entire book.
- Practice: Do a complete spiritual mind treatment for your life as a whole, seeing yourself living these principles.
- Journal: Close with a brief prayer or declaration beginning, “From this day forward, I choose to live as...”

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