

DAILY GUIDES

JANUARY 2024 BY JEFFON SEELY

FLOW

with whatever may happen,

and let your
MIND BE FREE.

Chuang Tzu

Photo by Unai Huizi Photography



JEFFON SEELY

The Daily Guides for January are inspired by the beauty of this abundant year that is before us. A year in which we have the ability to choose what we'd like to bring into existence. A year where we release what no longer serves us and commit ourselves to becoming our best self. These Guides were brought into existence by the stillness found within all. When we tap into this sacred space within, we begin to see that all is blessed and all is love.

Jeffon Seely is an international speaker, workshop facilitator and author. He works with organizations, government agencies, academic institutions and nonprofit organizations, assisting them in recognizing the power and importance of creating cultures where all people feel respected, valued and appreciated. In addition to his work in the business world, Seely is a frequent contributor and speaker in the New Thought movement. He is passionate about ushering in a new paradigm and way of being, one that will assist us all in recognizing the role we play in shaping the world we see by embodying the inherent greatness that dwells within us all.

The Gift of Receiving

The key to growth is the introduction of higher dimensions of consciousness into our awareness.

— Lao Tzu

Cosmic consciousness is not a mystery; it is the Self-knowingness of God through the individual.

— Ernest Holmes, "The Science of Mind," page 343

It appeared in the distance, like a small light, faintly shining in the outskirts of my mind. This small light flickered but never extinguished. In the outer recesses of my consciousness, it remained, at times burning brighter, seeking to get my attention. In prayer it would become more obvious. In meditations, it seemed as if it were seeking to share something with me.

As I began to shift my focus and mental attention toward it, this light that was once in the distance slowly started to grow. Eventually, that once small light became part of my awareness and started to guide me on my journey.

What was that metaphorical light that once was but a minute glimmer dwelling in the outer realms of my mind? It was the light of spiritual truth that has been with me always, awaiting my discovery and uncovering of it. What truth am I speaking of? The truth that I am the I Am; the truth that we are connected to the sacred sun, the holy planet and the universal energy that enables all things to be.

When we focus our awareness on it, this light helps everything shine brighter. Today, let's rise in consciousness.

AFFIRMATION

There is a sacred light that shines within me,
and this light enables me to illuminate the world.

Conscious Connectedness

The spirit of God has made me; the breath of the Almighty gives me life.

— Job 33:4

It is not enough to say that God is. The concept must be brought home to the mentality of the individual and unified with it in order to have it expressed.

— Ernest Holmes, "The Science of Mind," page 183

Looking at the time on my phone, I realized I had only 25 minutes to make it through security at the Atlanta airport before I would miss my flight. Observing the massive line in front of me, I took a deep breath to calm myself and began to imagine the line moving faster.

As I took each breath, my rapid heartbeat began to slow, and I truly began seeing the people and life around me in this slow line. I recognized that each person I saw and stood next to shared so much in common with me. Each person had an endless line of ancestry that provided them with their life experience. Everyone sought to go somewhere. And while I may see these people only one time in my life, during this moment, I shared my breath with them, as they did with me.

As I inhaled, I breathed in air that once resided within another person. In fact, this air I breathed may have once passed through the lungs of the ancient people who walked this land, may have once been in the lungs of animals no longer roaming this Earth, once was in the infinite depths of space.

Now I breathed and exhaled, sharing the internal flame that shines within me with others. The breath connects us to everything. And if you want to find an incredible place to embrace a spiritual practice, visit LAX or the Atlanta airport. Just arrive a little bit earlier than I did.

AFFIRMATION

With each breath, I find more strength, peace and compassion. I use
this strength to share this peace and compassion with the world.

Flow with whatever may happen, and let your mind be free. Stay centered by accepting whatever you are doing. This is the ultimate.

— Chuang Tzu

God is not the author of confusion but of peace.

— Ernest Holmes, "The Science of Mind," page 329

Long ago there were two monks walking to their monastery through a dense jungle. The monks carried with them a few supplies to help the other disciples continue their quest for enlightenment. They eventually came to a large river flowing rapidly due to recent rains. They took their time to carefully cross this river, eventually making it to the other side.

Once on the other side, one of the monks noticed a young woman, who had her hands full, and was looking at the raging river that she hoped to cross. He set down his things and asked the young lady if she needed help. Eventually, he put her on his shoulders and crossed back to the other side of the river with her. After getting her to the other side, he crossed the river again to continue the journey to the monastery.

As they continued their trek, he noticed the other monk was quiet and seemed angry. As they reached the monastery, the frustrated monk asked the one who helped the young woman, "Why did you help that lady? You know that as monks we are not supposed to touch women or place them on our shoulders."

The other monk responded, "I dropped her off on the other side of the river. Why are you still carrying her?"

It's not who you are that holds you back; it's who you think you're not.

— Eric Thomas

Know your own mind. Train yourself to think what you wish to think; be what you wish to be; feel what you wish to feel; and place no limit on Principle.

— Ernest Holmes, "The Science of Mind," page 188

What would happen if we fully believed in our ability to share our gifts with the world? How would that help transform this planet and our consciousness and that of the people we share this experience with?

A few months ago, I had the privilege of being a presenter at the Big Sky Retreat in Montana. This incredible retreat was at the base of Lone Peak, in an abundant landscape with deep connections to the Indigenous Peoples who call it home. As I shared what flowed into my mind and heart with this beloved community, I realized something. This opportunity came into existence because nearly two decades ago, I said yes to a small idea in my mind — to write.

Saying yes to writing opened the door to sharing poetry, and poetry connected me with others who were passionate about sharing inspiration and led to expressing my poems over music on stages. Saying yes to music helped me find my voice and the confidence to share the messages that stirred my being. Eventually, I realized there were endless ways I could share my message, and I said yes to exploring that. It unfolded through speaking engagements at New Thought and in businesses. Saying yes opened the door for the Big Sky Retreat.

You see, if I hadn't said yes to those seemingly small ideas that knocked at my conscious mind, my gifts wouldn't have unfolded in the unique ways they do. I would not have met so many of the incredible people I know. Say yes to your gifts.

AFFIRMATION

AFFIRMATION

I easily and effortlessly let go of thoughts and behaviors that no longer serve my highest and best self.

The Divine flows through me, and it is the Divine that gives me the energy and confidence to share my gifts with others.

Exchange unprofitable religious speculations for actual God contact. Clear your mind of dogmatic theological debris; let in the fresh, healing waters of direct perception.

— Lahiri Mahasaya

The highest mental practice is to listen to this Inner Voice and to declare Its Presence.

— Ernest Holmes, "The Science of Mind," page 344

So many of us spend our time searching. We search for a philosophy that aligns with our spirit and helps us see a better way of living. We search for the proper way to meditate to clear the mental clutter and find peace. We sit at the feet of masters, seeking proper ways to pray and be in communion and one with the Divine.

We highlight passages in books that seem to be a compass, pointing us in a direction where we might find our highest self. We listen to sermons and inspirational messages from others, thinking that if we can just find a few more ideas that connect with us, somehow we'll be freer. We travel to temples, sanctuaries, vortexes and sacred sites with the idea that being in these spaces will help us be more in tune with the creative nature of our being.

If you're anything like me, then you've perhaps done all of these things and more. Yet in all of my searching, it seems as if what I'm searching for is always just beyond the next book, passage, meditation, prayer or message. My entire perspective shifted when I realized that there is nothing coming to save me. And there never will be.

The only thing that can save me or help me reach a higher level is the transformed me. The searching isn't what matters. The magic lies in the transformation of consciousness acquired through the searching. We save ourselves by rediscovering Self.

Self-love stems from knowing that you are already whole.

— Idil Ahmed

Spiritual evolution should make the Infinite not more distant, but more intimate.

— Ernest Holmes, "The Science of Mind," page 89

I recently walked with an elder who spent decades exploring spirituality and applying spiritual principles. Just listening to his perspectives brought me a sense of calm and power. He shared his journey and the paths he's taken to get him to where he is today at age 83.

Great wisdom can come when we listen with eager excitement to the people who walked a different or longer path than we have. As I listened, a question entered my mind that I had to ask: What do you believe prevents humans from being their best selves and sharing their gifts with the world? He thought for a moment, and then he said there are two things. The first is a lack of love for self.

When we do not unconditionally love ourselves, we don't believe in ourselves, and thus we embrace activities that tend to drown out our dreams. The second thing, he said, was the lack of self-worth. If we do not believe we are inherently worthy, then we believe our worth comes from the outside world, and to gain worth in the world we continually chase something that is outside of our control.

"So what is the solution?" I asked. Simple, he responded. With each breath, breathe in love and breathe out love, for love is the essence of our being. As this love for self expands, so too does our belief in our own worth.

Let each breath you breathe anchor you in love and worthiness. From this space, you recognize that *you are it*.

AFFIRMATION

Each moment of each day, I continue to move toward my highest and best self. I am.

AFFIRMATION

I love me for being me. I am empowered by the Divine and worthy by virtue of being. My love for self allows me to create an abundantly peaceful and fulfilling life.

Give Life to Your Goals

The hero is you.

— David Goggins

We must realize that the Universal Spirit is the Supreme Knower in the Universe.

— Ernest Holmes, “The Science of Mind,” page 276

A few months back, I felt a tug at my spirit to set a goal that would require me to expand my reality. In the past, when one of these insights surfaced, I quickly dismissed it because the process of shifting felt like a challenge for which the work outweighed the realized goal. Have you ever experienced that? We suppress our “divine downloads” because of the perceived challenges required to help give life to them.

Well, this time was different. The goal had been in the far reaches of my mind — to run a marathon, 26.2 miles, in less than 4 hours, meaning I had to run each mile in nine minutes or less. The first thing I did was register for a marathon. The downside was that the marathon was only eight weeks away. A Google search provided me with opinions that you need a minimum of 16 weeks to prepare.

I dismissed those insights and looked inward. I knew I could do it if I gave myself a chance. I started running — five miles at first, a seven-mile run here and a 10-mile run there. My goal was to run 30 miles each week by week five of my training. I accomplished that.

On marathon day, I focused on one step, on feeling my heart beating and my breath easily moving through me. I ran 26.2 miles in less than four hours. While empowering, the real lesson was to give life to those insights and ideas that pull at your spirit.

Miraculous things occur when we leave our reality and move toward our potential.

AFFIRMATION

I give life to my highest goals, dreams and aspirations. Today, I use my time and energy to move into my greatest potential.

Self-Imposed Barriers

If you accept a limiting belief, then it will become a truth for you.

— Louise Hay

All thought is creative.

— Ernest Holmes, “The Science of Mind,” page 30

How much time do you spend in your head each day? I’m not referring to the natural processes that allow us to function. Instead, I’m asking how much time you spend creating a fictitious reality within your mind each day. For me, it is a lot. If I had to break it down it would probably be nearly 80% of my waking hours spent creating a fictional world that has little to do with experiential reality.

Think about it for a moment. So many of us spend our limited time and profound energy creating immense worlds within based on the opinions of others. We spend time re-creating memories, which, if mismanaged, bring about the same feelings and emotions that the actual experience brought with it. We construct belief systems about other people that don’t always hold them in their highest light, and we reinforce limiting ideas about ourselves that place an imaginary barrier on our potential.

None of this occurs anywhere except within ourselves. Being the thinkers of our experience, we can add our power to these limiting ideas until they actually become what we believe to be true. Let us release this pattern of thinking and make the longest trek we could embark upon — the journey to the heart. From here, we see we are not these thoughts. Instead, we are that which gives power to our thoughts. In this heart space, we connect with our Essence and are free.

Live from this space today.

AFFIRMATION

I am the thinker in my experience and am not at the mercy of my thoughts. I empower the thoughts that flow through my mind. Today, I use this power to think in an empowered way.

The Journey Inward

Belief in Self > Fear of the Unknown

Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.

— Buddha

Remember, God is the silent Power behind all things, always ready to pour into our experience that which we need.

— Ernest Holmes, "The Science of Mind," page 301

As we are liberated from our own fear, our presence automatically liberates others.

— Brené Brown

The gift of God is the Nature of God, the Eternal Givingness. God cannot help making the gift, because God is the gift.

— Ernest Holmes, "The Science of Mind," page 280

There is a story about a person who wandered through life, never knowing where they were going. Instead, it seemed like they were always lost. They felt as if they had some destination in mind — whether it was a job, a relationship, a monetary figure or a house — but when those things would come, they'd still find themselves on a path that led to nowhere.

On the journey, this person would find different people, some of whom seemed to have the answers they were seeking. They would spend time with them, believing that by being in the presence of these individuals, they'd find some kind of light that would illuminate their way. While the people they met would provide insights, company and support, when they left, this person would find themselves yet again wandering with no real destination. Thinking that the answer lay with someone or something else, they'd seek them out, only to find again that the person or thing was a temporary solution to a seemingly unsolvable problem.

Eventually, this person found themselves in a dark space, with no one around to turn to who could provide relief. They closed their eyes and, in doing so, found a path inward. Following this inward path, they noticed a small spark in the distance. As they moved toward it, that spark intensified into a vibrant light, filled with warmth and comfort.

They opened their eyes and realized that what they sought, no other person could possess. For they were now a light unto themselves.

Take a moment and turn your attention within. Think about the things that excite you. Bring into your mind and heart the unique gifts you came into this world possessing, the gifts you feel would make the greatest impact on our planet and bring fulfillment to your spirit. As you see those gifts, ideas and dreams clearly, ask yourself: Is there anything preventing me from sharing these even more abundantly with others? In some of my work, I work with people who are aspiring speakers, people who know they have a message inside but something hinders them from sharing their messages with others. When working with these people — whether ministers, practitioners, community members or business people — I find one thing comes up nearly without exception: fear. Fear of not being perfect, fear of not being liked, fear of embarrassing themselves.

What's interesting about these fears is they've been created within these people's minds. They are not real but imaginary monsters that devour and consume gifts and dreams. The tragic part is we unconsciously feed this beast of fear each day, making it seem even more ferocious.

So what is the opposite of fear? For me, it is belief in myself. How can we use our mind and imagination to fuel our belief in ourselves? Simple. Recognize that every step, every breath, every action you commit to is divinely guided by the Essence of Life. And you are bringing forth creation by way of this Creative Energy that enables you to be. Thus, your creation interacts with other creation, all of which flows from the Creator. We are giving ourselves to ourselves.

AFFIRMATION

I trust in the Divine guidance provided within the infinite being that I am.

AFFIRMATION

I use my mind and thoughts to honor the Creator. My life unfolds in divine order.

The primary cause of disorder in ourselves is the seeking of reality promised by another; we mechanically follow somebody who will assure us a comfortable spiritual life.

— Jiddu Krishnamurti

The responsibility of setting the Law in motion is ours, but the responsibility of making It work is inherent in Its own nature.

— Ernest Holmes, "The Science of Mind," page 305

At some point in our journey, many of us meet someone who inspires us and sees something in us that we could not see. This person serves as a mentor or coach, directing us in ways that could bring about new circumstances because of the mentor's knowledge and wisdom. Over time, this individual helps create a picture of a new reality for what is possible.

Now this is an important juncture. For me, there have been times when my mentor's vision for my life overtook the realization that it was my responsibility to create my own reality. By taking this path, I somehow thought that just because my mentor saw this vision for my life, that vision would manifest itself. What I overlooked was the essential principle of personal responsibility.

I've found over the last few years that the vision that a mentor, coach or other person I look up to has for my life is just that — a vision — an idea that exists in the realm of possibilities. These people, however, are not living my life. Thus, what occurs in my life is brought about by way of how I use my energy in this moment. Their vision can show me what is possible, but what ultimately will be my reality is 100% dependent on me.

I love to think of nature as an unlimited broadcasting station, through which God speaks to us every hour, if we will only tune in.

— George Washington Carver

In the beginning, God.

— Ernest Holmes, "The Science of Mind," page 63

As I look outside my window here in Minnesota, I see the vibrant snow on the tree limbs and ground. The winter air brings with it a sense of calm. While the leaves fell from the trees many months back, deep within the large oak tree I see each morning, the vibrancy of life stirs. It prepares itself for the warmer months ahead.

The once gently moving rivers only a few blocks away are covered with a thick layer of ice, yet the sacred water still flows slowly beneath it. The lakes sprinkled throughout the region are frozen over. Yet beneath this layer of ice, life still flourishes. As I step outside my house, I feel the snow crunch beneath my boots. I truly am walking on the heavens, for the snow I step on was once in the clouds, as those clouds formed by attracting the elements necessary for snow to be created.

All of this leaves me in awe. We need not look far to see the sacredness of life, the sacredness of this planet. It appears that when we humans lose this deep intimate relationship with Mother Nature and Mother Earth, that is when human creations, such as temples, churches and books, become important.

Take time today to look into nature, and you will find the Divine looking back at you through all things.

AFFIRMATION

In the realm of infinite possibilities, I assist in creating *my* reality.
I create wisely, peacefully and compassionately.

AFFIRMATION

I am immersed in the Divine, and nature shows me the way.

Create Your Opportunities

Opportunity is everywhere. The key is to develop the vision to see it.

— Unknown

My opportunities are unlimited.

— Ernest Holmes, "The Science of Mind," page 304

The day began like any other. The sun rose slowly in the early morning, bringing warmth and light to the landscape outside my window. As I made my way to my meditation station, I felt gratitude for a new day as the light intensified. As the morning became the afternoon, I found myself working at my computer when an unexpected email dropped into my inbox. It was from a woman I met years back when I was speaking at a Chamber of Commerce event in Phoenix. In her email, she asked me about the possibility of conducting multiple workshops, 37 to be exact, with her organization over the next few months. Excited, I said yes.

That ended up being the biggest contract thus far in my speaking career. While the contract was wonderful, there was an even greater gift that came from the experience — realizing the power of opportunities. I used to believe opportunities were things that would pop up from time to time, completely unaware of my direct connection, or lack thereof, with each one.

The lesson I received was to realize that opportunities come by creation, not by chance. I'd like you to think back on the greatest opportunities in your life. As you do, trace back all of the seemingly insignificant actions and choices you embraced that opened the doors for those opportunities to exist.

The gift I received was realizing everything that flows into my life has a direct connection to me. Everything that flows into your life ties back to you. Invite opportunities by doing even the smallest things with love and greatness.

Wisdom of the Enlightened Ones

Love is the essence of life, the divine energy that sustains all beings.

— Bhagavad Gita

Love is the central flame of the universe, nay, the very fire itself.

— Ernest Holmes, "The Science of Mind," page 478

There is a simple practice that requires little from us. It is, however, one of the most profound spiritual practices that exist. If we explore the ancient texts, we see this practice embedded within every spiritual path. Great mystics, prophets, seers and enlightened minds distilled their entire message down to these few words. What is that practice? It is to love others, even those who do not love you

If this simple yet transformational practice has been passed down through the ages, why does it seem that we have such a hard time embracing it? In my life, I can think of a handful of people who flutter through my consciousness from whom I withheld my love. A deeper exploration helped me see that the reason I am hesitant to send love to those who do not send it back is deeply rooted in some kind of unforgiveness. While this seemed like a reasonable answer to my lack of love, that was not the full solution. What I think I'm uncovering is the reason why the vast majority of us withhold our love from others. It is due to the lack of love we have for ourselves. In other words, we cannot give to another what we have not first tapped into within.

When we fully love ourselves, the divine nature of our being, then this love extends to all because the Divine is all. Lack of love for others then seems to be caused by our unwillingness to observe and embrace the Divine. Today, follow the wisdom of the enlightened ones: love.

AFFIRMATION

Abundant opportunities continuously bless my experience.

AFFIRMATION

The Divine in me honors and loves the Divine in all.

Reflection Eternal

Since happiness heard your name, it has been running through the streets trying to find you.

— Hafiz

We are living in an Intelligent Universe, which responds to our mental states.

— Ernest Holmes, "The Science of Mind," page 139

I'd like you to reflect back on the past month. As you think about the past 30 days, detach from your mind and begin to observe the thoughts within it. From the standpoint of the observer, lean into this question: What are the dominant thoughts that have flowed through my mind the past month? Let the answer flow. As the observer, do not judge the answers or these thoughts. Just watch them.

Detaching from our thoughts helps us realize how impersonal they are. They have no power other than the power we, the thinkers, give them. As you see all these thoughts, ask yourself: What have these thoughts helped produce in my current reality? Every thought brings with it a seed of potential that has some relationship with our physical reality. What have your thoughts created? The answer to this question is found by examining all the effects in our lives. No judgment is needed here. Instead, by looking from this perspective, we see that we are the cause of the effects that produced our experiences.

This is a powerful realization. This means there is no one to blame for our circumstances and, even more empowering, that we are not limited by what we've created because we have the ability to manifest something completely new today. This begins with our thoughts. This simple process reinforces the idea that gymnasts, lazy people, complainers and successful people have all practiced being what they are good at. What will you practice today?

AFFIRMATION

I am the thinker of my experience. I empower my thoughts and am not at their mercy. Today, I intentionally think thoughts that reflect the greatest version of myself.

Bring Your Divine Gifts With You

God gives you His spiritual ideas, and in turn, they give you daily supplies.

— Mary Baker Eddy

Creation does not mean making something out of nothing. Creation is the passing of Spirit into form, and it is eternally going on.

— Ernest Holmes, "The Science of Mind," page 83

In the quantum realm of all possibilities, the Infinite had an idea. This idea was a specific purpose, a gift contained within the creation, which was unfolding into the space where creation occurs. As this creation continued to expand within the boundless universe, life unfolded in a myriad of ways, from the microscopic to the macro.

These ideas and gifts continued to unfold with creation, lying dormant within the creative field, awaiting their time to become manifest. Eventually, these ideas and gifts found themselves moving from the realm of possibility and began to feel a light of awareness shine upon them. This was the first time they felt they had an opportunity to blossom into the potential that existed within them. They knew that the Creator placed them there for a reason, a specific purpose that only they could accomplish.

There were times when the light of awareness shined abundantly on them, only to eventually fall back into the darkness of the unconscious. Eager for their time, they did all they could to attract that light of awareness and would show up in dreams, meditations and visioning exercises. But they needed assistance from this light of awareness to have the opportunity to manifest.

That awareness is you. These divine ideas and gifts are within you. They've been awaiting you for eternity, and only you can give them life. Spend time and energy bringing those divine gifts within you into the world. They are there for a reason, and the world awaits your willingness to share them.

AFFIRMATION

I give my divine ideas life and am guided by the Divine to allow them to become manifest in my experience.

Where the Solution Resides

You don't need anything to be happy.

— Dipa Ma

The things we need, we are to ask for — and we are to believe that we receive them.

— Ernest Holmes, "The Science of Mind," page 458

When I first had the opportunity to meet my mentor many years back, every time we spoke, I came with a handful of questions that I couldn't wait for him to answer. I asked questions about how to deepen my spiritual connections, tap in with my guides, sharpen my intuition, build my business and accomplish my goals.

In the beginning of our relationship, when I would ask these questions, he would share his perspective with the hope of me realizing that his answer was simply his perspective. Because he accomplished so much in his life, I held onto every word and that helped lead me on my journey. This trend continued until one day I came to him with a question I desperately needed an answer to. The question was about business and spirituality. He listened attentively to my long-winded question and replied with a phrase I've never forgotten. His reply to my question, and many subsequent questions, was, "There is no question you can ask for which you do not know the answer."

At first, I was confused. But after a deeper level of introspection, I realized the solution or answer to our most pressing questions and problems can be found within us. Others may point us in the correct direction, but the ultimate answer is what we decide.

Today, I encourage you to sit with your greatest questions and seek the answers within. All comes from the One.

AFFIRMATION

I trust my divine guidance and intuitive insights to reveal solutions to any challenge or obstacle I encounter.

Widening the Channel

Whether you worship Christ, Krishna, Kali or Allah, you actually worship the one Light that is also in you, since It pervades all things.

— Sri Anandamayi Ma

We are immersed in an Infinite Creative Medium which, because of Its Nature, must create after the pattern our thought gives it.

— Ernest Holmes, "The Science of Mind," page 140

Because we are creative beings continuously assisting in co-creating our lives, we must deepen our understanding of where creativity comes from. For me, whether it is writing, crafting presentations or workshops, envisioning new ideas for business or seeking creative ways to shift in my life, tapping into this spring of creativity is essential.

I believe there is an ever-present spring within us that continuously brings forth creative ideas. This spring that is ever flowing can be tapped for fresh insights and ideas being poured into it by the Divine. As we create a practice to visit this inner spring, to take just what we need, we begin to see that it is this spring which is filled by the Infinite to provide a limitless supply of creativity.

It is essential, then, for us to ensure that we tend to this spring, keeping it free of debris and toxic thoughts that prevent us from connecting with this source of creativity. This is done by visiting it often, asking profound questions and leaning into the highest version of ourselves. The more we tap into this spring, the greater the connection. And as our connection deepens, we realize we can call on it to bring about a solution to anything we experience.

Today, venture into the abundant landscape of your inner world and sit at the source of this spring. Take from it the creativity you need to realize that which calls out to you most.

AFFIRMATION

There is an abundant spring of creativity that flows through me. I use this creativity to help create my life in extraordinary ways.

The world is not going to change unless we're willing to change ourselves.

— Rigoberta Menchú

There is nothing but unity; there is nothing but freedom; there is nothing but completeness; there is nothing but totality.

— Ernest Holmes, "The Science of Mind," page 128

The mind is like a mirror; it gathers dust while it reflects. It needs the gentle breezes of Soul-Wisdom to brush away the dust of our illusions.

— Liu Rushi

By right thinking, one can bring new conditions into their life.

— Ernest Holmes, "The Science of Mind," page 74

Turning on the television, scrolling through social media or opening the newspaper creates a common experience for me: being bombarded with situations where it seems as if people are not living their lives in a way that embodies compassion, love and peace for all. Instead, it seems as if some people are driven by ego, propelled by greed and so disconnected from what I call "reality" that it can be frightening. When I see, read or hear about these individuals, I find myself thinking and speaking with others about how far removed they seem to be from creating peace and well-being. The common theme emerges, and if I am not aware, I get swept away by it.

The overarching theme is the preoccupation with the faults of others. With a simple analysis, I can recognize the reality of the situation but need not occupy my internal world with the faults of these people, for they are human, just like me. And just as I recognize their faults, I'm sure there are people who recognize my own.

I'd like to invite us today to not let our minds be filled with this. We can send love to these people and need not continuously replay how bad we think they are. Instead, we can focus on the little bit of good we can do, right where we are, that has the power to transform the world around us. If we all did this, the world would transform in the snap of a finger.

When I was growing up, every weekend my sisters and I would gather together around the TV and pick a movie on VHS to watch. Yes, I said VHS. If you don't remember those, Google it. The movies we watched would usually be some type of Disney movie, that is until a family friend purchased a video camera and recorded some of our favorite childhood memories. These recorded videos became our go-to tapes to watch.

As we kept watching these over and over, the video seemed to get worse and worse in quality. To make matters even more tragic, there was a time when our favorite recorded videos would be recorded over with something else that our mom or one of us wanted record from the TV. Thus, our beloved tapes were becoming memories in and of themselves. Still, we found ourselves putting in the old tapes to watch just a few moments of a past experience that would abruptly be cut off by a new episode of "The Simpsons."

I share that story because so many of us tend to do the same. The only difference is that we are replaying memories in our minds. Over time, each memory gets overlaid with other experiences that cause us to redirect our thinking, triggering certain emotions and feelings. Suddenly, we find that whenever we replay that tape, we are whisked off to another land. We all do this to some degree. The question, then, is what tapes are you replaying in your mind? Today, I encourage you to replay the ones that bring a sense of empowerment.

AFFIRMATION

I am committed to doing the good I can right where I am.
This good I bring to the world has the power to transform it.

AFFIRMATION

I am empowered.

Answer to Prayers

The soul is omniscient, omnipotent and blissful by its own nature.

— Acharya Hemachandra

Our prayer is answered before it is uttered.

— Ernest Holmes, "The Science of Mind," page 154

Where do the answers to our prayers come from? When you earnestly desire to attain or accomplish something, where do the forces that assist you on your journey reside? There was a time in my life when I sent my prayers out into the heavens, awaiting an answer. For some reason, I thought some kind of miraculous experience would suddenly occur and reveal the solution I sought. During this time, my prayers were more like a Christmas list that a kid sends to the North Pole. But that's another story.

For months on end, I prayed for guidance around creating my business. The answer showed up in a miraculous form, but in a way I didn't expect. The answer was not some lightning bolt from the sky or some hidden message in a burning bush. The answer came in the form of a human, a person who had already been walking this planet and actually possessed the answer I sought. This person became my mentor.

This experience helped me understand that the answer to nearly all of our prayers comes in the form of or is in some way associated with another person. Yet, that answer is directly brought forth from the Divine, for it is the Divine that dwells within each one. This means that we, too, are an answer to someone's prayers, hence the importance of sharing our gifts and shining our light. Be open to miracles, for you are one.

AFFIRMATION

I am guided each day and trust the guidance I receive.

The World Awaits Your Light

If one going down into a river, swollen and swiftly flowing, is carried away by the current – how can one help others across?

— Sutta Nipāta 2.321

We should expect the best and so live that the best may become a part of our experience.

— Ernest Holmes, "The Science of Mind," page 300

If what we focus on expands, then why do we allow ourselves to focus on that which we do not want to see in our experience? What causes us to have a divine insight around an idea, only to then lean into our fears and insecurities, magnifying them in such a way that they drain the life from the insight that only a short time ago felt so important?

I can't help but think about all the divine ideas that have never seen the light of day due to an unwillingness to move attention away from fear and toward the possibility of what might be. How many incredible ideas have you had that you were unwilling to give energy to? How many gifts that only you can share with the world have you allowed fear to suffocate?

Don't you think it is time for all of us as spiritual beings to have the courage necessary to step toward the unknown, the light of that divine insight and share that with others? As first asked by 1st century Jewish scholar Hillel: If not you, then who? If not now, then when?

Our physical life is finite in terms of years, and there are things only you can do during this time. Release the fear and have the courage to share your greatness with the world. We await your light.

AFFIRMATION

Today, I release all fears and insecurities that prevent me from sharing my divine ideas and gifts with the world. I move with courage and excitement as I give life to the greatest me.

Small Miracles Each Moment

A single dewdrop on a leaf is a small miracle, and within it, you can see the entire universe. Small miracles are the portals to the Infinite.

— Dnyaneshwar

It is the Absolute with which we are dealing and nothing else.

— Ernest Holmes, “The Science of Mind,” page 128

What confluence of events had to happen with precision at this moment that enable you to read these words? Perhaps your hands are able to hold this magazine. Perhaps you are reading it online, having clicked and opened this particular page.

Your eyes scan across letters that form words that in your mind create a meaning you give them. Your consciousness processes the information to help it make sense for you in a single moment. There may be natural light around you from the sun that has been illuminating this planet for billions of years, comprised of elements that are eternal in nature.

As you read these words, your breath flows through you. The oxygen you breathe into your body travels through the depths of the universe, only to align with your sacred body in this moment. As you exhale, you share your inner flame with the external world. Throughout this process, your heart beats, circulating the blood necessary for your body to be.

As you read these words, Mother Earth rotates on her axis, trees grow, and all of Mother Nature works in harmony to produce fruit for you to eat. The soil under your feet sustains the plants that become the vegetables you put on your plate.

All is unfolding by way of the Sacred One. Today, be mindful of the small miracles happening all around you and within you.

Sacred Interactions

Behold, I shall walk through this world but once. Any good, therefore, that I can do or any kindness I can show to any human being, let me do it now.

— White Buffalo Calf Woman

One of the first things to do is to love everybody.

— Ernest Holmes, “The Science of Mind,” page 298

The sun awakened me, and my mind immediately filled with all the to-do items on my checklists. Rising, I already felt like I was behind schedule. Taking a breath and finding my meditation space, my anxiousness subsided.

As I sat down to work, the first email I saw was from a person who brought a few challenges my way. As I began to compose my response, I realized I was reacting from a place of anger. I took a breath and found that place of peace within. As I did, I was able to write my response from a place of compassion.

After work, I ventured to the grocery store. Every car around me seemed to be in a rush. I was, too. I found myself thinking I was the most important car on the road. A breath calmed me and helped me realize that my impatience was only getting me to the next red light faster. I entered the store, found what I needed and stood in the checkout line. The woman behind the register seemed to be extra slow, and the line wasn't moving at the pace I thought it should. I felt frustrated. A breath helped me find peace. As the cashier began ringing up my items, I could sense she was having a challenging day. I spoke to her, sharing words of encouragement, and she thanked me.

The moral of the story: Keep peace in your mind and heart, knowing that as you do, you interact with people differently. We have the power to share peace and compassion with each person we encounter.

AFFIRMATION

Miracles are a part of my everyday experience. I appreciate these miracles that continuously show up in my life.

AFFIRMATION

I move with peace and compassion today.
I share this peace and compassion that resides abundantly within me with each person I interact with.

Good People

There's never been a better time to let the leaves of mediocrity fall from your tree of life.

— David Ault

God in me is unified with God in all.

— Ernest Holmes, "The Science of Mind," page 299

One of life's most empowering experiences is meeting someone who's willing to help you move beyond your self-imposed limits and recognize your potential. These people embody strength, perseverance, resiliency and the ability to use their energy in life-affirming ways. They see what is possible and have an unwavering belief in who they are. They may or may not be extraordinarily famous or wealthy, but they place their faith in themselves and the power that enables them. I'm sure you've met someone like that.

While I've met many people who live in this space of alignment, there was one in particular who I had the chance to meet when I lived in Atlanta. This was right after I discovered CSL and found myself at the Spiritual Living Center of Atlanta each Sunday. This person eventually acted as a mentor for me, while he navigated his own life. He pointed me in the direction of recognizing my true light. Continuing to see him move toward his highest calling has been a source of motivation and inspiration for me.

Many of you reading might know this person. His name is David Ault. He saw something in me when I couldn't see it in myself. The work he does in the world inspires me, and it felt only right to express this message of gratitude here.

Today, take time to appreciate a person who has helped you recognize more of who and what you are.

The Real Cannot Be Threatened

Impermanence does not necessarily lead to suffering. What makes us suffer is wanting things to be permanent when they are not.

— Thích Nhất Hạnh

The real Self is God-given and cannot be denied.

— Ernest Holmes, "The Science of Mind," page 332

Meditation reveals extraordinary things. When we quiet our minds, we become aware of insights awaiting our acknowledgment. In one of those moments of stillness, I became aware of an insight so profound, it shifted my entire way of being.

For so much of my life, I operated with this idea that drastic change was always just beyond the horizon. That horizon, I believed, was so far in the future that I need not spend much time thinking about it. This caused me to interact with people in such a way that I never gave a thought to the idea that there would be a time when these people wouldn't be around. I relished the good times, completely unaware that life moves through seasons. And while there is always an ever-present goodness right below the surface, life is filled with highs and lows. The best way to summarize this way of thinking was a complete avoidance of the temporal nature of life.

Not until I experienced soul-shaking losses in my family — people drifting away, the abundant river of resources seemingly drying up — did I start to see that nothing physical lasts forever. Everything ebbs and flows in and out of this realm.

By quieting my mind and listening to the indelible essence within, I began to embrace this idea of the temporal nature of life as a true blessing that only I can bring to others: the gift of being present, the gift of valuing each passing moment and person I meet, the gift of appreciating times of abundance and times of refilling. Appreciating the finite allows me to deeply connect with the Infinite.

AFFIRMATION

The right people show up in my life at the right time.
For this, I am grateful.

AFFIRMATION

I am present.

The mind is a transmitter and receiver of energy. When we raise our thoughts to the frequency of love and compassion, we transform ourselves and the world.

— bell hooks

A certain, specific, intelligent idea in Mind will produce a certain, specific, concrete manifestation equal to Itself.

— Ernest Holmes, "The Science of Mind," page 144

During college, I sold insurance. The company I worked for had agreements with unions across Washington, and I would drive across the state to meet with union members in their homes to sell them various insurance services. One trip took me to a remote corner of Washington, and as I drove through the hills, I searched the car radio for my favorite station, NPR. Throughout the week-long trip, everywhere I went, the radio station would either be filled with static or would randomly switch to some pastor shouting about sin. Either way, I found myself spinning the radio dial, hoping to eventually find the right frequency, which didn't happen until I returned home.

This experience is similar to how you and I operate. Each day, we tune into a specific frequency that brings back to us an exact match. If we find ourselves in a bad space mentally, the frequency we send out returns back to us multiplied. If we continuously bounce from thought to thought, unaware of what frequency those thoughts send out, our experience will be similar to driving and spinning the radio dial endlessly, expecting to find a coherent station and message.

Be mindful of the frequency of your thoughts. And if, like me, you find yourself in a remote corner of a state with no radio service, turn off the radio (your thoughts) and be in stillness.

If you begin to understand what you are without trying to change it, then what you are undergoes a transformation.

— Jiddu Krishnamurti

Until we awake to the fact that we are one in nature with God, we shall not find the way of life.

— Ernest Holmes, "The Science of Mind," page 145

I found a source of inspiration so profound that once we fully recognize it, we'll find no greater motivation around. This source of inspiration is only a text, a phone call or a conversation away. And when we tap into this source of inspiration, it has a miraculous way of shifting our day. This inspiration transcends all space and time.

Once we are cognizant of this spring of inspiration, we begin to see that it surrounds us throughout our entire lives. Unfortunately, for some, this inspiration can wane, replacing the potential for inspiration with pain. That pain will remain as long as we allow it to be, but there is always another blessing awaiting us, willing to share its inspiration with us. This inspiration comes from the Divine, yet it doesn't require any prayers or meditations to positively influence our hearts, souls and minds.

What is this inspiration, you may ask. The inspiration I'm talking about is found in the people we encounter. It is found in the relationships we have, in those people who help us find our light when times are dark. These relationships are those where the Divine Presence is felt, where people assist us in tapping into our greatest self.

Appreciate these sacred relationships. More importantly, choose people who choose you.

AFFIRMATION

AFFIRMATION

I am tuned into the Divine.

I am divinely guided to the most profound relationships each moment of each day. I am blessed.

What you radiate outward in your thoughts, feelings, mental pictures and words, you attract into your life.

— Catherine Ponder

Forms come and go, but the Power back of them is changeless.

— Ernest Holmes, "The Science of Mind," page 101

When you are sorrowful, look again in your heart, and you shall see that, in truth, you are weeping for that which has been your delight.

— Kahlil Gibran

Love points the way.

— Ernest Holmes, "The Science of Mind," page 43

Let's take a moment and look across our world at all the things occurring at this time. So many beautiful things unfold, and so many harsh realities simultaneously occur for those with whom we share this sacred Earth.

As we look at the macro level, we see massive challenges that plague so many of our brothers and sisters. The climate is changing, causing expanding droughts. The destruction of natural resources is increasing, while the sacred lands of the Indigenous are being stripped away. Societal class systems continue to widen, and many of the "isms" — racism, classism, sexism — remain an everyday occurrence for many.

When I think about these things, I immediately ask, what can I do? While I wish I could affirmatively pray it away, the reality is that I have no idea what others are experiencing. Thus, prayer, at times, seems like an intentional avoidance of examining the root cause of these deep issues.

What can I do? What can we do? For me, the answer is simple. I can fully embrace responsibility for the role I play in creating the world I see. We can all begin today to live in such a way that we usher in a new way of being. This is not turning our heads away from what is happening, but rather it means being the solution, creating a new cause that brings a new effect.

What will you do today to add your piece of peace to our world?

Growing up, I had the opportunity to live with my grandparents due to circumstances surrounding my mom and dad. During that time, my mom was always in my life, but my grandparents' home was a solid foundation that provided a young Jeffon with a safe and stable place to grow. There was so much love that flowed through our house, and my grandma was truly a pillar of light, compassion and indescribable energy. Knowing she was there created a source of strength and peace.

When I was in high school, the inevitable day came, a day I put out of my mind because the thought of living without my grandparents was a source of sadness and hopelessness. I remember my grandpa coming home after being with my grandma all morning in the hospital, only to tell us she was no longer with us. That loss was something I never felt before, and it sent me into a whirlwind for the next few years. While her love was still with me and her energy would always be part of me, the thought of her not being in my life was unbearable.

As I continued my life's journey, I began first to see that love knows no bounds and is beyond space and time. Thus, connections of the spirit are infinite. This loss taught me that our most challenging experiences are the very stepping stones to greater levels in life. Each experience provides us an opportunity to move into a greater version of ourselves. Every day I send love to her, and I feel it being sent back.

Today, love boundlessly while appreciating each step in life. (Love you, Grandma.)

AFFIRMATION

I am the solution I seek. I carry peace and power within me and share it with the world each day.

AFFIRMATION

Blessings fill all things.

Give Freely

Develop enough courage so that you can stand up for yourself and then stand up for somebody else.
 — Maya Angelou

The Universe is inexhaustible; It is limitless, knows no bounds and has no confines.
 — Ernest Holmes, "The Science of Mind," page 302

The other day, a friend who was going through a particularly dark time called me. I didn't need to offer him any answers; I just needed to listen. At that moment, I realized my light could shine into his life and help make his experience brighter. Doing so does not dim my light but adds to it.

I was speaking to a cashier at a store who was really upset about something, and who seemed to be taking it out on me. I didn't need to retaliate and add to the anger. In that moment, I could share peace. Doing so doesn't diminish my internal peace but adds to it.

An elderly lady was struggling to walk down the road the other day when I was out walking with my son. We helped her get up her driveway and shared a smile. Sharing kindness with others doesn't deplete my kindness reserve but adds to it.

A family member of mine made some bad decisions, resulting in incarceration. While I don't agree with what he did, I can send compassion his way as he navigates this tough time. Doing so doesn't drain compassion from my heart but adds to it.

Speaking at a conference a few weeks back, I noticed how certain groups of people sat on different sides of the room. I made it my goal to go and speak with everyone and help people make connections with those they did not know. Moving with unity does not take unity from me but adds to it.

Those who bring sunshine, peace, kindness, compassion and unity to the lives of others cannot keep it from themselves.

AFFIRMATION

I share my light with love, add peace with ease and embody kindness and compassion everywhere I go.



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We honor all people, faith paths and religions. Our sacred focus is creating a world that works for everyone. Find "What We Believe" on page 10.