

DAILY GUIDES

NOVEMBER 2024 BY JIM LOCKARD

WHY ARE YOU SO

enchanted

BY THIS WORLD, WHEN A
MINE OF GOLD LIES WITHIN YOU?

— RUMI



Photo by Petruck Viktor



REV. DR. JIM LOCKARD

My inspiration for this month's Daily Guides is the spiritual reality of unlimited abundance. The universe is unlimited; the potential for abundance is unlimited. Although we all are subject to limitations in consciousness, we also are capable of changing and eliminating these limitations. We accomplish this through rigorous and regular spiritual practices that direct our subconscious beliefs to a greater acceptance of the good that already exists as potential. Abundance is ours, when we allow it.

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You are not separate from the whole. You are one with the sun, the earth, the air. You don't have a life. You are life.

— Eckhart Tolle

We say we are one with God and one in God. This is a mistake; we are one of whatever the nature of God is. Whatever it is, it is one.

— Ernest Holmes, "The Philosophy of Ernest Holmes," page 85

The creation of the universe contained within it everything necessary at that instant and the potential for everything that would be necessary for its continued existence and evolution. Nothing was missing.

As expressions of that universe, you and I are made of the same stuff – that which was present at the instant of creation, that which has come from potential into form during the life of the universe thus far. We also have access to the unlimited potential that has not yet been actualized. Our future is bound in the future of the universe.

This rich birthright is available to everyone, is part of everyone. But we must discover it for ourselves. We must find our way, discovering ourselves and our divine natures as we go. Some, it seems, are born into situations where this discovery is highly unlikely, while others, such as you, dear reader, have come into possession of the great truth of self-discovery. Our teaching, Science of Mind, is one source of this truth, built from the wisdom of the ages and expanded through a modern understanding of psychology.

Our great gift is that we have this teaching available. To bring these principles to life, we must keep studying the teaching and practicing its principles in our own lives.

AFFIRMATION

I know I am one with the richness of Spirit at all times. I accept this as the essential relationship of my life and receive its blessings.

The good news is that the moment you decide that what you know is more important than what you have been taught to believe, you will have shifted gears in your quest for abundance. Success comes from within, not from without.

— Ralph Waldo Emerson

It seems to me that our evolution is the result of an unfolding consciousness of that which already is, and needs but to be realized to become a fact of everyday life.

— Ernest Holmes, "The Science of Mind," page 387

Abundance is an elemental aspect of the universe we live in, and, therefore, it must also be an essential element of who we are. I cannot be unlike that which created me, for I am made of the same stuff as all of creation.

We live in a universe of cosmic possibilities and potentials, a universe that contains within it the necessary intelligence to actualize these potentials into form and experience. Each of us is a center of this intelligence, actually a disturbance in the field of all intelligence, created to actualize potential according to who and what we are. This gets to the heart of our very reason for being – to actualize potential into our uniquely human experience.

Your guess as to why that is the way the universe was created is as good as mine, but here we are: abundant beings in an abundant universe designed to actualize infinite potential using an innate intelligence shared with all of existence but localized in an individualized way in each of us. Wow!

When we accept this birthright, when we fully own our own nature and potential, we live lives of fulfillment and contribution to the greater good. We experience a healthy consciousness and encourage others to do the same. We expect life to go our way in general and are not knocked off balance when it appears not to.

AFFIRMATION

My nature is goodness. My nature is abundant. I direct my experience from a place of high expectations, accepting the natural bounty of the universe in which I live, move and have my being.

Another world is possible! Another world is also necessary, for this one is unjust, unsustainable and unsafe. It's up to us to envision, fight for and create that world — a world of freedom, real justice, balance and shared abundance, a world woven in a new design.

— Starhawk

All who come in contact with that great calm of my life are made strong and confident, are healed and blessed.

— Ernest Holmes, "The Science of Mind," page 302

Our limited beliefs lead to limited experience. This is true individually and collectively, as people and as societies. While it can be said that societies improve over time, this process is not guaranteed. We have co-created societies that foster inequality and do not recognize the divinity and worth of every individual.

One of the wonderful aspects of abundance is that we are always at a point of opportunity to make changes for the better, beginning with changes in how we think about ourselves and our world. When we have a negative experience or practice, we can see our way to a solution with a positive result. This kind of positive mindset can be cultivated through spiritual practices in which we redefine our possibilities, talents and ways of behaving. We begin by seeing a better way in mind and then visualizing our way toward its expression.

Abundance of anything is necessary for us to be fulfilled. Excess or insufficiency become burdens. Finding the degree of abundance we feel is fulfilling requires us to embrace a healthy self-concept and clarity. Using excess to salve an unhealthy ego leads to negative life experiences. We are all accountable for the energy and consciousness we contribute to the whole — and we reap what we sow.

AFFIRMATION

I live in a world that works for everyone because it works for me. I am strong in my compassion, dependable in my agreements and honest in my thoughts and expressions.

Who can order the Holy? It is like a rain forest, dripping, lush, fecund, wild. We enter its abundance at our peril, for here we are called to the wholeness for which we long, but which requires all we are and can hope to be.

— Marilyn Sewell, "Cries of the Spirit"

Now suppose that you and all people, while we have independent thinking and are individualizations of God or the Universe, each one a little different, are in reality all using the same Mind. There is only one Mind.

— Ernest Holmes, "Ideas of Power," page 43

Abundance is the nature of the universe. The universe's unlimited potential exists as energy and, through intelligence, becomes matter (things) and experience. The universe began with just one element — nitrogen — that expanded rapidly (the Big Bang) and generated heat, leading to the formation of other elements. This is an evolutionary process of becoming, and we are all a part of it.

The transformation of potential into actuality is what we call the creative process, and it is contained within our natural way of being. Think of the potential of a concerto, which existed as pure potential until Wolfgang Amadeus Mozart contemplated it and actualized it as a composition, after which musicians translated into the actuality of performance. Is there any shortage of music or musical possibilities? No, of course not.

Although many things are finite, potential, by its very nature, is always infinite. There is an endless supply of potential. Potential always actualizes through intelligence. As human beings, we actualize through our human intelligence and have human experiences. This is all a natural process that evolved over eons. We have reached a point in this evolutionary process where we can and do consciously direct this process. Conscious evolution is a key to abundance.

Think great thoughts, build a great consciousness, actualize great experiences. That is the promise of Science of Mind.

AFFIRMATION

I recognize the natural creative power within me and direct my thinking toward the realization of what is highest and best. Abundance is my natural heritage, and I claim it today.

How can you govern a country that has 246 varieties of cheese?

— Charles de Gaulle

A law explains how cause leads to effect. Actually, there is no difference between cause and effect, one just precedes the other. Similarly, we say there is no difference between thought and thing, but the way of one becoming the other is defined as law.

— Ernest Holmes, "A New Design for Living," page 31

There are two main levels of governance: self-governance and group governance. How we govern ourselves relates to how we establish and hold to basic principles of living: ethical, psychological and spiritual. We then ensure that our behaviors are consistent with these principles. These inner principles always govern the way we express life. The underlying metaphysical principle at work is "as within, so without."

Group governance is similar. The group decides how they are to be governed, or that decision is made for them by others. In a democracy, each citizen gets to vote and is expected to accept the outcome of the election, even if their preferred candidates or issues were not selected. This requires an abundance of respect for those we disagree with. If this respect is absent, democracy becomes difficult to maintain.

Every group or community we belong to will have principles of governance and procedures for following them. When individuals within those groups are good at self-governance, the groups' governance is healthier.

Government in a democracy is by the people and reflects the dominant consciousness. Those with an awareness of how this works have a duty to contribute the highest consciousness possible into the community mindset.

Today is Election Day in the United States, a wonderful time to practice these principles.

There is no scarcity. There is no shortage. No lack of love, of compassion, of joy in the world. There is enough. There is more than enough. ... There is no end to grace. And we are all instruments of grace. The more we give it, the more we share it, the more we use it, the more God makes.

— Rachel Harding

Grace is the givingness of the Spirit to Its Creation and is not a special law, but it is a specialized one. In other words, grace is, but we need to recognize it. It is not something God imposed on us, but it is the logical result of the correct acceptance of life and of a correct relationship to the Spirit.

— Ernest Holmes, "The Science of Mind," page 233

Grace is the givingness of Spirit. By accepting the idea of grace, we come to see ourselves as one with everything living in a universe of abundance. Grace helps us acknowledge room for differences and to embrace diversity of appearance, of opinion, of actions. Grace helps us see our own failings when others stumble and then express compassion.

Forgiveness fuels grace. We forgive ourselves, atone for our digressions, make amends where appropriate and move forward with a clear consciousness. We forgive others and make space to accept who they are, setting healthy boundaries where appropriate. Grace allows us to move forward — no grievance.

Grace helps us to deal with disappointment and to accept what we do not like, to have patience while events unfold and to practice self-nurturing behaviors as a matter of course. Taking care of ourselves becomes routine. We know our own value, and we live in the world in an empowered way.

Grace paves the way for healing. Healing requires revealing what it is that needs to be healed and accepting that healing is necessary. It also requires the difficult work of making the actual changes needed within and without to facilitate that healing. Grace is the spiritual lubricant that facilitates that process. We all live in grace.

AFFIRMATION

I am a spiritual citizen. I bring the best of myself to governing my own life, and I bring the best of those expressions to any group or community I belong to. I am accountable, reliable and engaged.

AFFIRMATION

I live in grace. I accept that I am one with Spirit and with all of creation. I take time to contemplate this daily. I forgive and move on.

Abundance in Relationships

A thoroughly good relationship with ourselves results in being still, which doesn't mean we don't run and jump and dance about. It means there's no compulsiveness. We don't overwork, overeat, over smoke, over seduce. In short, we begin to stop causing harm.

— Pema Chödrön

We are beginning to understand more of the meaning of this Christ, this Emmanuel or God-with-us, the direct relationship of the Universal to the particular, of the Infinite to the finite, of God to humans, of the heavenly Father to the earthly child.

— Ernest Holmes, "Living Without Fear," page 22

Humans are relational beings designed to connect with others, although in a variety of ways. For example, some are natural extroverts who gain energy from being with others. They need engagement. Others are introverts who need solitude or quiet to gain energy. They think things through before speaking and prefer less contact with others.

When I talk about abundance in relationship, I mean having sufficient connections to allow fulfillment. Each type of relationship has a different energy and requires different expressions of who we are. The basis of relationships is that we are all part of Spirit, all expressions of a single Intelligence, individualized and imbued with a unique version of that Intelligence. We are, by design, meant to be in relationship with one another and with other creatures.

Relationships are symbiotic. We and those we are in relationship with become mutual teachers and students. We project aspects of ourselves onto others, who then mirror them back, and we have the opportunity to learn more about ourselves in the process. This is why self-honesty is critical for spiritual growth. We must be willing to see ourselves as we are so we can adjust where appropriate.

Understanding the essential nature of relationships and bringing the best of ourselves to our engagement with others works to everyone's benefit.

AFFIRMATION

I am an individualized expression of Spirit, connected at the soul level to everyone and everything. I bring the best of myself into relationships of all kinds with a sense of humility.

Abundance in Committed Relationships

Love is an ideal thing; marriage a real thing; A confusion of the real and the ideal never goes unpunished.

— Johann Wolfgang Goethe

Spirit is the Father-Mother God because It is the Principle of Unity back of all things. The masculine and the feminine principles both come from the One. Spirit is all life, truth, love, being, cause and effect. It is the only power in the Universe that knows Itself.

— Ernest Holmes, "The Science of Mind," page 82

Committed relationships between people who make the mutual decision to share a life, or a segment of that life, often arise from romantic relationships, which may or may not be committed relationships. Romance is driven by the limbic system of the brain and the non-rational aspects of our personalities. Commitment usually begins after infatuation diminishes and the need arises to engage with greater intention.

The realness of commitment is in its intentionality and the willingness to do the work necessitated by intention. Abundance in committed relationships means having the grit to see yourself and your partner or partners with radical honesty.

A deeply committed relationship is not dependent on external cultural rules for its maintenance. It is instead built on a loving intentionality for the mutual benefit of you and your partner. There is a mutual sharing of selves and a mutual support of one another as individuals.

When I perform a wedding ceremony, I use the phrase "as long as we both shall love" instead of "until death do us part" in the vows because commitment must be practiced to be meaningful. Staying together when the love is gone, simply because we took vows, is the very antithesis of loving commitment.

AFFIRMATION

In a committed relationship, I bring radical self-honesty, humility, clarity and compassion to bear on myself and my significant other. I live my commitment and expect commitment in return.

Abundance in Friendship

If you want a friend, you need to be a friend.

— Ralph Waldo Emerson

The silent influence we exercise on others is something that takes place automatically. Friendship attracts friends, while antagonism not only repels people, it actually awakens a feeling of distrust and dislike within them.

— Ernest Holmes, "Living the Science of Mind," page 156

Friend to friend is a basic human relationship. Friendship is a mutual bond, a shared sense of self and a form of intimacy. Healthy friendships help us grow. They enable us to both be supported and offer support.

Friendship reflects a mutual choice to connect, to share and to be together. True friends encourage our authenticity, challenge us to be better versions of ourselves and hold us harmless when we fail. And we do the same for them. Accepting the imperfections of our friends is essential, as is having a balance of healthy boundaries.

Some see friends as a path out of loneliness. This is a limited view. Loneliness can occur only when our sense of self-worth is inadequate, regardless if we surround ourselves with friends. Emerson's statement about being a friend is critical. Friendship is a two-way commitment. What Emerson is saying is that we must heal ourselves to the degree that we are capable of bringing good to the friendship, rather than expecting the potential friend to provide that good. We attract complimentary energy, so true friendship attracts a person with complimentary qualities.

Friendship involves trust in ourselves and others. We unconsciously teach others how to treat us, what we will allow and what we will not. This is best done consciously so there is clarity. True friends are reciprocal, and agreements reached between them form the basis of the friendship. In such cases, friendship is a great reward.

AFFIRMATION

I bring all of myself to my friendships, even as we build trust in each other and set healthy boundaries.

Abundance in Family Relationships

If you think you're enlightened, go spend a week with your family.

— Ram Dass

Just accept, then, that no matter what your experience may have been until now, the truth about you is that while you were born of human parentage, the real you that came through this human parentage is an original, creative, wonderful being. You are God's beloved child. This isn't a myth. This is real!

— Ernest Holmes, "Help for Today," page 143

A family's goal is to raise children who are self-sufficient, who realize their potential for making their way in the world. When these goals are met, children get a head start in developing into adults who realize who and what they are. When these goals are not met, such development may be hampered and create obstacles they must overcome.

Abundance in family relationships is no different than in other aspects of life. It means there is a sufficiency of support and love, enough to share and to spare. Striking a balance between wanting to protect children at all costs and helping them grow as individuals with healthy self-concepts is the great challenge for all parents and caregivers.

If the primary family relationship is toxic, and those involved cannot alter the dynamic, then they may need to leave. When this occurs, they must find a support system to help process the effects of the toxic environment. There is no shame in leaving a toxic relationship, nor is there shame in seeking help to manage the aftermath.

In all cases, we ought to be as compassionate as possible when dealing with family relationships, keeping in mind that compassion means to be radically honest about the nature of things. In all things, be grateful for what you have been given and for what you have escaped.

AFFIRMATION

I am grateful to my family and all who supported me in my upbringing. As an adult, I take full responsibility for my own growth and development. I forgive everything and set healthy boundaries.

Abundance Is Choice

Wheresoever we choose newly in the present, we render our journey more conscious, larger and possibly more consistent with what destiny demands.

— James Hollis

We cannot live a choiceless life. Every day, every moment, every second, there is choice. If it were not so, we would not be individuals.

— Ernest Holmes, "The Science of Mind," page 143.3

Abundance in any area of life gives us a greater opportunity to choose, while not being excessive or harmful to ourselves or others. Choice is how we express our innate divine freedom. When we have a wide range of choices, our lives are richer and more fulfilling. When our choices are guided by clear intentions, we are more in alignment with who we are.

We are abundant when our range of choices is not limited by a lack of any enabling energy. We have enough money, freedom, health, creativity, etc., to allow us to move into greater ways of expressing ourselves. When the degree of sufficiency is balanced, we are not limited by too little or too much.

This balance extends to all enabling energies. If I focus too much on making money, I may then have insufficient freedom to make certain kinds of choices. For example, too much energy toward work may result in limitations in my creative energies to make art or to participate in new activities. Finding that essential balance is something we can do from a healthy sense of self-worth. It is insecurity that often leads to excesses in life. Insecurity also can lead to being too restricted, thereby limiting our choices.

We can enjoy life's abundance best when we see ourselves enjoying life, doing what is meaningful to us and living in a balance supported by spiritual principles.

Abundance Is Oneness

I am the life of life, / I am that cat, this stone, no one ... / I see and know all times and all worlds, / As one, one, always ONE ... / Oneness always!

— Rumi

The great experiment is in our own mind. Here in the integrity of our own soul, in the simplicity of our own heart, we can prove what the ages have longed for, lived for and prayed for — that at last, though we have not known it and the world has not suspected it, Divinity has temporarily clothed Itself in humanity.

— Ernest Holmes, "The Spiritual Universe and You," page 77.2

The basic metaphysical principle of oneness is key to understanding the principle of abundance. The principle of oneness says that there is an Infinite Intelligence, out of which everything is created, and that the nature of our universe is to have that Intelligence evolving, developing and expressing as Its creation. We are one with this Intelligence, the "Mind" of Science of Mind.

Being infinite, this Mind contains everything. You and I are *one* with this Mind, and our minds are Its Mind individualized. Since the universe is infinite, and since there can be no separation or limitation in an infinite, abundance is natural in the universe. The principle of abundance is nothing you have to earn to deserve. It is the natural order of things. Belief in separation and limitation can hamper our ability to express abundantly, but such beliefs do not change the nature of abundance. We live in an abundant universe, and we must learn to accept at a deep level that this is true.

The obstacles to abundance are within each of us. They are limited beliefs and programming given to us by others who themselves believe in limitation — some even seeing it as a virtue. But now we know better. We know that we are one with Infinite Spirit, and that abundance is the natural order of the universe and of everyone and everything in it.

AFFIRMATION

I am a natural at choosing wisely and lovingly. My life unfolds with a deep sense of fulfillment, passion and creativity. I have enough to spare and enough to share of everything.

AFFIRMATION

I know I am one with Spirit. Therefore, abundance flows into my life in a natural and regular manner. I am enough, and I have enough.

Abundance in My Work

The Energy of Money

Before I can tell my life what I want to do with it, I must listen to my life telling me who I am. I must listen for the truths and values at the heart of my own identity, not the standards by which I must live but the standards by which I cannot help but live if I am living my own life.

— Parker Palmer

We all come into this world with a subjective tendency toward negative conditions. But we also deal with a subjective tendency toward ultimate good; because, in spite of all conditions, humankind believes more in the good than in the evil ... This is the eternal hope and sense of all life.

— Ernest Holmes, "The Science of Mind," page 78

A bundance in my work does not mean a lot of work to do. It means a sufficiency of both activity and income and a connection to my identity and meaning in my life. When my vocation is also my calling, this may be realized more easily.

The ideal, of course, is to be doing work that is both a livelihood and has deep meaning and opportunities for creative expression. But sometimes our livelihood and our *avocation*, our deep calling, are not the same. Then we do the work necessary to provide support for the expression of our calling. Many artists across disciplines live this way, working to enable them to create art. Or it may be that your avocation is your family and you work to support their growth and well-being.

Whatever the arrangement, you must know yourself. I worked a number of jobs in my life, only a couple of which were callings. And I recognize that I have been fortunate because for many, there is no option to combine livelihood and calling.

We dignify all work when we approach it with a consciousness of wisdom and love. And everyone has a calling, whether or not it is a source of income.

Your money story determines what you earn, how you live and the impact you can make.

— David Neagle

The reason we do not demonstrate more easily is that the objective state of our thought is too often neutralized by the subjective state. There is more fear of poverty than there is belief in riches. As long as that fear remains, it is sure to produce a limited condition. Whatever is subjective must objectify.

— Ernest Holmes, "The Science of Mind," page 79

Of all the enabling energies in life, money is the one you can count. Just as good health gives you more choices in life, so does a healthy bank account. An important thing to know about enabling energies is that they themselves do not have choices but are responsive to the consciousness around them. Your consciousness of health or money or freedom determines how those energies show up in your life.

Most of us formed our beliefs about money as children. Few of us live our lives either far above or below the general level of wealth of our parents. To do so requires a significant shift in consciousness, and such shifts are relatively rare and require conscious effort.

A sufficiency of money means you are able to obtain what you need and desire without a great deal of stress. It also means you have enough to share as appropriate. If the conversations around our dinner tables were about lack and limitation, we often built a consciousness that our access to money was limited. Until we dissolve these beliefs, we will not have easy access to money, or if we do obtain money, we will find it to be a burden.

We must develop clarity about our relationship with money.

AFFIRMATION

My work is an expression of my being. I find opportunities to support myself and others, to creatively express my talents and to be constructive. My life and work are filled with meaning.

AFFIRMATION

I have everything I need to support myself and my loved ones. Money flows to me naturally, and I spend little time thinking about it; it is just there. I see myself as prosperous and affluent in life.

A change in consciousness is always a prerequisite to increased prosperity. Without it, you are just fundraising.

— Rev. Chris Michaels

In demonstrating conditions, the only inquiries we need to make are: Do the things we want lend themselves to a constructive program? Do they express a more abundant life, rob none, create no delusion, but instead, do they express a greater degree of livingness? If they do, then all the power in the universe must be behind them.

— Ernest Holmes, "The Science of Mind," page 142

As with any enabling energy, it is the nature of money to move, to flow. This is why money gains or loses value, how it is accumulated and how one either attracts or repels it. Knowing the nature of money and how it works is essential for prosperity. Prosperity is the outward expression of abundance.

Abundance is a sufficiency of enabling energies, and money is one such energy. Just as health is a term used to represent the flow of energies through one's body, the terms wealth, abundance and prosperity represent the flow of money. The term poverty represents lack or stagnation of money.

It is important to know your consciousness of money. Since you cannot directly access your subconscious belief systems, the best way to know about money is to see how it shows up in your life. Do you find it a constant struggle to make ends meet? Or is there enough that you rarely need to think about it? Your concern or lack of concern about money is a reflection of your consciousness.

Changing consciousness requires both intention and attention. Oh, and practice, practice, practice. Create what you desire in your conscious imagination and repeat, with feeling, until you have a demonstration. That is the process.

AFFIRMATION

I accept that I have a positive relationship with the energy of money. What I need, I always have. I naturally attract whatever I require to live a fulfilling life and to help others as I desire.

Why are you so enchanted by this world, when a mine of gold lies within you?

— Rumi

The latent divinity within us stirs our imagination and, because of Its insistent demand, impels and compels our growth. It is back of every invention; It proclaims Itself through every creative endeavor; It has produced sages, saints and saviors; and will, when permitted, create a new world in which war, poverty, sickness and famine will have disappeared.

— Ernest Holmes, "The Practical Application of the Science of Mind," page 49.2

The enabling energies I write about this month are aspects of universal flow. We are naturally able to use these energies because we are one with them. Abundance, like freedom, health and joy, is within us and expresses through us according to our subconscious beliefs. We give direction to these energies, which have a range of potential as to how they express.

If you think of abundance as the water flowing through a hose and consciousness as the hose nozzle, you naturally understand that how the nozzle is set will determine the flow of the water from the hose into expression. How is your consciousness set for abundance now? Is it a trickle or a healthy flow of good? How is it set regarding your health? Your finances? Your relationships? Your work? Is there enough to spare and to share? If not, maybe you need to open the nozzle.

When we affirm what we desire as though it were already so, we allow greater good to express in our lives. When we see limited circumstances as our reality and identify with limitation, we restrict the flow. Our subconscious mind listens to what we tell it and how we feel about it. It is important to see and feel abundance in every area of your life as you do your spiritual practices.

AFFIRMATION

I know abundance is within me and is now expressed in my life. I have enough of everything because I know that *I am* enough. I deserve abundance, and the universe cooperates with me.

I Am Worthy

True abundance isn't based on our net worth; it's based on our self-worth.

— Gabrielle Bernstein

Love is a feeling. Faith is the key to use this feeling. Love has nothing in it that could hurt anything; faith has nothing in it that can deny any good. This is the starting point; a love that cannot hurt and a faith that will not be denied.

— "Living The Science of Mind," page 267

From studying metaphysical principles, we all know the expression "as within, so without." This means that whatever we express in our lives begins within us. We cannot behave in ways that exist in opposition to our deepest inner beliefs. We can use willpower to behave somewhat differently for a time, but unless we also change our inner beliefs, our behavior will revert once our willpower ceases.

The most important aspect of our inner belief systems is our acceptance of ourselves as worthy of good. This is directly connected to our beliefs about Spirit – as benevolent, as being love itself, as knowing Its creation is worthy. From this foundational belief, we then can develop a belief in our own worthiness.

I cannot demonstrate an abundance of good if I do not believe I am worthy of that good. I may manifest abundance, but it will be an abundance of negativity, poverty and problems.

When I realize and accept my own worthiness, I affirm it in every area of life so I continue to possess a sufficiency of good. In this way, I create a life of possibility, of joy and of enough.

AFFIRMATION

I am one with Spirit. I affirm this truth as I realize my own worthiness for all things good. I am worthy because I exist, and nothing I do or fail to do can reduce my inherent worth.

An Abundance of Self-Love

To be nobody-but-yourself — in a world which is doing its best day and night to make you like everybody else — means to fight the hardest battle which any human being can fight; and never stop fighting.

— e e cummings

Good is at the root of everything, regardless of its seeming absence. But this good must be recognized. Since there is but one Spirit and this Spirit is in you and in everything, then everywhere you go you will meet this Spirit.

— Ernest Holmes, "This Thing Called You"

After our relationship with Spirit, the most important relationship in life is with ourself. Whether we call it self-love, self-respect, self-concept or self-image, our relationship with ourself defines how we see and connect with the idea of who and what we are. This is key to the formation of our lives.

Self-love is a healthy sense of connection and oneness with who we are. We see ourselves as worthy of good simply because we exist. We have an inner respect for ourselves as divine expressions of Spirit.

The parenting we received, no matter who fulfilled that role, is critical in developing a healthy sense of self-love. When this does not happen, we may see ourselves as unworthy, even to the point of self-loathing. In fact, we may develop a false sense of self based on fear and become narcissistic, which is one unhealthy expression.

But seeing ourselves as unworthy is never a justifiable position, no matter what we have done or not done. We are worthy of love because we exist.

Our spiritual practices ought to focus on our worthiness, our value and our ability to make changes so we can know the truth of who we are. The second step of spiritual mind treatment, called unification, is about affirming our oneness with Spirit.

AFFIRMATION

I affirm that I am worthy of love; I am love expressing. I expect good in my life in the form of abundance of all things necessary to my own fulfillment. I love myself, and I love everyone and everything.

Self-Worth and Net Worth

True abundance isn't based on our net worth; it's based on our self-worth.

— Gabrielle Bernstein

Mental Science is not a get-rich-quick scheme, neither does it promise something for nothing. It does, however, promise the ones who will comply with its teaching that they shall be able to bring into their lives and experiences greater possibilities and happier conditions.

— Ernest Holmes, "The Science of Mind," page 137

We often find ourselves seduced by the external world of conditions, allowing ourselves to be tricked into valuing the external more than the internal. This leads to all sorts of problems, as we begin to compare ourselves to others who appear to have more or less abundance than we do. Or when we compare ourselves to those who are better looking or have more friends or get more attention.

What we require out of life is a sufficiency of all that we need for fulfillment. This means a sufficiency of money, health, relationships, creative expressions and love. If we are to have a sufficiency of anything, it must come from within us. Remember, "as within, so without."

We remember that what we experience does not define us. What defines us is who and what we are at the depth of our being. If there is a disconnect between this inner truth and the outer expression, the inner truth is still true. If we experience lack in some area, that is not who or what we are. It is just a condition.

When we change our thinking about the situation, when we recognize and affirm the truth of who and what we are, the external condition changes. All change begins on the inside and works its way out. Our self-worth always is independent of our net worth.

An Abundance of Curiosity

Job Description for Spiritual Seeker: Full-time position, available for person who strives to be mindful and aware of the deeper context of life. Must be intellectually curious, open-minded and willing to change.

— Bishop Steven Charleston

We are not limited by actual boundaries but by false ideas about life and by a failure to recognize that we deal with the Infinite.

— Ernest Holmes, "Creative Mind and Success," page 48

They say that curiosity killed the cat. And that, of course, is nonsense. The truth is captivity kills curiosity, for curiosity needs freedom so it can flourish. And when curiosity flourishes, our lives are more likely to be fulfilling.

To be curious is natural. Children are born curious. Parenting is often about watching for times when curiosity may lead to harm. Balance is important here, because the danger is that parenting in an unbalanced way may stifle a child's curiosity.

Curiosity is helpful if we are to be fully creative. The desire to explore our surroundings, to see how things work and how people are is conducive to the creative impulse within. For some, nurturing our natural curiosity may lead to risky behavior. If the risky behavior is age and situation appropriate, that is fine. If you are curious about skydiving, for example, and can do so safely, then have at it. For some of us, curiosity may take us on a journey of study, art appreciation or other creative endeavors. Or our risk tolerance may apply to other fields with different risks, for there is no aspect of life without risk.

To nurture curiosity, you must do inner work to connect with the deeper aspects of yourself. What were you curious about when you were a child? What are you curious about now? Try something different. Eat new foods. Drive a different route. Talk to someone you might not ordinarily speak with.

TUESDAY NOVEMBER 19, 2024

WEDNESDAY NOVEMBER 20, 2024

AFFIRMATION

I realize my divine nature. I *have* enough because I *am* enough. I lack nothing in my life, and I continually realize the reality of my abundant nature.

AFFIRMATION

I am curious about life, about other people and about myself. I nurture my curiosity by being open, embracing uncertainty and seeing the world as my playground.

An Abundance of Spiritual Maturity

The test of a psychologically mature person and, therefore, a spiritually mature one, will be found in his or her capacity to handle what we might call the Triple A's: anxiety, ambiguity and ambivalence.

— James Hollis

Dare to speak, and to know that what you speak is the law unto the thing spoken, regardless of what conditions exist. One, alone, in consciousness with the Infinite constitutes a complete majority. Knowing this in your thought, work in perfect peace and calm. Always expect the good.

— Ernest Holmes, "The Science of Mind," page 184

The goal of any spiritual practice is to develop spiritual maturity. In learning and practicing the Science of Mind, we seek to awaken and bring forth those aspects of our inner selves that, when actualized, lead to fulfilling lives of joy and contribution. When we do that, we heal the results of any previous beliefs in separation and limitation. This has been called the Christ Consciousness, the Buddha Mind and, by Carl Jung, being individuated.

As James Hollis notes above, spiritual maturity gives us the capacity to live in a world where anxiety, ambiguity and ambivalence exist. In fact, we can develop to a point where we thrive despite the presence of the "Triple A's." As Holmes wrote, "Always expect the good." When we discipline our minds to focus naturally on our divine nature and positive expectations, we become fulfilled.

You might say becoming spiritually mature is seeing oneself as an "adult of God" rather than a "child of God." Becoming accountable for our thoughts, feelings and actions is the sign of maturity. Being able to accept and transcend anxiety, ambiguity and ambivalence gives us what we need to create fulfilling lives.

Spiritual maturity gives us an awakened perspective on ourselves, on others and on life.

AFFIRMATION

I bring a profound sense of enthusiasm to my life and my relationships. I accept the mysterious nature of life and release any need to fear, knowing Spirit supports me.

An Abundance of Compassion

The work right now is to become immense. We have to get our arms around immense things. Violence and hatred and bigotry and racism. And also around love and compassion and devotion and a certain fidelity to protect what is alive. We have to become immense. This is not a time to become small.

— Francis Weller

We can have no understanding of Divine compassion unless we ourselves first exercise compassion. The very judgment by which we judge others becomes a self-judgment. It is as if the Law of Life were giving back to each one of us exactly what we have projected into it

— Ernest Holmes, "Help for Today," page 54

Compassion is the highest spiritual quality. Simply put, it represents the ultimate expression of unity or oneness. It transcends sympathy and even empathy, for it arises from a consciousness of oneness, of no separation. To express compassion for others, we must feel compassion for ourselves, meaning that we must be radically honest with ourselves. Compassion begins at the depth of our being with our relationships to Spirit and self. We take the realizations that arise from developing compassion and express greater love and empowerment.

To be truly compassionate is a high calling. It requires an abundance of enabling energies, in particular love, truth, wisdom and a strong sense of oneness. Compassion can look like a simple act of kindness or a challenging expression of tough love. Compassion never enables dysfunction or negativity. It always seeks to express love and wisdom. And abundance of compassion allows me to see you so you and I are one with each other.

Compassion speaks from your highest truth, once you have done the work to ensure you are coming from your deepest current wisdom and love. This will be difficult and may be upsetting to whomever you are communicating with. Compassion is not compassion unless it comes from integrity and a strong, healthy self-concept.

AFFIRMATION

Compassion is the ultimate love. I work toward this high state of being daily. I seek to know that I am one with all and that I possess the wisdom and love to be truly compassionate to myself and others.

An Abundance of Clarity

Most people do not see their beliefs. Instead, their beliefs tell them what they see. This is the simple difference between clarity and confusion.

— Matt Kahn

The kind of demonstration we believe in is the kind that can be checked by a physician, if we so desire. If we are treating for the removal of a cancer, we have not made a demonstration until the cancer is gone and the wholeness of the body is evident to everyone. This is not a process of saying “peace” when there is no peace.

— Ernest Holmes, “The Science of Mind,” page 175

Clarity is experiencing life from a place of inner alignment. This means all elements of our minds/consciousness, from the level of the soul through the subconscious to the conscious, are in alignment. It means that our intuitive knowing emerges via the subconscious (subjective) into the conscious (objective) mind without being blocked or distorted by accumulated false beliefs and patterns of fear.

To be fully clear is to have done the inner work of healing shadow repression, replacing false beliefs with true beliefs and developing a healthy sense of self-love. When we are confused within, we experience confusion without. Remember that we construct our perception according to our dominant current beliefs. We see the world not as it is, but as we are.

Clarity means I know I am love and the other divine qualities that are my birthright. It means I know I am more than my problems. It means that love, forgiveness and compassion are the only ways forward for me and for humanity. To know this when others do not is the great burden of being spiritually awake and psychologically healthy.

Clarity leaves me free to focus on what is important and to release what no longer serves me.

AFFIRMATION

I am clear in my thoughts, words and deeds. I am radically honest with myself, noting where I need to adjust my thinking for greater clarity. I release the need for fear, anxiety and drama.

An Abundance of Healing

A clear realization of the presence of God dissolves fear. ... The cause is cleared and the natural healing power is free to do its miraculous work of renewal.

— Dr. Carleton Whitehead

Whenever you speak from this inward awareness, consciously recognizing that all the Power there is is flowing through your words, then you endow your words with great healing power.

— Ernest Holmes, “This Thing Called Life,” page 122

We are all in need of healing. This is not a flaw in humanity, nor is it some kind of original sin. It is quite simply a mechanism for growth and development in this universe. It is a hopeful concept, since when we understand the Science of Mind teachings, we know how to heal.

We realize all the good that is allowed by our consciousness. This we have developed by our thoughts, our emotions and our interpretations of what we have observed in ourselves and others. To move from one level of good to another is to heal – to remember, to reconnect and to expand on our realization of the good that we are.

A spiritually mature practitioner will, when confronted with pain or negativity, immediately turn to the “clear realization of the presence of God,” described in the above quote from Dr. Whitehead. We do not deny the pain or negativity, but we quickly turn our thoughts and feelings to something greater, thus building a consciousness of healing within. We live in the world, but we also live within, where our source of good resides.

To heal, we must reveal what is unhealed. It is important to know we are able to look at our fear and create a consciousness of something greater. “Something greater” becomes our new reality once we fully accept it.

AFFIRMATION

I am a healer. I access the infinite creating power of the universe with every thought. I look beyond limitation to abundance in all things. I am empowered, wise and living my best life.

An Abundance of Trust

The best way to find out if you can trust somebody is to trust them.

— Ernest Hemingway

When we learn to trust the Universe, we shall be happy, prosperous and well. We must learn to come under that Divine government and accept the fact that nature's table is ever filled. Never was there a cosmic famine. ... God is God.

— Ernest Holmes, "The Science of Mind," page 33

Trust is a sense of inner strength and expresses the awareness of our connection with Spirit. If you think of trust not as blind faith, but as a sense of inner security that includes a one's ability to detect when others may not be trustworthy, you will understand. It is important to have a good trustworthiness detector, and being authentically trusting is the best way to have one.

People who are insecure, for one reason or another, find it difficult to trust. Interestingly, when we trust from a place of inner security, we are able to better detect when someone else is trustworthy. When we do not trust, we diminish our capacity to detect when trust is appropriate. "Trust no one" is a formula for unhappiness.

Look at trust as emanating from Spirit, through the levels of your subconscious mind, and emerging as a sense of yourself, complete with the resulting behaviors. Seen in this light, it becomes obvious that the place to do our work on developing trust is in our inner work.

We do not depend on others to change; we change ourselves from within to a better version of who we are. And we trust in Spirit enough to engage in this process.

AFFIRMATION

I trust Spirit fully, and I trust myself to be a vessel for wisdom, love, compassion and trust. I know I have the ability to determine if someone is trustworthy by listening to my body and my inner voice.

An Abundance of Love

Spirituality is not just about religion or church attendance or fidelity to one or another legal requirement. Spirituality is understood to be an innate wisdom of the human heart that enlivens a zest for life, a search for meaning and purpose, a love for all that is good and beautiful, a passion to create a better world, a sensitivity to the life-energy (God, if you wish) that permeates the entire cosmos.

— Diarmuid O'Murchu

Life is self-perpetuating. Love is the principle of life, for it is the nature of everything to give.

— Ernest Holmes, "The Spiritual Universe and You," page 53

I've heard that some Indigenous cultures have 25 words for snow. In English, we have but one word, "love," that represents so many attributes and qualities, including a lack of points in tennis. But for our purposes here, I will use this meaning: Love is the energy of life.

The infinite potential of Spirit is love. The intelligence of the universe is described in quantum physics as "a thin layer of intelligence beneath the quantum field." This energy that gives us life? It is love. It is naturally abundant. We can never exhaust it, limit it or exist without it. It is, in reality, everything and the expression of everything.

Every atom, every particle of every atom within you and me has access to this infinite energy, which is love. Just as we have an abundance of atoms (trillions and trillions) that make up our physical form, we can depend on each having sufficient energy, drawn from the infinite potential of the Universe, to exist and fulfill our roles.

Our lot is to have and to express this love for a human lifetime, which may be short or relatively long. But the energy, the intelligence, the love that we are is eternal in ways we do not understand. In short, we live *in* abundance *as* abundance.

AFFIRMATION

I am love. I draw from Source all I need to thrive. I deepen my awareness of my abundance each day. I trust that I have access to infinite potential, which I actualize wisely and compassionately.

An Abundance of Joy

Above all else, go with a sense of humor. It is needed armor. Joy in one's heart and some laughter on one's lip is a sign that the person down deep has a pretty good grasp of life.

— Hugh Sidey

There is a laughter of God. Let's laugh it. There is a song of the Universe. Let's sing it. There is a hymn of praise. Let's praise it. There is a joy, a beauty; there is a deep, abiding peace. Let's experience it.

— Ernest Holmes, "Ideas of Power," page 158

It is impossible to have too much joy. And yet many of us have come to believe that if we experience too much joy, sorrow must be just around the corner. Such thoughts are vestiges of outmoded religious and cultural beliefs that do not serve us.

Joy is a natural condition of being human, as is sorrow. Look at a newborn and see their exuberance in expressing both conditions. When we cultivate and appreciate joy, we create more space for it in our lives. Sorrow will come and does not need cultivation, just as the weeds in the garden arrive on their own, but the flowers must be cultivated.

Joy arrives spontaneously, and like any divine expression, it must find a willing vessel for its expression. Am I a willing vessel for joy? If not, why not? What is in the way of my joy?

Taking these questions seriously, we find that we are in our own way. For some reason, we have decided that we do not deserve joy. Or that our joy should be limited because to be joyful is not spiritual. Or being joyful may be dangerous, as is too often the case for children.

It is time to open to more joy. It is right there, waiting. When you find it within, you will see it everywhere.

AFFIRMATION

I am joy. I am open to a more joyful experience of life. I know sorrows will come, but joy is now my default setting. What a wonderful life!

An Abundance of Gratitude

The simple act of practicing gratitude disrupts negative thoughts and changes our mindset to see the world in a positive way.

— Doug Good Feather

For all tomorrow's good / May rest today upon your gratitude, / For he who gives thanks before the wine / Is pressed from grapes still clinging to the vine / Has shown a faith above, beyond the present hour / And his thanksgiving holds the future flower.

— Ernest and Fenwicke Holmes, "The Voice Celestial"

An abundance of gratitude is a key to living a fulfilling life. Nothing is more salutary than an authentic sense of gratefulness. As Ernest Holmes knew, gratitude is essential to spiritual realization, and it is one of the steps of affirmative prayer. Gratitude is an active element in mind, creating a consciousness of perfect expectation, unencumbered by regret.

Gratitude represents the willingness to embrace the past and the present so as to create a wonderful future. Gratitude and forgiveness go hand in hand as ways to align oneself with truth, with Spirit. Forgiveness is giving up all hope of a better yesterday, accepting what has been and learning from it. Releasing grudges and grievances, recognizing negative setbacks as opportunities for growth and being grateful for it all is living in a positive way.

On Thanksgiving, we formally give thanks for all we have. I suggest that a daily gratitude practice gives thanks for that and for our spiritual nature, our ways of being and the wonderful future we intend to create.

Let our prayers/treatments all include the element of gratitude, and let us set an intention to engage in gratitude practices every morning and evening. Find ways to be grateful for everything, even that which may be disturbing.

AFFIRMATION

I give thanks in this moment for all I am, all I have, all I have experienced and all I have learned. I am grateful for the amazing future I create right now.

Abundant Health

You can't have a harmonious relationship and hold onto your resentment, too. You can't hold onto your anger and bitterness and still have a healthy heart and a settled stomach.

— Eric Butterworth

We are all bound, tied hand and foot, by our very freedom; our free will binds us; but, as free will creates the conditions that externally limit us, so it can uncreate or dissolve them. The Universe, being deductive only, cannot refuse us anything. The very force that makes us sick can heal us; the force that makes us poor can make us rich; and the power that makes us miserable can make us happy. If this were not true there would be duality in the Universe, and this is impossible.

— Ernest Holmes, "The Science of Mind," page 90

To be abundant is to have choices. Abundance is the result of using enabling energies, energies that enable us to be able to choose in our own lives. Money is an enabling energy, as are freedom, joy, power, clarity and others.

An important enabling energy is health. Good health, whether physical, emotional or psychological, allows for choice in life. It is an axiom of metaphysics that our mental and emotional inner states express themselves in our physical health. This connection is integral to living life in the best way possible.

Health does not happen to me; it happens through me. Every physical issue may not be cured, but it can be healed in mind, for healing is in consciousness. And we have more dominion over our health than we often assume. We have access to external support systems for health as well, and they, too, can be divinely inspired.

When I claim my abundance of good health by thinking correctly and making wise choices about my lifestyle, I increase the degree of choice in my life. Whatever the limitations of my physical, emotional or mental systems are, it is important that I maximize the degree of health in each.

AFFIRMATION

I am healthy. I express the best of myself in my physical being; every particle, cell, organ and system in my body operates perfectly. I am clear in my thinking, and my emotional state is one of robust health.

Enough But Not an Excess

Creating a life that reflects your values and satisfies your soul is a rare achievement. In a culture that relentlessly promotes avarice and excess as the good life, a person happy doing their own work is usually considered an eccentric, if not a subversive.

— Bill Waterson

There is a stream of Life running into every organ and function in your being. This stream is always there. It never stops for a second. If it did, the universe would cease to exist. Inexhaustible energy exists at the center of your being. Therefore, learn to live without effort. Activity is the joy of life flowing through you.

— Ernest Holmes, "This Thing Called You"

What is it to create a satisfying and fulfilling life? Does it demand fame and fortune, luxury items and first-class travel? While elements of our consumerist culture may reinforce these messages, using marketing scientifically designed to trigger fear and desire, it just isn't so. As I noted throughout these guides, abundance is having enough, but not an excess. Indulgences are nice but aren't required for fulfillment.

This begins with having a healthy self-concept, which means that you know you are enough and do not require aggrandizement so others see you as such. Excess is sought by the insecure, those living under the false assumption that they can be enough only with outside help or adornments.

Poverty is an excess of insufficiency. We ought to have enough to live decently and well. As Emma Curtis Hopkins wrote, "There is good for me, and I ought to have it." This good is yours through the natural expression of a healthy consciousness of connection to Spirit and self-love. Having enough means living in balance. We cannot be fulfilled if our life is not in balance.

Spend a bit of time considering what is enough — in terms of things, yes, but also in the quality of your relationships, health, joy and creative self-expression.

AFFIRMATION

I am enough, and I have enough to spare and to share. I live a fulfilling life and look forward to the future with high expectations and curiosity.