

spiritualvision

daily guides  
november 2007

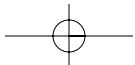
KAREN S. WYLIE

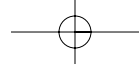
DEEP and abiding gratitude is the fuel that runs my life now, and I am so grateful for the privilege of writing the daily guides this month. These writings emanate from my own personal experience of living and loving. It is my desire that you are uplifted and inspired by them; that, in contemplating them, you realize the depth of God's love for you and the power that lies within you.

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*Wisdom is not assimilated with the eyes,  
but with the atoms.*

SRI YUKTESWARI





## thursday, november 1, 2007

### gratitude

*O come let us sing unto the Lord...  
Let us come before his presence with thanksgiving...  
Psalm 95:1-2*

*Gratitude is one of the chief graces of human existence  
and is crowned in heaven with a consciousness of unity.  
The Science of Mind, page 497*

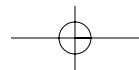
I HAVE discovered that gratitude is the fertile soil from which all blessings manifest. I used to wait to see the blessing and then give thanks for it. Now I realize that all I need is already present, whether I can see it or not; when I give thanks for my good it becomes visible. Expressing gratitude and thanksgiving for all that delights us is the exact way to create more good in our lives. When we express gratitude we open ourselves to receive more of God's gifts, which are always available to us.

I believe the fastest way out of pain and suffering is to not argue with what is, but to look for what's positive about the situation. Beyond circumstances God's creation of good is always around us.

We did not come into this physical form to suffer through life. We are here to romp and play in the vastness of God's splendor. We are here to delight in life, to allow it in, and to let it inform and guide us. When we make ourselves available not only to see the blessing, but also to become the blessing, the world rejoices!

#### affirmation

Today and everyday, I express my gratitude and thanksgiving for all the blessings in my life!



## friday, november 2, 2007

### relationships

*Through your loving, existence and nonexistence merge.  
All opposites unite. All that is profane becomes sacred again.  
Rumi*

*Love is the grandest healing and drawing power on earth.  
The Science of Mind, page 298*

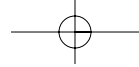
A WILLINGNESS to always choose love when there is a conflict is one of the challenges that relationships present to us. Oftentimes we want our beloved to be, more or less, just like us. When they don't think like we do or do what we would have them to do, we judge and attack them. Our fear of abandonment makes us want to possess our beloved (as if that were possible).

Fortunately, there is another way of being in the world that allows both people in the relationship to thrive. It is being filled with the love of God, the love of self—feeling loved is not dependent upon what we receive from outside of ourselves, but rather what we know of love itself. When you know that kind of love for yourself, you are set free from your attachment to having things your own way, from your need to judge and possess another and from your fear of abandonment. And, miraculously, everyone else in your presence is set free too.

Love is God's eternal promise to us. The love within me expands. I cannot turn it on and off. It is the fullness of me. It does not give of itself in a qualified way—it simply is. I am a lover. My job is to stay in my loving no matter what comes into my relationship experiences.

#### affirmation

I choose love! I willingly let go and allow the fullness of God to express as me!



## saturday, november 3, 2007

### peace

*Works of love are always works of peace.  
When there is peace, there is God...*  
Mother Teresa

*And that peace which comes from the innermost recesses of the  
Spirit is left with us: a peace which the world cannot take away.*  
*The Science of Mind, page 481*

WHEN Mother Teresa received her Nobel Prize, she was asked, “What can we do to promote world peace?” She replied, “Go home and love your family.” What Mother Teresa knew was that the fragmentation and pain in our family life radiates into the larger world, usually unconsciously, affecting the way our governments, businesses, and religions operate.

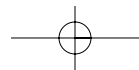
Creating peace and nonviolence in the world is an inside job. It does not depend upon changing someone else’s mind about what he believes or does. As Mother Teresa suggested, we need to be mindful about our own life. How are we promoting peace and nonviolence in our own home and environment? Are we creating a place of safety, love, and harmony for our families? Are we taking care with what we feed our minds?

Are we mindful of our own connection to the whole universe? Do we understand that in a larger sense, we are the trees, the rivers, the oceans, the air we breathe and the forests? Protecting our natural resources is an act of peace.

True peace is based on a respect and reverence for all life. For just a moment imagine a world where we indeed all go home to love our families—where grace and love envelop us all.

#### affirmation

In peace I was created. In peace I remain.



## sunday, november 4, 2007

### integrity

*The just man walketh in his integrity:  
his children are blessed after him.*  
Proverbs 20:7

*The temporal imperfection of the human  
cannot dim the eternal integrity of the Divine.*  
*The Science of Mind, page 479*

BEING in integrity is how many of us believe we live our lives most of the time. But, on those occasions when we are out of alignment with our inner source, we allow the rules for our conduct to come from outside of us, and integrity can be fleeting. When we are aligned with the energy that created us, we automatically do what is for the highest and best for all living beings and ourselves.

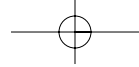
Having your own personal integrity is what allows you to step into the great expansiveness of God’s love and peace. You must be willing to march to your own drumbeat. If you are caught up in pleasing the outside world and compromising your own inner knowing of what is right and true for you, you will never be able to go beyond your own individualized will to, “Thy will be done.”

As you begin to operate from the truth of your own being, life becomes simpler. You are not here to impress anybody, but when you stand in absolute integrity, everyone is impressed by truth.

Your contributions are greater on the planet because you are always doing what is for the highest and best for everyone and everything.

#### affirmation

I surrender to the call of my soul! I do not question my inner knowing. I realize that I am one with God!



## monday, november 5, 2007

### forgiveness

*Judge not, and ye shall not be judged: condemn not,  
and ye shall not be condemned: forgive, and ye shall be forgiven.*  
Luke 6:37

*.....the heart which would shut the door of its bosom  
to one who is mistaken, strangles its own life....*  
*The Science of Mind, page 458*

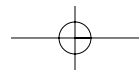
WE are not able to set ourselves free until we are willing to forgive. It is impossible to enter the kingdom of heaven on earth without forgiveness. We sometimes think that we have an excellent case for holding a grudge, but in holding that grudge, we are denying ourselves the opportunity to experience the love that resides within us. That is the love we came here to express on earth; it is a profound and deep love that the planet so desperately needs to receive from us now.

Whatever harm has been done to us, there is a place within us that has never been hurt, harmed or endangered in any way. The desire is that all of our words and all of our actions move out into the world from that place of absolute love.

To be pure of heart is the greatest blessing. When we are unwilling to forgive, we are unwilling to love ourselves completely. It is painful to withhold love from ourselves. We think we are hurting the one who harmed us, but in reality we are, often, only hurting ourselves. There is always a choice. You can continue in your unwillingness to forgive or you can let your love flow freely and become the love you've been seeking!

#### affirmation

In the name of love I willingly forgive and forget all harm done to me.



## tuesday, november 6, 2007

### surrender

*Be still, and know that I am God.*  
Psalm 46:10

*The soul must make a complete surrender of itself to the Spirit.*  
*The Science of Mind, page 405*

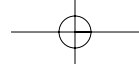
WHEN we speak of surrender from a spiritual framework, we are talking about whether we are willing to be in the dynamic flow of the universe. The dynamic flow is easy, and it is effortless. The only other choice is resistance. As Eckhart Tolle tells us in his book, *The Power of Now*, all negativity, unhappiness, or suffering come from resistance. Resistance is arguing with what is. There are things that will not and cannot change no matter how much we argue with ourselves over them, in acceptance there is freedom.

Surrender does not mean powerlessness. Surrender, as I'm speaking of it, simply means acceptance of what is. We create the complexities of life with our ego-mind chatter. As we move in the dynamic flow of the universe, there are still plenty of opportunities from which to choose, but life becomes less complicated.

The ego fears its vulnerability. Yet, as we are reminded by Tolle, it is only through the letting go of resistance, through becoming vulnerable, that we can discover our true and essential invulnerability. Therein lies our greatest power! For the true self to be revealed, some aspect of us is continually dying. We must have the courage to step through our fear into our own greater glory.

#### affirmation

I willingly release all resistance to what is! I surrender my life into the dynamic flow of the universe!



## wednesday, november 7, 2007

### fear

*Learn to think about what you wish to become.*  
Ernest Holmes, *This Thing Called Life*

*Love alone can overcome fear because love  
surrenders itself to the object of its adoration.*  
*The Science of Mind*, page 405

WHAT I see when I don't see love is simply fear. It may be worn as disguises such as anger, pain, lack, sadness, aggression, and violence of all kinds, including war, but at its core, it is fear. As a practitioner of truth I know how to rise above appearances and to ultimately see the God before me. Ernest Holmes said fear is the great enemy of man. This is the challenge—to transmute fear into faith. It is about choice. We always have the choice to choose the light over the darkness.

Sometimes we are so overwhelmed by our fear that we think there is a powerful force of evil behind it that is holding us captive, but that is not the truth. Love is the most powerful force in the world. Love conquers all. Just a shift in thinking, taking fear into faith believing that you are loved, protected and guided by a benevolent universe, can turn a life of hell on earth into one of bliss.

God is available to all of us. All of us are the chosen ones! Faith is the answer. Love is the answer. How wonderful to know that we are the beloved in whom God is well pleased. The kingdom of God is available to us here on earth as we say yes to God and yes to life and watch as our very world transforms before our eyes.

#### affirmation

I know that the spirit of the living God goes before me and makes perfect my way.

## thursday, november 8, 2007

### imagine

*Whatever you may think of the question of free will,  
the truth is your experiences throughout your life are determined  
by your assumptions—whether conscious or unconscious.*  
Neville, *The Power of Awareness*

*The imagination is creative; the will is directive.*  
*The Science of Mind*, page 193

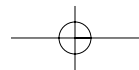
YOU can lay all the groundwork you want in the physical, but if you do not believe in the outcome or if you cannot imagine yourself in that outcome, it will not come to pass. The most powerful moment of creation is in consciousness, often before anything is manifest in the physical realm. This is valuable information for it teaches us the importance of the work done in the stillness of our own soul. The closer your vision is to the deep desires of your heart, the easier it will be to see yourself in it and to believe in what you see.

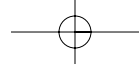
What is it you deeply desire to express and share as your life's work? What is it your heart is pulling you to do, and can you see yourself joyfully doing it? We came here to live inspired, passionate, purposeful lives—not to just drag ourselves through each day, only to wake up to another unfulfilling day tomorrow.

These are powerful times. We are living in a constantly evolving universe. We are here to be joyous, to love, to give our gifts. The universe supports us 100 percent when we step out to give the gift we came to give. See yourself living an inspired life, filled with passion and purpose! Then watch it manifest in physical form. It is your divine destiny!

#### affirmation

I see myself living my dream, and my divine purpose for being is fulfilled!





## friday, november 9, 2007 experience

*The Lord is my shepherd; I shall not want.*  
Psalm 23:1

*We need spiritual experience, a first-hand knowledge of life and Reality...an idea has no real value until it becomes an experience.*  
*The Science of Mind*, page 445

THE answer to all of our life dilemmas lies within us, not outside of us. People, things, and situations in the outer world come and go, but what is unchanging and unfailing is the measure of God's love for each of us. Until we experience this love in the sacred sanctuary of our own soul, it is just an idea, not a reality. God as an inner experience is available to each one of us.

When we quiet the mind and move inwardly away from the outer turmoil of life, we capture the essence of what it means to live and love in profound integrity and truth. We experience the peace on earth we have so desperately been seeking, and we come to realize that nothing lasting can be attained outside of ourselves.

This inner communication with the indwelling Spirit can be the passion that lights up our life and informs us through our own intuition. It becomes a sacred dance—a unique experience of surrender, faith, and trust that quenches all of our thirst and supplies all of our needs.

So we listen in the stillness, not anticipating anything but rather just allowing the peace of God to wash over us. We fall in love with our creator, and we are reminded and comforted by those words we have heard so often, “The Lord is my shepherd; I shall not want.”

### affirmation

I surrender completely into the fullness of God's infinite love!

## saturday, november 10, 2007 positivity

*The Presence of God always and already is.*  
Joel S. Goldsmith, *Practicing the Presence*

*What the healer does is to mentally uncover and reveal the Truth of Being, which is that God is in and through every man, and that this Indwelling Presence is already Perfect.*  
*The Science of Mind*, page 418

THERE are some people in our lives who are very negative. We would like them to become positive because we believe they (and we), would experience more happiness and joy. Basically, we want them to change.

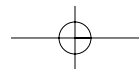
What I've discovered is that free advice and fancy ideas won't change people until they are ready to change. In the meantime, in addition to irritating them, we only bring pain and suffering upon ourselves in our attempts to make them more positive.

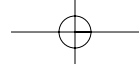
When we stand centered in the absolute power and love that is our divine nature, and are willing to release all judgment toward the one before us, we discover a powerful way to elicit more truth and beauty in whomever or whatever we behold. In that place of centeredness, those who are ready to change will find us.

So we turn within and put our attention on our own process, deepening in our own love, truth and awareness. We inspire by loving the ones we are with, recognizing and being compassionate, rather than judging their negativity. As Jesus said, we become the way, the truth, and the life.

### affirmation

I release judgment and my need to fix anyone.





## sunday, november 11, 2007

### fire within

*Someday, after we have mastered the winds, the waves, the tides and gravity, we shall harness for God the energies of love. Then for the second time in the history of the world, man will have discovered fire.*

Pierre Teilhard de Chardin

*Some day we shall learn to lay our burdens on the altar of Love, that they may be consumed by the fire of faith in the Living Spirit.*

*The Science of Mind, page 335*

I HAVE spent most of my life rushing around, constantly working, taking classes; my life had become so busy, I barely had time to breathe. The truth of the matter is that I was running away from myself. All that rushing around relieved me of the responsibility of being fully present and alive—it was a slow death.

Now I sit in the midst of the fire. There is such passion burning within me. The passion is for life and living! The passion is for you to see who I truly am and for me to see who you truly are! The passion is for me to feel love beyond all fear and to let you know how we are in the love of God!

This passion is consuming me now. It seems so self-absorbed that sometimes my human mind tries to judge it as not good—this absorption into self—but then I rest in the knowledge that my own unique path has brought me to this place. This is truly living from the inside out. I have released my belief that rushing around made me safe in a complex world. I am safe in the midst of the silence of my own soul—I am safe in God!

#### affirmation

The passion burns within me for love and for life!

## monday, november 12, 2007

### emergence

*Never hesitate to trust in that inner leading....*

*We are all in the midst of Supreme Intelligence.*

Ernest Holmes, *Creative Mind and Success*

*All is Infinite Being and all is eternally becoming.*

*The Science of Mind, page 102*

SOMETIMES I can only tell who I am by looking back at who I've been. Who I am is constantly changing, and I am emerging. In this present moment there are no boundaries, and my playing field has grown. I see the past as preparation for this present moment, which is the most glorious of all.

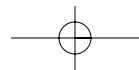
I am here in consciousness, awaiting the form of my physical life to take a new shape. This is the nature of spiritual evolution and our human experience of it. It is dynamic, and it is constantly in motion. I believe that we step into our greater yet to be at the exact moment of readiness, and not a moment sooner.

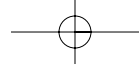
Through all the changes I grow closer to God and more aware of God's love for me. Through each step I take, I realize that the joy I feel is the joy of God realizing itself within me.

The excitement of unlimited possibility is coursing through my veins. Most of the time, my faith and trust in God outweigh any fear. I have surrendered into a greater idea of myself, and I am supported in a benevolent universe! We are all emerging from the smaller into the greater.

#### affirmation

I fearlessly and joyously release my small self, as I emerge into my greater yet to be.





## tuesday, november 13, 2007

### soulful call

*And ye shall know the truth, and the truth shall make you free.*  
John 8:32

*Our Soul will never change or violate its own nature.*  
*The Science of Mind*, page 34

SOMETIMES we get caught up in the belief that things are exactly as they seem. There is a certain fiction that passes for truth and usually it is perpetuated by fear. It is prevalent in the human experience. Truth, however, is freedom from any form of oppression we create for ourselves.

We must transcend the popular ideology of our human experience. When Jesus said, “I am the resurrection and the life,” he was not referring to anything outside of himself. He was acknowledging the God within.

It takes strength of character to transcend popular notions and stand singularly as a beacon of light in the midst of darkness. It is not a journey for the fainthearted. The truth does not change to suit a certain motive.

Once we begin to see what is real, it becomes easy to see the illusion that is so much a part of everyday living. It becomes easy to see the way in which man has distracted himself from what is real and has bought into a false world in which everything is complicated. Truth is uncomplicated. God simply is.

#### affirmation

I stand as a beacon of light, undistracted by false reality.

## wednesday, november 14, 2007

### self-reliance

*Nothing can bring you peace but yourself.*  
*Nothing can bring you peace but the triumph of principles.*  
Ralph Waldo Emerson, “Self-Reliance”

*The self-knowing mind of man proclaims itself in every thought, deed or act, and is truly the only guarantee of his divinity.*  
*The Science of Mind*, page 122

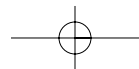
WHENEVER we look to an outer circumstance to bring us peace or happiness inside we are courting attachment to a particular outcome. In that attachment, we can create duality and lose sight of our oneness in God. The moment we move from evolved spiritual consciousness into personality is when our anger, pain, and suffering begin to surface.

When Ralph Waldo Emerson spoke about the triumph of principles, he was referring to the triumph each of us experiences when we stay in absolute alignment with the principles we espouse as practitioners of truth. This is a great charge to us because it is so much easier to take a stand—even a righteous one—and operate from the familiar, personality-level of our little selves.

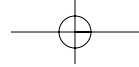
We cannot know the ways in which prayer and love create. If we try to figure it out and create some outcome from the personality level, it is never as great as what God has in store for us. Rather, we are invited to pray from the exalted essence of our being and then behold the miracles of God’s creation.

#### affirmation

I stand resolute in the love of God. I am a place of peace and love on the planet!







## thursday, november 15, 2007 centered

*But seek ye first the kingdom of God, and his righteousness;  
and all these things shall be added unto you.*  
Matthew 6:33

*Therefore, the mind of man is as infinite as is man's capacity  
to understand his true relationship to God or Spirit.*  
*The Science of Mind*, page 390

WHEN we begin to live a God-centered life, we no longer do what we think we should out of fear or need for approval, but rather for the sheer happiness that comes forth when one truly falls in love with the Christ within. The pathway is then opened up for great works as an everyday experience.

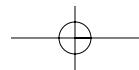
We cannot measure the impact we have in the world as one who is inseparable from the eternal source of all life. The gateway is open to receive all the blessings of God and to be the joyous blessing that others have been waiting for.

The difficulty for most of us in this physical experience is resisting the impulse to limit ourselves by setting our own boundaries beyond which we think we cannot go. We do this by the words we speak about ourselves, our expectations of the possibility for our lives and the limited way in which we see ourselves.

Actually, there are no limits—only those we establish for ourselves. We are as free to be as big or small as we want to be. The preparation takes place in the silence of our soul; it is peeling away the layers of our self-inflicted thought forms to create paradise on earth.

### affirmation

I joyfully answer my soul's call! I open up to a new idea of myself!



## friday, november 16, 2007 resurrection

*For thou art my rock and my fortress;  
therefore for thy name's sake lead me, and guide me.*  
Psalm 31:3

*The resurrection is the death of the belief  
that we are separated from God.*  
*The Science of Mind*, page 413

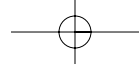
SOMETIMES we feel so burdened by our feelings of despair and hopelessness that it is hard to see our way to daylight. We have told our story of woe so many times, we have become the story; and even though the events happened long ago, we live them over again, suffering all the while. But we are not our story.

There is a way out of the darkness. It is within our power to change our lives, if we are willing—nothing is insurmountable. The question is: How do we realize that about ourselves when we are caught up in a web of self-abuse? How do we accept that we are living in a unified field of awareness that is always for us and never against us—that there is infinite power within us?

If you truly desire to break free from your story, then begin by setting an intention to do so. Pray and state to yourself daily that you are willing to accept and love yourself as God loves you. Find time in the morning and at night to sit in the stillness. Great and wonderful things are awaiting you. Set yourself free from your own imprisonment and watch as your life moves into its greatest glory!

### affirmation

I release negativity. I am now set free to live a glorious life!



## saturday, november 17, 2007

# freedom

*The illumined walk without fear—by Grace.*  
Joel Goldsmith, *The Infinite Way*

*Thus the inherent nature of man is forever seeking to express itself in terms of freedom.*  
*The Science of Mind*, page 25

OUR souls yearn for freedom—freedom from the illusions of everyday life, freedom from self-inflicted pain and suffering, freedom from the bondage of negative thought forms, freedom from fear, doubt, and worry! Our soul yearns to love fully, to dance and sing and be creative, to be joyful in every waking moment and to live with the awareness of infinite possibility.

The attainment of material goods can sometimes make us fearful and worried about not losing what we have or how to acquire more of it; we can get caught in a cycle of constantly reaching for the next “must-have” thing. Fear is one of the driving forces in our culture today, but, what would happen if love were to become a force of influence?

Love releases all blocks to divine sourcing. If we can accept that God is the source of all of things, we are free from our need to hoard possessions and though there is not enough for everyone. We become free from a consciousness of lack.

When love becomes the driving force, all of our needs are met easily and effortlessly, we see our neighbor as ourselves. Yes, when love becomes the driving force, we are truly free!

### affirmation

Love is the driving force in my life. I am fearless in every way for I am sustained and supported in a loving universe!

## sunday, november 18, 2007

# high resolve

*Keep fresh before me the moments of my high resolve, that...in good times or in tempests,...I may not forget that to which my life is committed.*  
Howard Thurman, *For the Inward Journey*

*Peace....An inner calm so complete that nothing can disturb it.*  
*The Science of Mind*, page 617

KEEP fresh before me the moments of my high resolve that I may remain ever faithful. May I see truth when human appearance causes me confusion. May I be able to see goodness as it arises out of pain. May I forgive even what I think is unforgivable. May I surrender when I want to fight. May I feel my freedom when I’m imprisoned—either physically or by my thoughts.

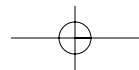
May I always rise out of the ashes of despair and not falter. May I have a vision when my dreams appear to be crumbling. May I be fully present when I want to disappear. May I stand in my integrity when it would be easier to sacrifice it.

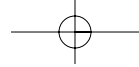
May I love my neighbor when I am inclined to judge him. May I surrender my anger and irritation in the name of my own peace. May I remember to pray when I am lost. May I see and feel the joy in all that is joyful. May I play and dance and sing, and not hold back for fear of seeming foolish.

May I accept all aspects of my being and see them as holy. May I soar to the heights of my own being when it’s more comfortable to stay small. May the love within me cancel out everything unlovable so that I am peaceful in God’s love.

### affirmation

I keep fresh before me the moments of my high resolve. I remember that to which my life is committed. I am inseparable from my source.





## monday, november 19, 2007

### word flow

*Wisdom is not assimilated with the eyes, but with the atoms.*  
Sri Yukteswari

*[The practitioner]...must know that his word,  
being the activity of truth, removes all obstructions....*  
*The Science of Mind, page 59*

FINALLY, I am living the words that I have spoken for many years as a Science of Mind student. The word, as truth, becomes the physical manifestation of the body and the body's affairs. Living the word is absolute joy and absolute freedom. The spirit of the living God expresses in every moment of every day. I understand that I am here to express peace, love, and joy on the planet.

When we express these qualities, which are our essential nature, two things begin to happen simultaneously. The first is we begin to attract a flow of good things into our lives. Secondly, when challenges arise, we have the tools to return to God and love. We become inner directed—not outer directed.

When we accept our word, our truth, as our only reality, the ego relinquishes the need to express. There is nothing to prove to anyone, we no longer are concerned with how we are “supposed” to show up in the world. In God we are our own proof! The love of God is our constant source and supply. I am filled with the spirit of joy and the expectancy of good things.

#### affirmation

My life is the living embodiment of truth! I surrender all! I am the radiance, the purity and the perfection of the omniscient one!

## tuesday, november 20, 2007

### the kingdom

*When we enter the spiritual life...we gain the power to produce  
and create in the external world whatever we may need or desire.*  
Christian D. Larson, *The Pathway of Roses*

*But we are to seek the kingdom first. Jesus bade us to  
completely trust in God for everything and in every instance.*  
*The Science of Mind, page 432*

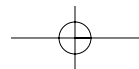
WHEN I begin to focus on a remedy for fixing what I perceive as a problem in my life, it is a reminder to me that I am forgetting what I know to be the truth. The minute we move into focusing our attention on the supposed problem, we begin a downward spiral. The spiritual truth is that we cannot fix the problem at the level of the problem, but we forget this sometimes because as human beings we are used to active problem solving.

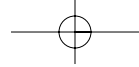
The quote above from Christian Larson reminds me that the answers to all my problems lie in my willingness to know more of God as me and to stay focused on that. If I focus on meditation, prayer, and my oneness with all that is, I can see my way through any circumstance.

I recognize that I am a spiritual being. In my awareness of that truth, all things are possible, and I am released from the bondage of fear and doubt. I realize that I have the power of choice and, as I begin to choose only that which is life-promoting, I see that all my needs are met in God. Turning within to the presence of God soothes and comforts me. As I place God first in my life, all things are added unto me.

#### affirmation

In seeking God first I am released from all fear and doubt. All my needs are met with grace and ease.





## wednesday, november 21, 2007

# abundance

*For every action there is an equal and opposite reaction.  
You receive from the world what you give to the world.  
Gary Zukav, *The Seat of the Soul**

*It is only as we allow the Divine current to flow through us on and out,  
that we really express life. The law of giving and receiving is definite.  
*The Science of Mind*, page 440*

I FIND that when I am generous with my resources, the more blessings come my way. The tighter my grip on what I perceive to be mine, the more constricted I feel and the more the well-spring of divine flow dries up.

When we hold on tightly and desperately to what we think is ours, it restricts the movement of the resources that are always circulating in the universe. What I know is that the gifts of the kingdom are constantly pouring forth; and if we do not restrict or resist them, those gifts will easily and effortlessly be ours. We are a part of that flow.

Giving can take many forms, such as being a good listener to someone who needs to be heard, showing up for someone in pain, sending a card to express your gratitude or saying “I love you.” There are innumerable ways for us to share our resources.

If we feel that we don’t have enough to share the easiest way to move beyond feelings of lack is to become a giver; to become dedicated to giving from the heart without thought of reward every day. It can be a life-changing activity of selfless service. As we open ourselves to our ever-expanding good, and share ourselves and our gifts our abundance is manifest!

### affirmation

I give from the wellspring of my good! I give generously and gratefully!

*Enter into his gates with thanksgiving, and into his courts with praise;*

*Science of Mind*

## thursday, november 22, 2007

# Thanksgiving

*be thankful unto him, and bless his name.  
Psalm 100:4*

*.....let us come with thanksgiving also,  
for a thankful heart is in harmony with life.  
*The Science of Mind*, page 447*

TODAY in the United States we are celebrating Thanksgiving Day. It is easy for me to speak of giving thanks for I am in a constant state of appreciation for my life and my many blessings. Expressing gratitude is a daily spiritual practice for me. I am grateful for many things that are often taken for granted or that go unnoticed. I know that it is my role to be the blessing as much as it is to receive the blessing.

No matter where the blessings and gifts come from, what we know ultimately is that God is the source and supply of all things. It doesn’t matter who is giving and who is receiving because we are unified in the divine Spirit. As students of truth, we know that our happiness and fulfillment is not dependent on the appearances of the material world.

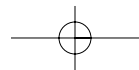
So I radiate great gratitude and thanksgiving to God for this awareness that has taken hold of me and allowed me to live and love so fearlessly. I recognize that I am living in a benevolent universe that is supplying all of my needs. Today and every day may we all experience heaven on earth by living in conscious appreciation of all the many gifts we have.

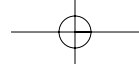
### affirmation

Today I lift my heart in gratitude and allow the love I am to express freely. I am a giver and receiver of God’s bounty!

*The truth that sets you free is that you can experience in imagination*

*November 2007*





## friday, november 23, 2007 creation

*what you desire to experience in reality, and by maintaining this  
experience in imagination, your desire will become an actuality.*  
Neville, *The Power of Awareness*

.....*We must have a mental equivalent of the thing we desire.*  
*The Science of Mind*, page 281

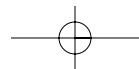
WE have all desired a thing or outcome that didn't manifest; I believe the manifestation didn't happen because we did not have a mental equivalent of the thing we desired, nor did we have the feeling tone of it. Before we can create a thing or condition, we must be able to imagine ourselves having it and, further, be able to feel ourselves having it.

Often the reason we cannot imagine or feel our desire, is because we have mind chatter going on that resists the very thing we say we want. The universe is constantly giving. We can know with certainty that if we are not resisting somehow, we would have the very thing we desire. Ah, once again, we are left with the responsibility of creating our own experience—good or bad!

The good news here is the gifts of the kingdom are always available to you. To receive those gifts you have to first imagine the glorious life you desire. Start feeling what it feels like. Focus on what you want in your life, rather than on the fact that you don't have it, why you don't have it or why someone else has it. Imagine and feel your way to your greatest glory!

### affirmation

I imagine my life in God. I create from the infinite possibility that is me!



## saturday, november 24, 2007 integrity

*Oh, that thou wouldst bless me indeed, and enlarge my coast,  
and that thine hand might be with me, and that thou wouldst  
keep me from evil, that it may not grieve me!*  
I Chronicles 4:10

*Any sense of opposition is removed from  
the consciousness which perceives Unity.*  
*The Science of Mind*, page 127

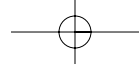
WHETHER we know it consciously or not, when we gain anything at the expense of another, we have dishonored ourselves. When we allow our ego to take over we forget who we are as divine Christ beings. Because we are one living presence, when we harm another we harm ourselves; that is why revenge never works, even though it may seem otherwise.

We cannot fool our indwelling presence whose very nature is utmost integrity! When you recognize your true identity as God in the flesh, being out of integrity is uncomfortable at the least, and very painful at its worst. The desire of the heart is to be clear and free inside from anything unlike God.

When we are aware of being out of integrity it is an invitation to take the necessary action to free ourselves to be a place of unconditional love. If we get our egos out of the way and can follow the guidance that is given from within, life becomes a sacred everyday experience! In this freedom we can live in utmost integrity, trust and be trusted, and be set free from judging others or ourselves.

### affirmation

I need not fear anything, for I am unconditional love expressing everywhere!



## sunday, november 25, 2007 service

*Man is the only vehicle for (love's) expression,  
the instrument for God's love to be expressed.*

Joel Goldsmith, *Practicing the Presence*

*Service is the keynote to success and implies constructive work;  
also, loyalty to your work and to all concerned in it.*

*The Science of Mind*, page 632

I SERVE God everywhere I am. I have received internal direction or guidance that I have obeyed, even when my human mind called it imprudent. When I receive that call, I know that I have been blessed, and there is no other action to take but one of absolute surrender and compliance. When I live from that place, I am rewarded tenfold; it is in the service itself that I receive the enormous gift of love beyond compare. I constantly check with my inner self I am truly serving God by my action and not my own ego.

Because we live in an abundant universe, there is always enough time, money, and love to share. The more you think that that is not so, the less you have to give. At that point, it is time to reevaluate whether you are serving God or your own ego.

We must nurture and love our God-self in order to be a place of love, giving, and true service. As we stay tuned in to that indwelling presence, that place that meets love, beauty, grace, and goodness everywhere it is from that place that greatest service is given.

### affirmation

I am tuned in to God's divine direction. I live life from the inside out!

## monday, november 26, 2007 mystery

*[spiritual progress is when]...one becomes free not only of the knowledge  
which is inevitably from the past, but also from the need to know...  
and a desire to predict and control.*

Ravi Ravindra, *The Quest*

*Cosmic Consciousness is not a mystery;  
it is the Self-Knowingness of God through man.*

*The Science of Mind*, page 343

As the love within me expands, I fear less. The more fear I release, the more my need to control is released. Standing in the mystery of "I don't know" is exciting and often uncomfortable.

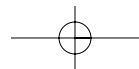
At some point in our spiritual evolution, the need for control diminishes and is replaced by a willingness to release our attachment to outcomes. We begin to say "Yes" to an alignment with our inner calling, even if we don't know where the path is leading. We accept God within us as our navigator.

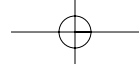
We find it is refreshing to walk our unique path without being concerned about outer world expectations. We become the master of our lives, letting go of any places of separation inside ourselves, realizing the fullness of God's love as who we are; all problems, differences, fear, resistance, and confusion melt away.

When we allow God to loves us we relinquish the need and expectation for others to be all things to us—they cannot be. We must be all things for ourselves, in doing so we allow others to be who they are and become our best yet to be.

### affirmation

I rest in the vastness of God's love. I accept myself fully as the love that I am!





## tuesday, november 27, 2007 triumphant

*Life from the center is a life of unhurried peace and power.  
It is simple. It is serene. It is amazing. It is triumphant.*  
Thomas R. Kelly, *A Testament of Devotion*

*No one can swing out into the Universal without love,  
for the whole Universe is based upon it.*  
*The Science of Mind*, page 298

RECENTLY I experienced a dark night of the soul. Even in the midst of it, I knew on some level that it would ultimately take me deeper into the realization of the divine self at the center of my being. It required me to stay loving no matter what was coming at me.

In this space I began to see clearly that nothing is more powerful than the love of God. Everything unlike God dissolves in the face of it, including attack, anger, and fear. The challenge is to stay in the loving, no matter what is coming your way. If you can do that, everything in the outer world shifts. All that remains is oneness and peace.

In choosing love, I am choosing freedom. I am no longer willing to dwell in unpleasant feelings of any kind. I want to feel good—to feel joyous, so that is what I am choosing. It is not complicated. In fact, it is quite simple. It is taking charge of your life and your experience in a way that perhaps you have never done before.

When we choose love as our dominant vibration, we become a healing force on the planet! Everyone is affected by the energetic of love. Let love be the dominant force in your life and watch your life change into one of blessing, prosperity, peace, and harmony. You deserve it, and the time is now!

### affirmation

I open my heart and express all the love that I am.

## wednesday, november 28, 2007 within

*To be perfectly satisfied to let your light shine wherever  
you may go without ever looking back to see if there were  
results or not, is the mark of a great soul.*  
Christian D. Larson, *The Pathway of Roses*

*The practice of the Science of Mind calls for a positive understanding  
of the Spirit of Truth; a willingness to let this inner Spirit guide us...*  
*The Science of Mind*, page 54

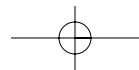
YOU cannot count on someone else's opinion of you to give you a sense of your own worth. I used to be so concerned about the opinions of others that I would hang on to a good word spoken about me as proof of my value in the world. Now I have called myself to such a high standard of living and loving, that there is no one in the world whose opinion of me is more important than my own.

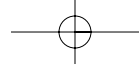
As I have become more loving in my heart, it is that love that asks whether what I've done is the loving thing to do and works daily toward not judging myself or others. It is that love that assures me of my own worthiness and value in a world of conflicting and ever-changing values.

I discovered that love through prayer and meditation. It is within those practices that I first realized how much God loves His creation. It is there that I came to love myself as God loves me and to daily work to love others as Jesus admonished us to do. It is liberating to march to the beat of my own drum and know it is joined with the heartbeat of the universe and the eternal life of God.

### affirmation

I release all limited thinking. I dive deep into the silence of my own soul. I let go and allow myself to love and be loved.





## thursday, november 29, 2007 choices

*Choice implies consciousness—a high degree of consciousness. ...Choice begins the moment you disidentify from the mind and its conditioned patterns, the moment you become present.*  
Eckhart Tolle, *The Power of Now*

*The conscious mind of man is self-knowing, self-assertive; it has volition, will, choice and may accept or reject.*  
*The Science of Mind*, page 390

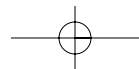
JESUS said, “Father forgive them for they know not what they do,” (Luke 23:34). Until we wake up, we are being run by our unconscious minds. We are not making choices based on our awareness of who we are as spiritual beings. Given that, can we now forgive others who we feel have harmed us. Perhaps they were responding from a mental identity that is a reflection of their past.

When we are awake to our identity as divine beings we can choose to forgive others. It is from this place that judgment is released and true compassion is born. Eckhart Tolle said, “To relinquish judgment does not mean that you do not recognize dysfunction and unconsciousness when you see it. It means being the knowing rather than being the reaction and the judge.”

The challenge is there will always be someone or something to judge, to criticize and condemn. What we are here to do is meet the challenge and remember why we are here—to love and be loved, to forgive and forget!

### affirmation

I forgive and forget, knowing that it is the way to love.



## friday, november 30, 2007 breathless

*Life is not measured by the number of breaths we take, but by the moments that take our breath away.*  
George Carlin

*Therefore the mind of man is as infinite as is man's capacity to understand his true relationship to God or Spirit.*  
*The Science of Mind*, page 390

WHAT God gives to us is the vastness of the universe—the potential for a life filled with breathless moments! The possibilities are limitless. Is there something you want to experience but have been afraid to acknowledge even to yourself?

The greatest things in life are not known through the intellect; they are experienced in the heart. Allow yourself to feel, to experience, to love, to appreciate all that is in this world of beauty and grace. See this physical world—the creation of God—in all its magnificence and splendor. Open your eyes, open your heart, and open up your channels to receive. The gifts that await you are enormous and will take your breath away! We live in an amazing, complex, and giving universe!

Allow yourself to bask in the richness of God's infinite creativity. Live in the miracle consciousness and allow yourself to receive the miracles that are waiting to be delivered to you. The universe is your playground. Do not be afraid to soar!

At the end of my life, I want to know that I soared—that my life was well lived and that I fulfilled the desires of my heart. We cannot fail or make a mistake because God is truly our guide, source, and supply!

### affirmation

I willingly receive the blessings of the universe, and I joyfully dance the dance of the Divine!