

QUALITIES OF GOD  
QUALITIES OF BEING

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# QUALITIES OF GOD QUALITIES OF BEING

A Resource Manual for the Soul

REVEREND BONNIE



# CONTENTS

|                                      |     |
|--------------------------------------|-----|
| QUALITIES OF GOD, QUALITIES OF BEING | 1   |
| All                                  | 14  |
| Abundance                            | 18  |
| Beauty                               | 21  |
| Changeless                           | 24  |
| Creativity                           | 26  |
| Defense                              | 29  |
| Expression                           | 33  |
| Faith                                | 36  |
| Freedom                              | 39  |
| Good                                 | 42  |
| Grace                                | 45  |
| Harmony                              | 48  |
| Health                               | 51  |
| Infinite                             | 56  |
| Innocence                            | 59  |
| Intelligence                         | 62  |
| Joy                                  | 66  |
| Life                                 | 70  |
| Light                                | 73  |
| Love                                 | 76  |
| Mind                                 | 79  |
| New                                  | 82  |
| Order                                | 85  |
| Peace                                | 87  |
| Perfection                           | 90  |
| Power                                | 93  |
| Prosperity                           | 96  |
| Source                               | 99  |
| Strength                             | 102 |
| Substance                            | 104 |

|                    |         |
|--------------------|---------|
| Trust              | 107     |
| Truth              | 109     |
| Unity              | 112     |
| Wealth             | 115     |
| Wholeness          | 119     |
| <br>MESSAGE TO YOU | <br>121 |

## QUALITIES OF GOD, QUALITIES OF BEING

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When I learned to access and connect with the qualities of God within me; my life transformed. Bit-by-bit. I woke up to the Holy nature that I am and from this nature treated others and myself differently. I became made new. I was hanging out more and more in The Field of Oneness, entering into it through meditation. This Field is different than ordinary mass consciousness that tends to be frightened, defensive, lonely, sad, angry, depressed and barely making it.

Meditation taught me the energetic signature of the various God Qualities so that when I speak the word Love or Life, I have a resonant feeling tone within my body that knows there is no opposite to the word I speak. It is Holy. It also calls up a feeling tone as though I am accessing a program on a computer or ordering a specific item on a menu. Each Quality of God, Quality of Being has its own internal access point or address.

This awareness taught me to no longer rely upon the dualistic perception of good/bad, right/wrong, in/out as what is Real. I also quickly learned to accept and embrace everything, as I perceive it to be. This acceptance transforms what needs it and amplifies that which is Real. This is the beauty of Life Itself there are “many mansions” or levels of consciousness from which I can live.

Awakening to these Qualities of God, I no longer needed to control life or make it wrong. I could allow people to be just as they are and not need to change them or circumstances in order for me to feel okay. I shifted my attention away from managing, blaming, or judging anyone else's life, other than my own, and put 100 percent attention and accountability for my own life onto me. I was no longer a victim to the outside world and instead became a collaborator with my Inner Divine Self. I learned about my emotional self, my physical self, and the Presence within me that knows only Love. I came to understand the Bible scripture of being born again. The old Bonnie transformed herself back into her Real Being as the Bonnie Soul that is here to shine. I continue to deepen with this new Life stepping further and further into Grace.

Qualities of God are magical. First off, all mystics and regular meditators speak of these Qualities in their writings and poetry. They may call them aspects of God or Energies in the Field of Unified Consciousness. Terms can be spiritual or secular; The Presence doesn't care or judge; terms simply point to that which cannot be described. I choose to come to these Qualities of Being through the Spiritual door and refer to them as God Qualities. Because of their Eternal, Infinite nature, I capitalize them when I write them and when I speak I realize they take the status within my mind as a Name.

I meditate upon Qualities of God daily and use them in my Affirmative Prayer practice to remind myself of the Presence I AM. When I first started praying and working with mystical literature I utilized Qualities of God to wake me up to the Presence within me. God became more accessible within



me as I practiced resonating and sitting with each quality. In the beginning I was shedding beliefs that didn't match the Quality I was learning about. Then over time, I took on dimensions of these Qualities and they transformed me from inside out. I began to learn from Them. Each aspect has Its own life force with something to teach me about the Infinite Nature of God and how It operates in the world.

As I entered more deeply into the study of God Qualities I would see them throughout all religions and different spiritual belief systems. The Christians speak of them as fruit of the Spirit:

*"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness."* Galatians 5:22

The Catholics have saints that are bestowed with a God Quality that people recognized. Archangel, St. Michael is used for defense and protection; both of these are God Qualities. St Raphael is the saint for Health, although there are close to a dozen of saints for health depending upon specific ailment. St Martha is the patron saint for financial matters or the Prosperous nature of God.

My friends, who believe in angels, have angels that represent the ethereal nature or quality of God. Archangel Michael is called upon for Protection. Angel Raphael represents Health. His name in Hebrew means "healing power of God." Joy can be attributed to Zadkiel, and Jophiel for Beauty. Uriel represents the Light of God.

Yogananda teaches from the Bhagavad Gita that there are 25 Soul Qualities that make man like God. Peace, Fearlessness, Purity of Heart and some other practices of the Soul, align with the Qualities of God found in scriptures.

*The Blessed Lord said:*

*Fearlessness, purity of heart, perseverance in acquiring wisdom and in practicing yoga, charity, subjugation of the senses, performance of holy rites, study of the scriptures, self-discipline, straightforwardness; non-injury, truthfulness, freedom from wrath, renunciation, peacefulness, non-slanderousness, compassion for all creatures, absence of greed, gentleness, modesty, loss of restlessness; radiance of character, forgiveness, patience, cleanness, freedom from hate, absence of conceit—these qualities are the wealth of a divinely inclined person, O Descendant of Bharata.*

The Bhagavad Gita XVI 1-3

Hinduism teaches there is One God from which all minor deities are birthed. Each minor deity has their Quality of Being. Durga Devi represents the Power of God. Indra is the Protector. Lakshmi is the goddess of good fortune or Prosperity. Saraswati represents learning or Intelligence.

And Christianity speaks to Qualities of God within parables and as Gifts of the Spirit.

Although I could pray to something outside of myself for support, the metaphysical journey for me has been about ripening the Presence that resides within me. It was important to know that not only is God Whole, but I am whole as the Presence created and lives me. It was invaluable for me to realize the riches of God aren't an external phenomena, yet an active energy within my own being. Taking the concept of God Qualities as an external reality and practicing them as aspects of me transformed how I live my life.

## **HOW DO I USE QUALITIES OF GOD?**

I contemplate upon Qualities of God. I call this marinating myself. I walk, sit, or fall asleep with a Quality of God upon my breath, literally. I chant or take in the energy of a word as though it is a vitamin or medicine with only positive side effects. As meditation or vitamins are comprised of energetic substance to influence the body back to health; qualities of God are energetic ideas that when known shift the mental and physical body structure back into original states of being. The Maharishi Mahesh Yogi teaches Transcendental Meditation as focusing upon an assigned word until one enters into subtle and even subtler realms of consciousness until one enters into Pure Consciousness, Bliss Consciousness or God. I use Qualities of God for this.

The spiritual technology Affirmative Prayer depends upon the Qualities of God as a primary anchor to this tool. Affirmative Prayer brought me into knowing the Presence of God within me, as me. Knowing I have within me the Eternal, Never-Changing, Power/Love of God, I am able to lean into the knowing that all things are possible and that I am living in heaven right now, today. Affirmative Prayer reminds me that what I desire deep within my being is to expose more of God to myself through my thoughts and behaviors. This prayer practice goes hand-in-hand with Qualities of God and the Soul ripening process. So much so, I wrote a book, teach classes, and workshops on Affirmative Prayer.

I consciously look for evident or burgeoning Qualities of God within my clients and friends. I play a game with myself and challenge myself to find them. Once I see the primary quality I recognize it by saying something about it, out loud. Recently I met a minister I didn't know for lunch. A friend suggested that we connect. Within minutes he told me a story of loving his partner through the dying process. I said, "wow, you know how to love." He said yes and continued through our encounter to live out the love I saw in him. When I was raising my daughter I would speak to her generosity of Spirit. I would catch her in her giving nature and magnify it through words. I do this with clients, also. It helps me in coaching them into more of their True Nature. Try this sometime. Start looking for where these qualities exist within your family members. Then stop them and say, "husband, I love how generous you are." Or, "daughter, you are so creative." Recognizing the qualities brings them to life and the relationship I have with them becomes more textured.

## **THE BENEFITS OF INCORPORATING QUALITIES OF GOD IN MY DAILY LIFE**

**My Decision Making is Clear and my Choices are Solid.** Knowing that within me lives a Presence that has the capacity to love regardless of circumstances has opened up opportunities to flex my muscles of courage. I have been willing to go outside of my comfort zone more often and become more comfortable with the NEW. I don't get in the way of myself following my internal promptings. My YES's mean YES and my No's No.

My recent NEW was packing up my Phoenix home and moving to Los Angeles. It didn't make sense to the linear mind of mine as I had friends, a

community, work, and a home I loved. The cost of living was at least triple in Los Angeles to what I knew in Phoenix. The five years I lived in Phoenix I hadn't once been stuck in traffic. Now I can count on traffic being constipated. Yet, I continued to dream about Los Angeles, yearn for it, called into it for emergencies and creative opportunities. So, I listened. I left my comfort of what I knew to start again in a new city. My Faith is more foundational than conceptual and I am able to Trust the Inner/Outer/Only Presence as guiding my life. There is less inner conflict, resistance, and muddled thinking.

**Efficiency, or Time Saved, is Evident.** Old time metaphysicians wrote of the efficiency of God. I get it now. Although I invest in hours of spiritual practice each day, I end up getting more done in one day than most of my colleagues complete in weeks. The clarity of action, direction, and guidance has within it a potency of its own. I've become clear about what is mine to do and what isn't mine to do. This is because things that used to interest me; don't any longer. I trust the energy of "interest" and "attention" and choose to go where Life is seeking to be expressed.

I was asked several years ago to serve on a board of trustees for a writer's organization. I asked the president about the group's mission and when she shared it with me, I felt heaviness within my heart and no joy. I said "no." I saved years of time investment I would have engaged in that weren't mine to do. This freed me up to do what was mine and allow someone else to step in and do what is his or hers to do.

I also don't take another's "no" personally any longer as I realize "no" is simply clarity from another person. When I contact a church or community with an idea and they say "no," I am so grateful that clarity was quick and I get to move forward to a right fit. When I invite a friend to a movie and they say "no" I realize there is someone else who wants to see the movie or I'm to go alone. The depersonalization of actions has freed up much emotional wrangling.

**My Self-Esteem has Flourished.** Contemplating upon the idea that I am the Presence of God made flesh and within me resides the riches of God in the form of qualities has changed how I see myself. I no longer see myself as a mistake, unloved, unfortunate, merely human, unworthy; the "un" or "not" in my life has diminished significantly. I now realize that not only am I worthy and loved, the Source of Love and Value resides within my very being and I have the privilege to give it outward so I am up-lifter, instead of a downer, around others.

I am given feedback often from others about how good they feel in my presence. This hasn't always been the feedback I've received. I've come to appreciate my esteem has come through the integrated knowing that I am made from and as God-stuff and so by definition I am worthy; or of-worth.

**The Joy in My Life has Dramatically Up-Leveled.** Shifting from living a "serious" life to living a joy-filled life has benefited my body, mind and emotional self. My life is so much lighter than it used to be. There was a time I was so serious. The more I struggled, fought, toiled and pushed to make things happen, the more I felt as though I had "earned" my paycheck.

Or the more making up in relationships that was done or gossip exchanged; the more close I felt to another person. Thank God I woke up from this hogwash and I am now able to meet people in a real precious place.

I learned it didn't really serve my powerful work to approach it from a serious and rigid disposition. It didn't contribute to me accomplishing more and most likely contributed to accomplishing less. There was certainly less joy in the process. What the cells of my being now know is that Joy is a constant. It is a quality of God, and that internal thought/feelings unlike Joy are either coming up to be loved or to be recalibrated back into a Quality of God. I'm now able to be in the presence of all kinds of emotions, situations, and sickness and know the temporal nature of it. I bring Joy to the party and it feels good.

**My Relationships are Rich and Meet in Co-Creation.** I remember watching an interview with the creator of Cirque del Soleil. He said when he first met George Harrison, George said to him "let's get together for a day and dream." I loved the energy of that comment. Since then, I have practiced inviting friends into the dream space together that each of us may be more because we're together.

**I Can Trust I am Not a Victim to My Own Body in the Form of Illness or to Fate in the Form of Circumstances.** I have a heavy, heavy childhood story from which many illnesses emerged. I experience much depression, auto-immune issues, allergies, all kinds of reactions from my body based upon my environment. Utilizing the Qualities of God taught me to free myself from past stories, live in the moment, and express myself from a

place other than the past. This freed my body up to recreate itself into Health. As I learned to shift my attention away from the past I also realized I am not a victim to circumstance. As a woman imbued with the Qualities of God I am free to live out a life untethered to prediction and from my Soul.

**My Spiritual Life Has Deepened.** I used to pray to a God outside of me. I liked this. It was fun and I had something to blame when things didn't work out. Then I began the process of Affirmative Prayer that requires contemplating on a Quality of God and realizing since God is All; then I am not separate asking to something I am an active expression of that something. As such, there is always more God to embody and more Love to give forth.

I can go on and on with many examples of the benefits of training myself to live from the Qualities of God by connecting with my natural Divine state of being. Be it enough to say at some point the Qualities began to teach and guide me and I became made new.

## **HISTORY OF GOD QUALITIES**

I first learned of Qualities of God through the study of mystic Emma Curtis Hopkins' work. I was so taken by her work I studied and lived it for decades, then wrote a 396-page book about living it. Emma speaks of God as the Good we are seeking. She says at the depth of all our desires lay a good we are seeking. She also says that the good we seek is really another name for God. These qualities can be agreed upon by all of us. Underneath any desire we have, is the unfolding of more God or good within our lives.



Emma, calls God Good with a capital G. In her book *Christian Spiritual Mind Science*, she speaks of the Good of God; I'm calling these various goods qualities of being as they are Being States. These include: Love, Peace, Protection/Defense, Substance, Power, Creativity, Health, Prosperity, Joy, Truth, Trust and more. As I read her work, God Qualities resonated with me as being True so I accepted it as so.

As you read through this small but mighty handbook, you will see Emma quoted often. As a Christian mystic she used God Qualities to teach and to heal. Owning these qualities cured disease, loneliness, depression, and enlivened her patients and students into a new way of living.

New Thought contributed much to healing by aligning with God Qualities and activating them within one's own being. This is done through the prayer technology called Affirmative Prayer that has built into the process the contemplation of God as Quality and me as the outlet or expression of the quality. Affirmative Prayer was first called Spiritual Mind Treatment as it was accessing a Quality of God as a treatment to mental thought patterns that would be lived out and become physical in nature.

Letters of the Scattered Brotherhood does a great job in talking of this:

*This is where you are doctor as well as patient, and awareness of the Love of the indwelling Christ is the medicine, it is the antidote, it is the healing of the Spirit; abide in it, for of yourself you can do nothing and in Him all things are possible. In the human experience are warring natures, hot fermentations, old doubts and cynicisms, the soul sicknesses from which you can be freed if you set your heart upon Him. His healing balsam is Love, it is given you to compound, it cannot be thrust upon you.*

I love the sentence “it is given to you to compound,” as both patient and doctor.

Charles Fillmore, Unity Co-Founder, utilizes Qualities of God beautifully in his teaching. He has a book entitled the Twelve Powers of Man in which he speaks of God Qualities as Qualities of Being and how they show up in the Bible as the disciples. He goes further to indicate where these powers/disciples live within our bodies. For example, Phillip is the disciple of Power and this Quality lives at the root of the tongue. Peter represents the Quality of Faith and it is located in the center of the brain. Although this work is dated in its language; the wisdom within it is indisputable.

I also refer a lot to Dr. Ernest Holmes, founder of Science of Mind as a reference. I pull up scriptural references, too. Truth can be found in all religions as they were birthed out of direct experiences of God. Jesus had a direct experience of Grace/Love out of which Christianity was born. Buddha had a direct experience of Equanimity and Compassion out of which Buddhism was born. Krishna brought forth reconciliation and peace; he is referred to as the peacemaker. Taoism was revealed by Lao Tzu to become a way of living centuries later. Truth is a constant message across mystical teachings of each religion.

Now that I’ve spoken of the Qualities of God; the Truth of God is vaster than any idea or concept you or I have. In order to share ideas between each other we use words, yet words can’t really capture the mystery of The All. By their very natures they are limited and The Infinite is without limitation. Paradoxically, though, each word is also powerful. They hold within them a

vibration or energy. This vibration or energy has power enough to bring about sickness or to cure individuals. I have found contemplating on Qualities of God a focused way of entering into the Vast Unknown of Good and opening into revelation and understanding.

### **REFERENCING QUALITIES OF GOD**

I have taken what I know as Qualities of God and referenced sacred texts, metaphysical writings, and contributed with my insights that I've had about each of these qualities from my journey. It is the intention of this work to support you with your contemplation, ruminations, and with application of Qualities in your Affirmative Prayer process.

I included several affirmations for each Quality to be used in meditation, or prayer. Affirmations have gotten a bad rap for being "lightweight." I'm here to tell you that a resonant affirmation can open hearts and change worlds. Just one new thought can transform the trajectory of a life.

This book is a reference manual. I trust it serves you well.

**All**  
**(Source or Source Energy One Only)**

*Hear, O Isreal, Yaweh is our God. Yaweh is one. Deuteronomy 6:4*

*That all the people of the earth may know that the LORD is God, and that there is none else. 1 Kings 8:60*

*There is no God but one. 1 Corinthians 8:4*

*When you make the two one, and when you make the inner as the outer and the above as the below, and when you make the male and the female into a single one, so that the male will not be male and the female will not be female ... then you shall enter the Kingdom. The Gospel of Thomas*

*Those that attained oneness since ancient times: The sky attained oneness and thus clarity. The earth attained oneness and thus tranquility. The gods attained oneness and thus divinity. The valley attained oneness and thus abundance. The myriad things attained oneness and thus life. The rulers attained oneness and became the standard for the world. These all emerged from oneness. Tao Te Ching, Chapter 39*

*Tao produces one. One produces two. Two produce three. Three produce myriad things. Myriad things, backed by yin and embracing yang. Achieve harmony by integrating their energy. Tao Te Ching, Chapter 42*

*A fundamental teaching of Bahá'u'lláh is the oneness of the world of humanity. Addressing mankind He says, "Ye are all leaves of one tree and the fruits of one branch." By this it is meant that the world of humanity is like a tree, the nations or peoples are the different limbs or branches of that tree and the individual human creatures are as the fruits and blossoms thereof. Bahai Principle*

*All things share the same breath – the beast, the tree, the man, the air shares its spirit with all the life it supports. Chief Seattle*

Mystics from all religions speak of the Presence of God as The All that is. There is a One out of which many appear. There is an Originating Cause or Source that is an unseen substance from which all manifests or is formed. It

is without or beyond time and space and referred to Omni. It is within, throughout, a part of all creation and yet it is not consumed by creation; It is more.

The analogy often used by metaphysicians is that of the relationship between the ocean and the wave. The ocean represents the totality or Allness of God. The individual, then, is a wave made entirely of The Ocean or God. There is no separation. However, the wave cannot function separate or apart from God and is not in and of itself the totality of God. It is made of God in totality, but is not the totality of God.

When I pray I use the words All, Only, First Cause, Source, Source Energy, God Almighty, Omni to refer to this Presence. The Christians speak of God as the Father and Christ Consciousness as the son or off spring of the Father. The Hindus speak of the All as Brahmin and then have names for the aspects or qualities of minor deities.

I tap into the Allness of God in each and every Affirmative Prayer I do as the first step. I start with contemplating and opening to the Inner Allness. I also stop throughout the day and connect to the feeling tone of the Allness of God that harmonizes any disrupted thoughts of insignificance, separateness, or superiority/inferiority. I can also do a breathing meditation or a mantra meditation and with the practice of no thought or beyond thought that accesses this inner space.

To know that God is the All invites me to see others as my siblings and life as interconnected. I am able to relinquish control and lean into the

promise that The All is in operation and my attention is upon my relationship with It. Am I expressing the God I Am? Am I congruent with Its nature? And since God is All there is, then isn't hate and destruction a part of God? Can we really leave anything out? Opening one's heart and mind to a greater experience in the Divine is a process of living out qualities, not simply reading them. It is contemplating then ACTING.

Scriptures include the most horrific stories of fighting and murder, rape, and overthrows and between these stories one is encouraged to come from a different place in consciousness bringing about a different result not solely for one's personal gain, but for the benefit of the Whole. In truth, these stories are about the individual and collective Consciousness. It is esoteric wisdom into living from the One. In the midst of warring conflict, hate and destruction; we are instructed to unify within ourselves for a different experience. No, hate doesn't exist in God. The option to hate exists in God for God is Freedom and we have choice. But don't take my word for this or anything, dive into the various Qualities and wake up to the Energetics of being aligned with The Only. Take notes. Explore. Try on.

Some questions to ponder: what if God truly is The All? What is all is possible in this Field? Who have I become and what stands in my way from expressing God (Love, Peace, Joy) through me?

I titled this book Qualities of God Qualities of Being as God is the Isness or being nature. One can't be alive without the Qualities available within awaiting activation through spiritual practice and inspired action.

Affirmations:

I awake today to the realization that God is All There Is and this Allness lives within me and is accessible to me.

I take in the Allness of God through my senses today. I train myself to see The Presence, feel The Presence, hear The Presence, touch The Presence and know The Presence. I live in God; I express the Qualities of God.

I see God in me today. I know God as you today.

Additional Resources:

[Realization of Oneness](#), Joel Goldsmith

[The Eye of the I: From Which Nothing is Hidden](#), David Hawkins

[I: Reality and Subjectivity](#), David Hawkins

[The I that is We: Awakening to Higher Energies Through Unconditional Love](#), David Moss

[Working with Oneness](#), Llewellyn Vaughan-Lee, PhD

[With One Voice](#), Documentary Movie

### **Abundance (also see Prosperity)**

*All these blessings shall come upon you and overtake you, if you obey the voice of the Lord your God. Deuteronomy 28:1*

*For the one who has, more shall be given, and he will have abundance, but from the one who has not, even what he has shall be taken away. Matthew 13:12*

*May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope. Romans 15:13*

*Behold my extraordinary and unparalleled majestic transcendental opulence; My omniscient Self is the maintainer of all living entities and the protector of all living entities but never influenced by them or by the material nature. Bhagavad Gita 9:5*

*The abundant bringing forth of the waters (in creation) is the fecundity of the mind, which great fishes symbolize. In order to bring forth great results, the mind must realize its innate thinking capacity to be great. Charles Fillmore*

*I am satisfied with my abundant prosperity, which from this time takes no delay in pleasing me. Emma Curtis Hopkins*

*Today I expect every good thing to come to me, for I know that Divine abundance is forever manifesting itself in my affairs. Dr. Ernest Holmes*

When I think of the abundance of God I think of the seed. One small seed when planted and nurtured with right conditions (water, soil, sun, etc.) produces hundreds of apples season after season. When that seed is then brought by a bird into another part of the orchard or when the farmer takes the seeds from a developed fruit and plants it, then out of one seed comes an entire orchard which can yield hundreds and thousands and hundred thousands of individual fruit. This is how abundance feels to me inside of my body. A small inert energy when activated by the Presence of the Almighty can create and multiply without end. God is in the multiplication business.



Abundance is an inner state of Consciousness. It can include money, but isn't strictly associated with financial matters. Abundance is the energy of "the cup over-floweth." It can be associated with love, joy, compassion, health, and so forth. However, it is not its association that defines the energy. It is the feeling tone of plentitude, of abounding.

So much of the pain in our culture comes from the belief in lack. Lack of the qualities of God: Abundance, Faith, Love, Joy. An individual who believes themselves to be poor can place themselves in and create dangerous situations. Living from desperation brings with it helplessness and despair. Lack of money or resources can translate into the belief in lack of Joy or Love. The belief I lack of Joy can demonstrate in the form of depression. Depression and lethargy shuts down the body system and can result in hopelessness. Lack of Faith can create a state of resignation that stagnates creativity. The belief in lack is insidious.

What if today you decided to come from Abundance despite how foreign it may feel to you? What if for one day, one week, one month, the rest of your life you commit to opening to this Energy of God and live from knowing there is plenty of EVERYTHING and Qualities of God can actually be Principles of Living? Who could you become?

Affirmations:

Today I practice recognizing Abundance within me and around me.

I see the plenty of God everywhere.

I just can't help it! Everywhere I turn I experience more and more Abundance. I just can't seem to escape Its bounty.

As the seed turns into a tree and the tree turns into an orchard, the Abundant Joy I experience infects all life I come in contact with today and ripples on and on and on.

Additional Resources:

[The Abundance Book](#) by John Randolph Price

Emmett Fox Abundance Prayer (see below)

Today, I accept God's gift of abundance. Today everything that I AM and have, that is Good, is increased. I identify everything I do with success. I think affirmatively. And with all my prayers, I accept abundance. Whatever I need, whenever I need it, wherever I need it, for as long as I need it, will always be at hand. I no longer see negation or delay or stagnation in my undertakings. Rather, I claim that the action of the Living Spirit prospers everything I do, increases every Good I possess and brings success to me and everyone I meet. Everything I think about and do is animated by the Divine Presence, sustained by the Infinite Power, and multiplied by the Divine Goodness. In Jesus Christ's name I pray, who lives and reigns with the Father and the Holy Spirit One God forever and ever. Amen

## Beauty

*You are all together beautiful, my darling, and there is no blemish in you.*  
Song of Songs 4:7

*I touch my face against God and its beauty is the beauty of God.*  
Emma Curtis Hopkins

*The world thus exists to the soul to satisfy the desire of beauty.*  
Ralph Waldo Emerson

*Do not let your adorning be external—the braiding of hair and the putting on of gold jewelry, or the clothing you wear—but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God’s sight is very precious. 1 Peter 3:3-4*

*Know that all beautiful, glorious, and mighty creations spring from but a spark of My splendor. Bhagavad Gita 10:41*

*Only the person who is acquainted with beauty in its essence and lives with it as a part of himself can depict the beautiful. Dr. Ernest Holmes*

*The world, thus exists for the soul to satisfy the desire for beauty.*  
Ralph Waldo Emerson

Everywhere I go the beauty of God is evident. Nature is loaded with beauty. I see it as I walk by trees or flowers that appear new or different to me. They tend to catch my eye and from this site I lean into the individual beauty of nature and its entire family of beauty. I can also feel beauty. As I walk on the beach and feel the sand and the stone between my toes I can giggle in delight with the beauty beneath me. When my granddaughter was a new born, I was not only captivated by the visual beauty of her being; but by the feel of her skin against my body and her spiritual body in contact with mine. My senses receive the Beauty of God in various ways. What I’ve come

to realize is in order for me to resonate and connect with beauty; I must have within me a knowing of this thing called Beauty. It must be me.

As with any quality of Spirit, I am invited to see beyond the physical to the Source of all Life. This allows me to be in the presence of what humanity would call ugly or treat discarded and see its Perfection. It also allows me to recognize I can only see what I am. Seeing beauty, amplifies my own inner resonance with Beauty as an aspect of God.

Beauty is as a quality of being and it is expressed actively through the arts. Soul stirring music, painting, collages, poetry, writing, all bring us closer to the feeling tone of Beauty.

What if you were to meditate upon the Beauty of God when you feel jaded; disappointed; are experiencing grief or are low in energy. Beauty is an energy that restores the Soul and revitalizes the energy body. What if the next seeming problem you faced you saw as a birth of a new understanding, instead of a problem, and you took yourself out in nature to walk and experience the ground beneath your feet or you sat with your back against a big tree and felt the Beauty of Nature? You are invited to the medicinal Quality of Beauty to heal and open your Soul.

Affirmations:

I trust the Beauty of God to feed my Soul. I take it in today and appreciate it for Its curative value.

I see Beauty when I look in the mirror today. I experience Beauty as I use my voice to uplift and calm. I embrace Beauty as I touch nature. My life is Beautiful.

The Beauty of God seeps into my day today. I reflect It fully.

Additional Resources:

[The Artist's Way](#), Julia Cameron

*Beauty*, Essay by Ralph Waldo Emerson

Begin a regular practice of walking and watch the season's change one into another. Share this beauty through writing or art.

## Changeless

*Be mindful toward your Leaders who have spoken with you the word of God. Consider the results of their conduct and imitate their faith: Yeshua The Messiah; He is the same yesterday, today and forever. Do not be led to strange and changeable teaching. Hebrews 13:8, 9*

*There is something formlessly created Born before Heaven and Earth So silent! So ethereal! Independent and changeless Circulating and ceaseless It can be regarded as the mother of the world. Tao Te Ching, Chapter 25*

*We are changeless beings in a changing world. Thus all of our experiences are bound together on a thread of continuity that Lowell called "the thread of the All-Sustaining Beauty that runs through all and doth all unite." It is wonderful to know that something permanent, substantial, and eternal stands in the midst of our being, and, I believe, watches with joy the eternal change taking place. To Spirit these changes are merely variations of experience. Dr. Ernest Holmes*

*He who knoweth perfectly this permanence and mystic faculty of mine becometh without doubt possessed of unshaken faith. I am the origin of all; all things proceed from me; believing me to be thus, the wise gifted with spiritual wisdom worship me; their very hearts and minds are in me; enlightening one another and constantly speaking of me, they are full of enjoyment and satisfaction. To them thus always devoted to me, who worship me with love, I give that mental devotion by which they come to me. For them do I out of my compassion, standing within their hearts, destroy the darkness which springs from ignorance by the brilliant lamp of spiritual discernment. Bhagavad Gita Chapter 10*

The One, The All, The Only is the same today as it was yesterday as it will be tomorrow. This One lives, moves, and has Its being within me. Therefore, through Faith I am ushered into the consciousness of The Infinite; that which was never born and will never die.

Silence allows me access to this inner, changeless, cathedral. I access the quality of changelessness when the world appears unsteady and rapidly shifting. Daily silent meditation opens me to this Reality where I can find comfort and rest while drawing strength from this knowing.

What does the Changeless nature of God mean to you? Do you find comfort in knowing that your job may change, your relationship status may change? The human body changes and dies, and YET there is something that exists that is steadfast, that never changes. Can you open to allow this steadfastness to teach you about living fully? Can you trust in Its potency to supply you with Support not only when you need it, but always?

Affirmations:

I rest in the comfort that God never changes. It is the same yesterday as it will be tomorrow. Now I breathe.

The stable presence of God is living me now. I lean into It and trust Its guidance.

Today I practice the predictability of God. I am present, available, and loving.

Additional Resources:

[It's All God: The Flower and the Fertilizer](#), Walter Starcke

[A Parenthesis in Eternity: Living the Mystical Life](#), Joel Goldsmith

## **Creativity** **(also Imagination)**

*So God created man in his own image, in the image of God He created him; male and female he created them. Genesis 1:27*

*Whatever you do, work heartily, as for the Lord and not for men.*  
Ephesians 2:10

*He who had received five talents, went at once and traded them, and he made five talents more. Matthew 25:16*

*When one understands the creative processes to be the working of the various principles of Being in the development of man, many inexplicable situations are cleared up. Charles Fillmore*

*But where does man come in? He is. Therefore it follows that he, too, is made out of God, since God, or Spirit is all. Being made out of God, he must partake of His nature, for we are 'made in His image.' ... Taking as the starting point that man has the same life as God, it follows that he uses the same creative process.*  
Dr. Ernest Holmes

*For example, the English Bible reads, "in the beginning God created the heavens and the earth." Fentons translation renders it thus: "By periods God created that which produced the Suns; then that which produced the Earth." When we realize that God is mind (Spirit-mind), we see that this latter rendition is correct. God creates the ideas that form the things. Here we have the key that unlocks not only the mysteries of Genesis but the whole Bible. God's creations are always spiritual. This includes the spiritual man, called Jehovah, through whom all things, including personal man, Adam, are brought into manifestation. Charles Fillmore*

*The task for this period is not to let uncreative thought have lodging room.*  
Mary Strong

*You must not let your life run in the ordinary way; do something that nobody else has done, something that will dazzle the world. Show that God's creative principle works in you. Paramahansa Yogananda*



It is the nature of God to create. Out of Its Life It created all form. As the Presence, lives, moves and has Its being within me, I too can create out of this Life. It can be a literal creation. I can create through giving birth to a child, birthing or creating a book or piece of art. I can create music, businesses, relationships, and homes. I begin all creation from the Invisible Thought realm or ideas. It comes from the realm of inspiration (in-Spirited) and begins in the imagination. Inspiration, idea, and imagination are not sufficient within themselves. People are required too for this process to become formed. I see it as bringing heaven (inspired idea) to earth (in form).

It can be said that the Presence of God creates through me or I am necessary in order for God to bring Heaven to earth. I could refer to creating as co-creation as it takes God Mind along with my commitment and execution. I can also refer to creation as re-creation as God is re-presented through me in creation. Or, since there is only One of us here, I can simply say "I create."

I contemplate the power of creation while in the process of undergoing transformation. I release my attachment to thought patterns and emotional tendencies and accept a newly formed or forming self that is emerging.

What have you created today? Don't say "nothing" for every thought you have is creative in some fashion. Did you hold your child today when they were sick? That's creative isn't it? Doesn't that result in love, trust, stability, and well-being? Were you kind on the phone and did you listen to someone who needed to be heard? Isn't that creating something spectacular

in and between the two of you? Creativity isn't only art; although art is the mansion in the neighborhood we all awe over. Creativity is how we lead our lives. Today catch yourself creating. Do you like the muse you are listening to and what you are bringing forward? Don't for a moment believe you are not creative. Instead embrace this Truth and use it for the Glory of God. Use it to enhance life.

#### Affirmations:

God created the world and said it is good. Today I create with each choice I make. I say it is good.

The Creator creates through me. I am inspired by Its generosity and love. I re-create from this appreciation.

I use my creativity to heal the world.

I am a creative being.

#### Additional Resources:

[The Artist's Way](#), Julia Cameron

[Creative Mind and Success](#), Dr. Ernest Holmes

[The Creative Life](#), Eric Butterworth

[Life Visioning: A Transformative Process for Activating Your Unique Gifts and Highest Potential](#), Rev. Dr. Michael Beckwith

One of my favorite blogs: [www.quinncreative.com](http://www.quinncreative.com)

Take an art, cooking, or writing class. Many great classes exist on-line. My favorites include:

Classes by Suzi Blu <http://suziblu.typepad.com>

Julia Cameron [www.juliacameronlive.com](http://www.juliacameronlive.com)

Sheila Bender [www.writingitreal.com](http://www.writingitreal.com)

## **Defense (Protection)**

*I can do all things through Him that strengthens me. Philippians 4:13*

*The good I am seeking is my defense. God is my defense. Emma Curtis Hopkins*

*For the protection of the devotees and the annihilation of the miscreants and to fully establish righteousness, I appear millennium after millennium.*

*Bhagavad Gita 4:8*

*You are not defenseless. You are only defenseless when you are spiritually asleep. Mary Strong*

*Behind the wave of my consciousness is the sea of cosmic consciousness. Under the ripple of my mind is the supporting ocean of Thy vastness. I am protected by Thy Divine Mind. Paramahanda Yogananda*

*Thy light of goodness and Thy protective power are ever shining through me. I saw them not, because my eyes of wisdom were closed. Now Thy touch of peace has opened my eyes; Thy goodness and unfailing protection are flowing through me. Paramahanda Yogananda*

To live an undefended life is to trust in God as One's Source for everything including Defense. Defending oneself starts as an internal action as defense against thoughts of separation. These thoughts often show up in the form of confusion. Confusion is the underlying belief in more than one master. With silence (mental spaciousness and rest) and spiritual practice confusion or chaos emerges as order and clarity. This is the natural unfolding process. However, if we take sides within ourselves and cut off one half of the germination for "protection" then we can lose out on the God emergence.

I journeyed to Brazil to be in the presence of the great healer John of God. I decided when I got off of the plane that I was completely safe and

protected. I was going to relax and lean into the entire trip without fighting it or wanting it to somehow be my way. I surrendered completely.

One evening after experiencing an invisible surgery I was asleep in the hotel room. I experience a frightening lucid dream. I was going to be violently killed in this dream. I watched myself as my mind said, “keep going dream, I won’t do nothing to stop you” then I was killed. Stabbed to death. After the stabbing I was more alive then before. I experienced powerful Light/Love and I was at peace. I let go of needing to protect my physical body against an external evil. Relief took over. Life was unleashed.

The less spiritually mature aspect of myself would have liked to wake up from the dream and protect myself against being hurt. However, the mature spiritual self knew that the story had to see itself through to resolution as it required the other half to know Wholeness.

Eastern philosophies recommend embracing death while still alive. This is an advanced spiritual practice and yet it takes the personal need to fight out of most everything. What is it that needs to defend itself anyway but a belief about immortality?

I use Defense and Protection in my prayer work when I find myself tired from fighting against myself or feel bullied by life in some way. I remind myself I can let go of the need to shield me, which diminishes the Light of God as me. I love what Emma says in her quote “*the good I am seeking is defense*” or, what I call Defense is really another name for God. When I call upon Defense, I am calling upon God.

As a woman, I have felt a need to defend myself psychically in one way or another from men or strangers. This is subtle. It surprises me when it pops up. I see it when I'm traveling in a town I'm unfamiliar with, walking at night alone. It doesn't stop me from this behavior, but I'm awake to it. I'm aware of it when I'm staying in a hotel room with door facing out into the street and windows low to the ground. I have yet to talk with a woman who doesn't have some form of built in alarm system. This has softened someone, and I depend heavily upon God for my safety and defense. Yet, this Quality of God includes this and goes deeper than this. It is about the inner action of defending against thoughts and actions of duality. God as my defense is about living fully from the inside realm of thought.

What if today you knew you were 100 percent perfectly safe? What if you knew you were safe from failing (which you are)? What if you knew you were safe from the fears that run amuck inside of your mind? *God as my defense* can include physical safety and it also includes mental and emotional safety. But remember, we are inlets and outlets for God meaning God works through us. We must act in order to bring forth Heaven to earth.

Affirmations:

My mind is protected and defended by the love of God.

God is my Protection. I live, move, and have my being in God.

Angels go before me and behind me to make my way clear. I am safe in God.

Additional Resources:

[Letters of the Scattered Brotherhood](#), Mary Strong

[Waking the Tiger, Healing Trauma: The Innate Capacity to Transform  
Overwhelming Experiences](#), Dr. Peter Levine  
[\*What's Love Got to Do with It\*](#), the movie of Tina Turner's life

## Expression (Flow, Purposeful Living)

*Having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; the one who teaches, in his teaching. Romans 12:6-7*

*To this end we always pray for you, that our God may make you worthy of His calling and may fulfill every resolve for good and every work of faith by His power, so that the name of our Lord Jesus may be glorified in you, and you in Him, according to the grace of our God and the Lord Jesus Christ.  
2 Thessalonians 1:11-12*

*Blessed is he, and he has truly lived a purposed life, who attains to the height of undying joy in this very life; and he is a great loser and has lived his life in vain, who has failed to realize the Truth here. Kena Upanishad 2-5*

*Those who understand others are intelligent Those who understand themselves are enlightened. Tao Te Ching Chapter 33*

*There is a Divine Urge to express. It permeates me and fills all space and all people. All of my affairs are in Its hands. To It are clearly visible the best ways, methods and means for my greater expression. Dr. Ernest Holmes*

*God moves upon God. This is the starting point of Creation. **Every time one conceives and idea, it is God expressing Himself.** He is eternally knowing, and eternally known, through everyone. Dr. Ernest Holmes*

In Hinduism, the term God is realized in the word Self with a capital S. This means there is no longer an individual self, but One Self in operation as the individual. Swami Krishnananda says of the Self, “The delight of the Self is the delight of Being. It is the Bliss of Consciousness-Absolute,” and “The love of life is based on the love of the Self.”

As I sit in meditation and really understand there is Only One here, and It is God/Spirit, showing up as all forms of life, I have a glimpse into the

Infinite Nature of Self. From this state of consciousness the world of form appears completely different. It takes on a magical quality and I realize the blessing of getting to play in a body in this time in history. Shackles of potential embarrassment, neediness to be liked, competition, and limitations fall to the wayside. I realize, as Dr. Ernest Holmes says, "I am an outlet to God and an inlet to God." I, in this case, meaning my physical being. I also know, then, that All is Spirit. Emma Curtis says, "there is no matter, only Spirit." I came to a place within myself where I knew with certainty that all was Spirit in form. Now I am shifting to let go of the need to give form attention and I can join Emma in saying simply "All is Spirit."

Expression, then, is the allowance or action of this Self or Spirit to be in full operation as me. Meditating upon Right Action or Purpose prepares me for service.

What does it mean to you to have God within you? God expressing through you? And, God as you? If you were truly an inlet and outlet for God; then, what are you called to do to open the inlet to receive? And how are you listening and allowing The Presence to give forth through you?

Affirmations:

I am an outlet for God. Today I express (fill in the Quality).

As an expression of The Only, I celebrate my commonality and uniqueness with those around me.

Choice is the power that directs Life's energy as me. Today I choose to express (fill in the Quality) regardless of what is in front of me.



Additional Resources:

[Purpose Driven Life: What Am I Here For?](#), Pastor Rick Warren

[This Thing Called You](#), Dr. Ernest Holmes

[This Thing Called Life](#), Dr. Ernest Holmes

Treatment to Realize Spiritual Sonship by Charles Fillmore

I am the son of God, and the Spirit of the Most High dwells in me. I am the only begotten son, dwelling in the bosom of the Father. I am the Christ of God. I am the beloved son in whom the Father is well pleased. He that hath seen me hath seen the Father. I and my Father are one. I am the image and likeness of God, in whom is my perfection. All that the Father has is mine. Thou art always with me as indwelling wisdom and love. Thy law is now the standard of my life, and I am at peace. Thou art never absent from me. I dwell in Thee and share Thine omnipotence. In Thee is my perfection.

## Faith

*Now faith is the assurance of things hoped for, the conviction of things not seen.*  
Hebrews 11:1

*For nothing will be impossible with God.* Luke 1:37

*And Jesus answered them, "Have faith in God. Truly, I say to you, whoever says to this mountain, 'Be taken up and thrown into the sea,' and does not doubt in his heart, but believes that what he says will come to pass, it will be done for him. Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.* Mark 11:22-24

*And God, which knoweth the hearts, bare them witness, giving them the Holy Ghost, even as He did unto us; And put no difference between us and them, purifying their hearts by faith.* Acts 15:8, 9

*It is not necessary that the one who touches the button of faith shall understand all the intricate machinery with which he makes contact; he knows, like one who turns the electric switch, that the light or power will spring forth.*  
Charles Fillmore

*Is not the faith the gift of God, according to spiritual instruction?*  
Emma Curtis Hopkins

*We call a firm mind "Faith."* Emma Curtis Hopkins

*God can be realized by true faith alone.* Sri Ramakrishna

*Faith does not depend on physical facts, or on the evidence of the senses, because it is born of intuition, or the Spirit of truth ever living at the center of our being. Its action is infinitely higher than that of intellectual conclusions; it is founded on Truth.* H. Emilie Cady

*For grace you have been saved through faith. And this is not your own doing, it is the gift of God.* Ephesians 2:8

*In order to have faith, we must have a conviction that all is well. In order to keep faith, we must allow nothing to enter our thought which will weaken this conviction. Faith is built up from belief, acceptance and trust. Whenever*

*anything enters our thought which destroys, in any degree, one of these attitudes, to that extent faith is weakened. Our mind must be steady in its conviction that our life is some part of God, and that the Spirit is incarnated in us.* Dr. Ernest Holmes

*When Jesus explained to his disciples that they had failed to heal because of lack of faith, they protested that they did have faith **in** God. Jesus explained to them that this was insufficient; they must have the faith **of** God.*  
Dr. Ernest Holmes

This last quote by Dr. Holmes is my favorite: the faith *of* God instead of the faith *in* God. Faith *in* implies separation. That there is a separate entity named God that isn't a part of creation. The faith *of* God is the knowing that ALL is GOD/ ALL is SPIRIT and that the return to (which is the definition of repent) The One and coming FROM Its qualities– Love, Peace, Wholeness, Joy, etc. that reside within us. This is a practice.

Faith begins as a desire. Once cultivated and nurtured it begins to take on the characteristics of certainty. When moved into certainty it grows energetic legs and movement happens. Faith moves us from concept into becoming.

When I have difficulty accessing Faith, I enter into silence and ask that Faith be revealed to me and I wait. If I go for more than one week I contact my spiritual practitioner and prayer partner for prayer to open me even just a bit to the energy of Faith. If after two weeks I am still unable to tap into the reservoir of Faith then I may read or watch movies about entrepreneurs or leaders who have deepened their faith through trial or desire to deepen and I borrow theirs.

How crazy can it seem that tangible forms have their origin in the Invisible? All ideas are born out of that which is not seen and then brought into physical, visible, form through someone's belief in them. Creations are solutions. I was blessed to be the daughter of a patent attorney. I would go into his office and see new creations lying around awaiting their patent. It was cool. Diapers with new flaps, crutches that bend, potions and lotions; it was exciting. Individuals had dreams and invested their physical, emotional, and financial resources in bringing them forward. Faith is necessary every step of the way. What do you have Faith in? Where does your faith come from?

Affirmations:

Everything works together for my highest Good. I stand firm in the Faith of God.

Faith is my access to the Substance of God. I honor, cherish, and develop It.

As Jesus said mountains could be moved with Faith, I live the Faith today of having already moved the mountains. I am loved. I am cherished.

Additional Resources:

[The Twelve Powers of Man](#), Charles Fillmore

[Lessons in Truth](#), H. Emilie Cady

[How to Develop Faith that Heals](#), Fenwicke Holmes

## Freedom

*Live as people who are free, not using your freedom as a cover-up for evil, but living as servants of God. 1 Peter 2:16*

*And you will know the truth, and the truth will set you free. John 8:32*

*Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. 2 Corinthians 3:17*

*True freedom – true liberty – has something cosmic behind it. If the time has come that modern science has proved that we cannot move a piece of paper without changing the balance of the entire physical universe; if we have come to the place where we know that the stuff of which our physical bodies are made is the same stuff of which the planets are made; if we have come to the place where such a profound unity is maintained that physicists believe there is no such thing as disunity in the physical world; then we can easily see what the great spiritual leaders of the ages meant when they told us that greater unity in which we all live and move and have our being, and that the idea of freedom itself is tied up with the true concept of the unity of good.*

Dr. Ernest Holmes

*People suffer because they are caught in their views. As soon as we release those views, we are free and we don't suffer anymore. Thich Nhat Hanh*

Freedom can be seen as “free from” something or a state of consciousness without restriction. If I attach a “free from” I would say the State of Spirit/Grace is free from karma or from an assigned thought pattern we continue to live out over and over again.

Awakened consciousness allows one to create from a space other than habit and pattern. It is a state from which one can truly be free to create new. Without awareness one tends to marry the same spouse over and over again;

work for the same boss over and over again; and, be used by addictive patterns of thought and behavior.

Truth is what sets us free. It is the Truth that there is One Presence that is Good and wants the best for me. It is my willingness to live out this Truth in my relationship to myself and with others. Truth meaning ability to connect with and operate out of the Only One there is which isn't a thing but a Field of Love. This freedom is being of service from God to God.

To the unaware mind, this doesn't appear to be a form of freedom as it eliminates numerous options of unskilled behavior. However, to the seeker of Truth the ultimate freedom is Obedience to the inner calling of Being and expressing Love.

Meditating upon the quality of Freedom cultivates an inner desire to heal any perceived wounds or forgive any thoughts of enemies, which ultimately exist within one's perception.

What does it mean to you to feel free? Where does Freedom exist within you? If you knew you were free and without restriction, what would you do that you aren't doing now? What can you do today that reminds you of the freedom you are? If your family holds a story within it that is grounded in enslavement or diminishment, how will you allow the energy of that story to remain in the past? How will you move forward in freedom without the temptation of honoring the past by being dragged into it? How does God as freedom appear in your life?

Affirmations:

I free myself from the attachment to trauma, drama, and pain. I am free to express, grow, love, and be me.

God is the freedom through which I live, move, and have my being.

I was born free. I free myself, my ancestors, and my future offspring from any beliefs in shackled living. I am free now. I have always been free.

Additional Resources:

[Forgive Your Way to Freedom](#), Rev. Bonnie Barnard

[Freedom from the Known](#), Jiddu Krishnamurti

[Fearless Living: Live without Excuses and Love without Regret](#), Rhonda  
Britten

[Spiritual Liberation: Fulfilling Your Soul's Potential](#), Rev. Dr. Michael  
Beckwith

[The Four Agreements: A Practical Guide to Personal Freedom](#), Don Miguel  
Ruiz

Pray for your enemies to have all of the good you could ever desire for  
yourself.

## Good

*And God saw all that he made, and behold, it was very good. Genesis 1:31*

*Finally brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things. Philippians 4:8*

*But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. Galatians 5: 22-23*

*If you wish to know the truth about your business or your profession, know that it is an activity of good. It is an activity of your partnership with the infinite. Dr. Ernest Holmes*

*God is good from the start. You don't have to win Any Presence or power over or convince any one. God is already convinced. The answer to prayer is not out there somewhere. It is in the mental attitude of the one who prays. We always assume the goodness of God as the starting point. Dr. Ernest Holmes*

*Spirituality is natural goodness. God is not a person; God is a presence personified in us. Spirituality is not a thing; it is the atmosphere of God's Presence, goodness, truth and beauty. Dr. Ernest Holmes*

*On rare and wonderful occasions sincere thinkers have heard the voice. It never tells anything but good. It never tells of weakness. It always tells of strength. It never tells of approaching death, It tells how to live. It never speaks of misfortune ahead of us. It always tells of what move to make or what business to begin or pursue to be prosperous. Emma Curtis Hopkins*

*The only cause for evil is the idea of absence. That is all the evil there is. The belief of apartness from Good is the foundation of the word evil. The idea of absence of Good had to be called something, so it was called evil. Ideas always make conditions. Thus the idea of absence, being named evil, finally made a host of phantoms, called evils. Emma Curtis Hopkins*



I first heard of God as Good through the writings of Emma Curtis Hopkins. Good meaning there is an Omnipresent Good without an opposite. This is worth every moment of contemplation. Allow the Mind to sync up with this powerful Truth. God is All there is. It is Good. The only evil that exists is a perception in one's mind by believing in the absence of Infinite Good.

Once contemplating upon this notion of a Benevolent God who isn't out to punish and harm, then an internal softening takes place, as there is nothing to defend against.

Emma says there is a Good for me and I ought to have it. She continues on in her writing to say that the Good I seek is seeking me. This is congruent with the teaching that who I am in consciousness is out-pictured through a corresponding resonant Law.

The New Thought movement was built on the premise of the Good of God. The idea of anything contrary, such as a devil or evil in operation comes from one's belief in the *absence* of Good. God is Presence, so to believe in absence would be to believe in something other than The Divine Only.

Knowing the Good of God promotes Freedom, Creativity, Joy, and Self Expression.

How can you access the Energy of the Good of God without dragging into it the trained belief in its opposite: bad? Can you call it Divine Good, Eternal Good, Infinite Good? Can you spell it like I do, Go(o)d? When you

Speak it, can you see or feel the Presence so it anchors as being eternal?  
When you contemplate God as the Good that always is without opposite; then when you judge something as bad what does that mean? Can you shift bad to a preference? Judgment wreaks havoc on the Soul. Discernment is “this is right for me, this action is wrong for me” and feels certain. This feeling tone is different than “they are good, they are bad, I am right, they are wrong.”  
Discernment is clean. It feels light in the body.

Once you tap into the energy of the Good of God, then notice how that colors and informs your life. Doesn't good mean beneficial? If God is beneficial; then what is your benefit to humankind? Are you willing to be a benefit or value to all of humanity? This idea doesn't come from earning anything. You have already won. You have been given life. This question comes from; I've won. My life is Good. Now what is mine to do.

Affirmations:

Good is not a throw away word. It is a power without opposite. I am born of this Good, I express this Good, I deepen into this Good. I accept this Good as who I am.

I am the Good of God.

I see, know, experience and act from Good. I trust it as the very core of my being and everyone else's being. Life is Good.

Additional Resources:

[A Year of Go\(o\)d: Daily Lessons for a Mystic in Training](#), Rev. Bonnie Barnard  
[Scientific Christian Mental Practices](#), Emma Curtis Hopkins

## Grace

*According to the grace of God given to me, like a skilled master I lay a foundation, and someone else is building upon it. Let each one take care how he builds upon it.*

I Corinthians 3:10

*And God will supply all of our needs. This is a beautiful thought: that we are fed from the table of the Universe, Whose board is ever spread with blessedness and peace; Whose loving-kindness has never been fathomed; Whose grace and truth are the cornerstone of Reality.* Dr. Ernest Holmes

*Three thousand times more than you could expect of mercifulness and gracefulness. Every way you turn, rearward, forward, to right, to left, angels on angels working your miracles for you. Did you ever expect one blessing but have two instead? That was free grace. The thief on the cross asked only for one thought, and he got all heaven. This was free grace. Something wrought an easy victory for Jacob. That was free grace. How often Jesus taught that something would go before me, plead my cause and defend me. This is free grace. How much he said about my doing nothing, for something stood ready to break through my life with miracle-working in my behalf. This is free grace.*

Emma Curtis Hopkins

*Grace is not something that is given to us or withheld from us. Grace is a state of being which comes into active expression the moment consciousness has been purified, just as the law of gravity comes into operation when an object is dropped. The law of gravity is always present and in operation, but nothing happens until an object is released. Divine Grace is forever present in our consciousness, but it cannot operate, that is, It cannot manifest or express in the presence of fear or hate. It cannot exist side by side with the belief of a selfhood apart from God or an activity or substance or law apart from good.*

Joel Goldsmith

*The personal, physical, existential me is nothing except the Grace of God. It is only through this Grace that "I" (the individual me) exist at all.*

Richard Moss, MD

*A state of sanctification (growing in Divine Grace) enjoyed through divine grace.* Webster's Dictionary

As one has a direct experience of the Outpouring Love of God an internal shift happens. There is an innate desire to pour forth Love without being judgmental or stingy. Forgiveness is practicing the giving-forth of God's Grace to oneself and others.

Grace is the awareness that I of myself cannot and do not live. It is the Presence within me that lives me and at any moment this experience called embodied life in this time and space can come to an end. This awakened state provides a sweetness of Being; an appreciation for life and a willingness to be used by It.

The practice of giving forth Grace creates an inner mental spaciousness expanding one's mental equivalent of Good leading to healing, joy, and satisfaction. God's Good becomes more Real and evident as one gives forth more of the Grace of God. Another way of saying this is, if I don't block the already existing Grace of God that is the very fabric of my Being, It naturally operates through me. I become an outlet for Grace.

For today, contemplate the idea that your life is on loan. It is a Grace-filled experience. You are given life. The Life is alive today as you. Life is an act of Grace. How do you translate this into graciousness? How do you give life or encourage aliveness within others? How do you enhance? How do you practice Grace?

Affirmations:

Divine Grace is present in my consciousness for It is who I am. I am the Grace of God.

I am alive today due to the Grace of God. I live my day expressing this Grace. I leave the world energetically and physically better because of Grace.

I invite Grace into my life today. I live from It as the anchor of my life. Grace is the way and I freely give It.

Additional Resources:

[Living by Grace: The Path to Inner Discovery](#), Joel Goldsmith

[Seven Thousand Ways to Listen: Staying Close to What is Sacred](#), Mark Nepo

[Illuminated Prayers](#), Marianne Williamson

[Grace and Grit: Spirituality and Healing in the Life and Death of Treya Killam](#)

[Wilbur](#), Ken Wilbur

[Everyday Grace](#), Marianne Williamson

[Fierce Grace](#) DVD by Ram Dass

## Harmony

*Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony. Colossians 3:12-14*

*Complete my joy by being of the same mind, having the same love, being in full accord and of one mind. Philippians 2:2*

*For all problems of existence are essentially problems of harmony. They arise from the perception of an unsolved discord and the instinct of an undiscovered agreement or unity. To rest content with an unsolved discord is possible for the practical and more animal part of man, but impossible for his fully awakened mind, and usually even his practical parts only escape from the general necessity either by shutting out the problem or by accepting a rough, utilitarian and unilluminated compromise. For essentially, all Nature seeks a harmony, life and matter in their own sphere as much as mind in the arrangement of its perceptions. Sri Aurobindo*

*We believe the ultimate goal of life to be a complete freedom from all discord of every nature, and that this goal is sure to be attained by all. Dr. Ernest Holmes*

*Today I seek the Divine pattern at the center of my own being. Affirming its reality, I permit its essence to flow through me. Claiming it as my very own, I embrace it. Believing in its beauty, I sense its harmony. Dr. Ernest Holmes*

*Impermanence is a principle of harmony. When we don't struggle against it, we are in harmony with reality. Pema Chodron*

Harmony is the allowance of God to operate in, through and as your own life. It is the expressive nature of God as self. It is this for everyone.

The opposite of harmony is discord. The Presence is not discordant. It does not operate against Itself. It is NOT competition, hoarding, hiding, and putting up boundaries as a defensive measure.

It is the collaborative, fluid nature of Trust in Right Action and expression for all beings. It is the recognition that as I am of The One, so too is the Other. It is an energy of shared value; diminishing or exalting no one.

Affirmative Prayer and contemplation with Qualities of God are the practices I have used for aligning and surrendering self to Self until Self takes over and I still continue practicing. The beauty of God as Infinite is that the depth of Qualities are without end. There is always a greater capacity to express Love, Peace, Joy, Harmony, and Beauty. The energy becomes more subtle and the vision more keen.

Think about what a group of people singing out of sync or off key sound like. Feel that for a moment. Contrast this with a choir in alignment with each other. Discordancy actually hurts or distorts the energy body. It is jarring. Harmony, on the other hand, feels good, uplifts, inspires, and heals. Good music heals the body. How are you in your daily interactions? When you order your tea at the coffee shop, do you leave the transaction with more resonance between you and the salesperson? Or do you dump on them leaving them with the responsibility of cleaning up your psychic mess? How do you demonstrate harmony? How do you remain harmonious within yourself? Meditation and body movement are two ways I remain harmonious within myself.

Affirmations:

My life represents the harmony of the Living God. That which appears to be discord is a message from Me to me saying "Wake up, God is here too."

Conflict is the belief in duality. I am called to say Yes to something and No to something else. I trust my Divine guidance in this.

I am in harmony with the Nature of God. I am the nature of God and I am harmonious.

Additional Resources:

[Affirmative Prayer: Becoming Your Own Answered Prayer](#), Rev. Dr. Bonnie Barnard

[Biography of a Yogi](#), Paramhansa Yogananda

[This Thing Called You](#), Dr. Ernest Holmes

[The Art of Building Harmonious Community](#), Thich Nhat Hanh

[The Science of Getting Rich](#), Wallace Wattles (great section on collaboration)

[After the Ecstasy, the Laundry: How the Heart Grows Wise on the Spiritual Path](#), Jack Kornfield



## Health

*He heals the brokenhearted and binds up their wounds. Psalm 147:3*

*And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. James 5:15*

*More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope. Romans 5:3-4*

*Now Simon's mother-in-law lay ill with a fever, and immediately they told him about her. And he came and took her by the hand and lifted her up, and the fever left her, and she began to serve them. Mark 1: 30-31*

*Jesus did not make the law of health when He healed the multitudes; He simply called it into expression by getting it recognized by those who had disregarded its existence. Charles Fillmore*

*The spiritual man needs no healing, health is an omnipresent reality, and when the obstructions that hinder healing are removed, it will be found that health was there all the time. So in your work, do not feel that you must heal anyone. Your only responsibility is to uncover the Truth.*  
Dr. Ernest Holmes writing to prayer practitioners

As I sit with the Bible verse suggesting that we rejoice in our sufferings, what I know is that this is the magic of healing. In everything we are to rejoice or bring forth Joy. Joy is a quality of God, as is Love, and by Its very nature is healing. The consciousness of God within is the Life Force that returns that which is out of alignment into Wholeness or into a greater expression of being.

I'm simultaneously keenly aware of the power of forgiveness in healing. When I have experienced sickness I am inspired, uplifted, and fed by reading stories of healing that took place after significant forgiveness. I have

tracked my own stories of releasing stuck energies and shifting the body from the practice of forgiveness, or giving forth grace to myself and to others.

In metaphysics there isn't much talk about emotions. In fact, in most literature emotions are pretty much ignored. It wasn't until recently that I picked up the book *Letters of the Scattered Brotherhood* where I read the definition of the devils was emotions. Emotions were also called passions and seemingly lead men and women away from God and into a realm of trouble. I have a different take on emotions and emotional health.

There is a direct link between one's thought and one's emotions. When one thinks, "snake" one has the emotional reaction of fear; as though a snake is present. When one thinks another doesn't like them; one may emote loneliness or timidity. When one thinks enemy; they emote defensiveness.

In metaphysics the idea of focusing on Truth and away from emotions is the solution to full living. However, for me, it turned into a mess of suppression. It wasn't until I brought the God quality of Love to all of my emotional states did I experience emotional and physical healing. One by one I felt my suppressed and newly discovered emotions welcoming them as a mother would a newborn baby. Curious and gentle I experienced each one with the awe of creation. This honoring, for me, was another form of forgiveness or giving forth Grace. I had come to know that All is God and All is Good therefore emotions and even my physical state of illness must in some way be Good. Realizing this removed the sting of judgment from myself and shifts began happening.

True healing takes place when one is One. The consciousness of sickness tends to disintegrate in this state. Sickness can be a gateway into new consciousness as one is ready to surrender their idea of life into a commitment to live with no holding back or need for egoic reinforcement.

When speaking of healing the question of death tends to arise. Is death a sign that healing or Wholeness did not take place? This question comes from the human domain that believes in a stopping or end point in life. The Spirit Being knows that Life is eternal and that being in body is one aspect of living. Our culture aligns death with loss and with punishment. The ultimate punishment we bestow upon someone who committed a crime is the penalty of death. Death is seen as a failure through the medical mind and model. However, from the perspective of Eternal Life death is a shedding of the body and a continuation of Life to more Life. The highest form of healing may be the shedding of the body.

When one contemplates Health they inevitably meet Wholeness.

Emma Curtis Hopkins writes in all of her work “there is no sickness.” For decades I was willing to believe that God is everything; All; and beneficial and yet I could not give up the belief in sickness. I see it everyday. I experience it several times a year, myself. I refuse to believe that anyone does sickness to himself or herself as a pattern. And then I opened to be willing to see this. I decided that in committing myself fully to God I would commit to knowing God as deeply as I could in this lifetime. In doing so, I wanted to see behind the veil of thought in to the realm where sickness didn’t exist. Wow, was I caught up short. I learned a lot. I saw how heavily

invested we are as a culture in sickness. The amount of money made by the belief in it encourages a culture, not of wellness, but of victimhood and illness. I saw the dense matrix or web of doctors, hospitals, medications, alternatives, manufactured dead/chemical-laden food, loneliness, helpless, etc. etc.

I had worked with many sick people over the years as a prayer practitioner. I noticed how prevalent illness was in those who had poor boundaries. I saw clients who felt they were irreplaceable at their work and couldn't ask for or took a day off of work felt entitled and almost martyred to be at home sick for extended periods of time. Sickness became to them an excusable way to say "no." And often when they got sick, they blamed their work for their sickness because after all, "it" wore them out. When I pointed this pattern out to clients they became awake to their choices and they began saying yes and no; noticing a rapid diminishment in sickness. I began wondering, if sick days weren't an option and employers simply days off to be used in any way desired; how little people may become ill. I don't know. There is a lot I don't know. What I do know is that prayer is powerful in the healing of sickness, spontaneous and miracle healings happen often, and in the Bible, the presence of Jesus heals all of the time. And he said we could do more than he did.

So, are you willing to believe in the power of Wholeness? Should you become sick, are you willing to not blame conditions such as another person for making you sick or an allergic reaction to something outside of yourself? Are you willing to just be with what is and love it? I discovered when I stopped blaming and simply loved myself healing could happen very quickly.

Are you willing to just imagine there could be another Reality, a bigger Reality that is in support of you and IS your wellbeing? Play with ideas beyond your scope of understanding this moment. Play with the idea of Wholeness.

Affirmations:

I was created out of Wholeness. I am every bit Whole.

How would I act today in this situation if I trusted my Wholeness?

Wholeness feels so Good in my body. It allows and welcomes all sensations while keeping my heart opened to and mind focused upon God.

I am willing to believe more in Wholeness than I am in the paradigm of sick and broken?

Additional Resources:

[The Dynamic Laws of Health](#), Catherine Ponder

[Perfect Health: The Complete Mind/Body Guide](#), Deepak Chopra, M.D.

[Return to Wholeness: A Holistic Guide to Embracing Body, Mind and Spirit in the Face of Cancer](#), Deepak Chopra, M.D.

[The Quimby Manuscripts](#), Horatio Dresser

[You Can Heal Your Life](#), Louise Hay

[The Black Butterfly: An Invitation to Radical Aliveness](#), Richard Moss, MD

[Inside Out Healing: Transforming Your Life Through the Power of the Presence](#), Richard Moss, MD

[The Anatomy of Spirit: The Seven Stages of Power and Healing](#), Caroline Myss

## Infinite

*Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth, He will not grow tired or weary and his understanding no one can fathom. Isaiah 40:28*

*God said, 'Never will I leave you; never will I forsake you.' Hebrews 13:5*

*I am the Alpha and the Omega, says the Lord God, who is and who was, and who is to come. The Almighty. Revelation 1:8*

*And the dust returns to the earth as it was, and the spirit returns to God who gave it. Ecclesiastes 12:7*

*The valley spirit, undying Is called the Mystic Female. The gate of the Mystic Female Is called the root of Heaven and Earth. It flows continuously, barely perceptible. Utilize it; it is never exhausted. Tao Te Ching Chapter 6*

*Brahman is Existence, Consciousness, Infinitude. Taitt. Upanishad II. 1.*

*That which is Infinitude is Bliss and Immortality." Chh. Upanishad VII. 23, 24.*

*The Divine Mind is Infinite. It contains all knowledge and wisdom, but before It can reveal Its secretes, It must have an outlet. Dr. Ernest Holmes*

*No limit can be placed upon the spirit of man. It merges with the Universal Spirit for the two are really One. God is in us as we are in God—the same essence, the degree apparently different. The one finite and the other Infinite, and since the Infinite cannot come from the finite, it follows that the finite must come from the Infinite—a little circle within the big circle. Dr. Ernest Holmes*

Although our human mind cannot really comprehend the Infinite Nature of God; Higher States of Consciousness provide us with a taste of that which is Infinite. A taste is often enough to awaken within us the knowing of the Infinite Nature of Life Itself.

I find it comforting to know there exists a Benevolent Presence living within me that is Eternal in nature. It allows the background or the climate of my mind to be one of Faith and apparent discord to be invitations or initiations into a greater expression of Divine Love.

As my consciousness resonates to the Infinite within the now moment; insecurities, self-consciousness, and agitations don't have a room to take up occupancy. The Mind is fully sparse.

The story of Jesus' life is the story of the consciousness of Oneness. "The Father and I are one." The resurrection is the story of the demonstration of Eternal Life.

How do you live from out the knowing that God is Infinite as you? How do you experience the never exhausted, always ready creative presence within? Do you meditate and connect with this Presence in silence? Do you experience it during a shared breathe or lucid moment with another? Do synchronicities somehow play into this Infinite Self? How about dreams? What if you contemplate that which amazes you in form and realize, then, that God is more than this?

Affirmations:

That which is Infinite has Its home within me.

What is there to be afraid of, knowing that Life Itself is Infinite?

I am alive at this very Infinite moment. I am awake to this, now.

Additional Resources:

[Embraced by The Light](#), Betty J. Eadie

[The Power of Now: A Guide to Spiritual Enlightenment](#), Eckhart Tolle  
[Who Dies?: An Investigation of Conscious Living and Conscious Dying](#),  
Stephen and Ondrea Levine  
[Dying to Be Me: My Journey from Cancer, to Near Death, to True Healing](#),  
Anita Moorjani



## Innocence (Purity)

*Do all things without grumbling or questioning, that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation, among whom you shine as lights in the world, holding fast to the word of life, so that in the day of Christ I may be proud that I did not run in vain or labor in vain. Philippians 2: 14-16*

*Return to the state of the infant. Tao Te Ching, Chapter 28*

*In scripture, the divine life is termed the Lamb of God. This carries the symbology of its purity, innocence, and guilelessness. Its nature is to vivify, with perpetual life, all things that it touches. It knows only to give, to give unceasingly and eternally without restraint. It does not include wisdom, which is another quality of Being, that man comprehends with a different part of his consciousness. Charles Fillmore*

*"The pure in heart shall see God." Can we ever see God? Is there any news of Heaven other than that which comes through our own thought, or through the thought of another? **Who thinks purity sees it**, and is beholding God...The pure in heart not only **shall** see God, but **do** see God. Dr. Ernest Holmes*

When I first began studying Consciousness, a teacher of mine pulled out a plastic Play-Doh shape maker. There was a sliding ruler in front of the device with various shapes on it. There was a star, circle, square and several others. The Play-Doh was inserted into the plastic contraption and as she pressed the lever the Play-Doh took the shape of the given shape. She went on to say that this is how Consciousness operates or works. The All expresses through our understanding of God/Life to create in form a reflection back to us of our current state of understanding.

Innocence is an aspect of God. From this Quality I know there are no sins and no mistakes made. There is no right and wrong. Right and wrong

thinking is a function of the realm of opinion. When I or another act from a place less than innocent, I know the programmed self, or the ego, has stepped in and is in operation. The opportunity is to see beyond the behavior to the Innate Innocence of God. This is not to say there aren't consequences to behavior. There is. Dr. Ernest Holmes says "we are punished by our sins, not for them." Meaning the energy of operating out of less than God Consciousness leaves in its wake its own residue we contend with until we have a Realization or insight which carries with it the energy of Grace and Freedom.

One of the most insidious thought patterns to release, soften, or transform is that of judgment. The practice of judging is seated in the center of the belief in duality. When I am tempted to make another or myself wrong I pull the energy of judgment back into my body and sit with the energy of Innocence. Innocence has its own transformative energy. I need to do nothing but open to it.

What if today you were to practice non-judgment? How would you do this? Maybe you would imagine you were in the other's shoes. Or, maybe you instead of making someone or something wrong you could say to yourself, "That isn't wrong. That isn't for me." Sit in choice instead of judgment. Now imagine if NOTHING was wrong but instead were cultural agreements as to what is preferred. Could you play with this concept today? And, what if you were to mind your own business and place your attention upon your life, your reaction, your own choices. How much energy could you reclaim if you weren't the police of everyone?

Affirmations:

I fired myself from policing other people's actions. I approach each person I meet with Grace and spaciousness today. Everyone is doing their best. I trust the energy of Innocence.

I come from Innocence. I always practice my Highest and Best.

Today I meet everyone with the energy of Innocence and enjoy them. Life is Good.

Additional References:

[Return to Love: Reflections on the Principles of a "Course in Miracles"](#),

Marianne Williamson

## **Intelligence (Understanding, Omniscience)**

*I am guided by the same intelligence and inspired by the same imagination which scatters the moon beams across the waves and holds the forces of nature in it's grasp.* Dr. Ernest Holmes

*Infinite Intelligence responds to us by a direct impartation of Itself through us.*  
Dr. Ernest Holmes

*Knowledge is in the past ... therefore it is not real.* J. Krishnamurti

*It is plain then that the Cosmic Consciousness is Intelli-gence: for it acts by thought; it is Life, for all life is derived from it: it is Wisdom, for wisdom is harmonious action; and Spirit, as One, cannot know friction from another Will: it is therefore Harmony: It is Beauty, for beauty is merely the orderly arrange-ment of parts: It is Love, for love is the unity of kindred things: It is all that man calls "good."* Fenwicke Holmes

*We see, then, that the livingness of Life consists in intelligence—in other words, in the power of Thought; and we may therefore say that the distinctive quality of spirit is Thought, and, as the opposite to this, we may say the distinctive quality of matter is form.* Thomas Troward

*Thomas represents the understanding power of man. He is called the doubter because he wants to know about everything. Thomas is in the front brain, and his collaborator, Matthew, the will, occupies the same brain area. These two faculties are jointly in occupation of this part of the "**promised land.**"*  
Charles Fillmore

*Intuition, judgment, wisdom, justice, discernment, pure knowing, and profound understanding are natural to man. All these qualities, and many more, belong to every one of us by and through his divine sonship. "**I said, Ye are gods, and all of you sons of the Most High!**" the Christ proclaims in us all.*  
Charles Fillmore

As I cleaned up my emotional suppression by inviting the energy back into Its original state of Love, something powerful began to happen. I was

able to differentiate between emotions and feelings. Emotions are related to thought and feelings are born out of the Intelligence of God. I would feel and know. I would feel guidance. Feeling became an integral part of my relationship with The Presence. This feeling tone as well as knowing is often referred to as intuition; a way God speaks to an individual.

During this time I reached out to author and spiritual teacher Sophy Burnham who shared with me that her intuition opened once she felt all of her emotions and embraced her dimensional self.

My first conscious feeling was that of “welling up.” I would experience the Joy of God welling up inside of me separate from any thought, idea, or circumstance. I found myself giddy, laughing and entering into unplanned ecstatic states.

Intelligence can also come in form of direct knowing, when I know because I do in the moment. Or, it can come through downloads when I receive large packets of information arriving simultaneously. It can show up through seeing multi-dimensionally as well as hearing internal voices/thought.

I love the above quote by Krishnamurti reminding me that Intelligence is not knowledge. Knowledge is gained or gathered information; meaning it existed in the linear past. Intelligence is an active, lively energy that lives within the present moment. It is new. Often referred to as a revelation or insight.

Prayer and asking creates a welcoming field for ideas and information to be download to us.

What if you knew that you had access to all of the Intelligence in the Universe? What if you practiced listening to your inner guidance when you ask yourself a question? What if you trusted yourself? Isn't it fascinating that you can tap into and listen to the wisdom of those who came before you and those who will come after you? Isn't it fascinating that there are multiple dimensions in the Universe and the unseen finds ways, at times, to be seen even by the greatest non-believer? Are you willing to receive and act upon the Intelligence of The One?

Affirmations:

Knowing the Intelligence of God lives within me is like knowing I have access 24/7 to an Internet within.

All ideas exist within the Universe. I am tapped in and turned on.

Only the Highest and Greatest wisdom comes to and through me. It is all I am interested in.

Additional Resources:

[The Intuitive Spark: Bringing Intuition Home to Your child, Your Family, and You](#), Sonia Choquette

[The Psychic Pathway: A Workbook for Reawakening the Voice of Your Soul](#), Sonia Choquette

[The Art of Intuition: Cultivating Your Inner Wisdom](#), Sophy Burnham

[The Intuitive Body: Discovering the Wisdom of Conscious Embodiment and Aikido](#), Wendy Palmer

[The Awakening of Intelligence](#), Jiddu Krishnamurti

[The Edinburgh Lectures on Mental Science](#), Thomas Troward

Horseback Riding Lessons and/or Dance Lessons where the visceral experience of leading and following are developed.

YouTube video with Julia Cameron:

<http://www.goodreads.com/videos/12035-julia-cameron-speaks-to-timothy-becker---next-to-normal---a-documentary>

## **Joy (Satisfaction, Contentment, Happiness)**

*Count it all joy, my brothers, when you meet trials of various kind. James 1:2*

*Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full. John 16:24*

*Rejoice always. 1 Thessalonians 5:16*

*For you are our glory and joy. 1 Thessalonians 2:20*

*Unspeakable joy, glory, and eternal life are promised to those who with unselfish devotion strive to develop the Son of God consciousness.  
Charles Fillmore*

*If the spirit is real it is joy in essence, it is peace and faith. Now faith, divine faith, is an illumined state, it challenges everything mortal with a confident joy.  
Mary Strong*

*Those who know contentment are wealthy. Tao Te Ching, Chapter 33*

*There is no crime greater than greed. No disaster greater than discontentment. No fault greater than avarice. Thus the satisfaction of contentment is the lasting satisfaction. Tao Te Ching, Chapter 46*

*But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. Galatians 5: 22-23*

*I will drink vitality from the golden fountains of sunshine; I will drink peace from the silver fountain of mooned nights; I will drink Thy power from the mighty cup of the wind; I will drink Thy consciousness as joy and bliss from all the little cups of my thoughts. Paramahansa Yogananda*

*To assert our individuality is to rise above the law of averages into the more highly specialized use of the Law which rings freedom rather than bondage, joy in the place of grief and wholeness instead of sickness. Dr. Ernest Holmes*



*I AM the power of Song—Joyous Song that steals in unquenchable smiling through the universe. I AM the Eternal Smile. As I shed my Self through the atoms and through the globes, they sing. I AM the joyous song, unquenchable, unhinderable forever. No other sound but singing, no other voice but joy is heard from this day forth. I AM the inspiring joy of my world forever. This is my ministry. I think this—I speak this—I write this—I live this. There is joy beyond ecstasy. I AM that joy.* Emma Curtis Hopkins

There is a relationship between Joy, Light, and Health. The energy of Joy is buoyant and free of burden. Jesus said, “for my yoke is easy and my burden is light.” This is the power of Joy.

Now I know that in the physical world in which we live there is a lot of pain, heartache, grief, and people acting out of their unhealed patterns harming themselves and others. I also know that trauma leaves internal self splinters that until satiated with Love, continues to behave in erratic and destructive ways.

Joy appears to the unconscious mind as frivolous and not necessary. To the awakened mind, Joy is manna from heaven; food from God and an essential ingredient to living from Spirit. Those who have forgotten their innocence require Joy in their presence for no other reason than to experience a resonance different than their own. There is strength in Joy. There is fortitude in Joy. There is Life in Joy. All of these aspects are required for healing the emotional and physical bodies.

Until we have a direct experience of Joy, second hand or residual Joy is helpful. Dr. Norman Cousins found laughter a natural form of healing. Our

environment matters. Changing one's physical environment is known to shift the mental atmosphere.

Gratitude is a natural outpouring of Joy. Practicing gratitude, like laughter, is a way of priming the pump toward an opening of Joy to become the activated set point of Spirit within.

What could your life be like if you trusted yourself to Joy? What if you followed the inner feelings of lightness and laughter? What if you allowed what used to be heavy and scary to be held from a lighter space within you? What if you were created to be an ambassador of Joy? What if you could allow yourself and others to have the perfect emotional experience, while you lived the Quality of Joy.

Affirmations:

The Joy of God is my set point.

I work for channel J.O.Y. My broadcast represents the Highest of God.

I do not need to ignore my emotional states. Joy is vast enough to receive them all.

Additional Resources:

[The Art of Happiness: A Handbook for Living](#), Dalai Lama on Happiness  
[The How of Happiness: A New Approach to Getting the Life You Want](#), Sonja Lyubomirsky  
[The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles](#), Bruce Lipton  
[Matrix Energetics: The Science and Art of Transformation](#), Dr. Richard Bartlett

YouTube video on Matrix Energetics:

<https://www.youtube.com/watch?v=qrRuUQeo4Eo>

Watching videos of the Dalai Lama

[\*Stress Free with Deepak Chopra\*](#): (Meditations)

## **Life** **(Life Force, Zeal, Current, Aliveness)**

*I have come that you may have life and have it more abundantly. John 10:10*

*The life appeared; we have seen it and testify to it, and we proclaim to you the eternal life, which was with the Father and has appeared to us. 1 John 1:2*

*For whomever wills to save his life will lose it and whoever will lose his life for me will find it. Matthew 16:25*

*It is better to live your own destiny imperfectly than to live an imitation of somebody else's **life** with perfection. Bhagavad Gita*

*Life is all there is; it is the reason for all that we see, hear, feel – all that we experience in any way. Now nothing from nothing leaves nothing, and it is impossible for something to proceed from nothing. Since something is, that from which it came all must be all that is. Life, then, is all that there is. Everything comes from it, ourselves included. Dr. Ernest Holmes*

*Since there is but One Life present everywhere, I must be in that Life and of It, and It must flow through me. It must be what I am, therefore I accept this Omnipresence as something real, definite, immediate. Dr. Ernest Holmes*

*Life is a fundamental factor in all existence. The most vital word in any or all languages is "life." Without life there could be no existence. In man's estimation life is so great a thing that he often uses the word "living" as representing all existence. But life is not all of existence. Love, substance, power, intelligence, these all play their part; and above all is man, spiritual man. Charles Fillmore*

*Life is movement. The more life there is, the more flexibility there is. The more fluid you are, the more you are alive. Arnaud Desjardins*

*Father, teach me to reclaim my birthright that I may live as an immortal.  
Paramahanda Yogananda*

Silent meditation and awareness has been the best way for me to feel the surrounding energy of the Life Force I live within. In silent meditation I

invite myself to feel the Field that surrounds me. As I feel space without, space opens within. This often, although not always, creates a buzzing feeling on my skin.

Feeling my feelings and paying attention to my pulsing blood and the breath that breathes me has allowed me to feel the inner presence of The One Life. And being in communion with others has provided me the opportunity to experience the One Shared Field of Grace.

There is a great contrast between existing, making it through life, and being at the effect of circumstances and others than to be in the Direct Flow of The Living Source. This is where the present moment is so important. God, The Presence resides within the present.

The Life Force is also known as a “current” for it moves within and through all Life. Interestingly, the word “current” shares the root of “currency” which represents in our culture money or wealth. Being One with the Current, as the Current aligns with the concept of flow from Within Out and Without In and Between. Being is the foundation of spiritual living.

What if you allowed yourself to REALLY be alive? To live a full, prosperous, loving life? What if were to evaluate yourself not from how much you weigh or how much money you have or who your friends are; but instead you evaluated yourself from the extend that you lived for the day? What would you measure? How would you determine this? What if being alive was the purpose of your life? What would your relationship be like with food? How might you invest your time and resources differently?

Affirmations:

I am alive.

Today I live my life as though I knew how being alive feels.

I give myself permission to color outside the lines today and follow my own inspiration.

Additional Resources:

[This Thing Called Life](#), Dr. Ernest Holmes

[The Seat of the Soul](#), Gary Zukav

[Practicing the Presence](#), Joel Goldsmith

[Who Dies?: An Investigation of Conscious Living and Conscious Dying](#)

Stephen and Ondrea Levine

[I Am](#), movie by Tom Shadyac

*Super Soul Sunday*, television episodes on the OWN Network

Crystal Bowl meditations

Yoga, Tai Chi, Chi Gong, conscious walking or movement

## Light

*Again Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life." John 8:12*

*You are the light of the world. A city set on a hill cannot be hidden.*  
Matthew 5:14

*Your eye is the lamp of your body. When your eye is healthy, your whole body is full of light, but when it is bad, your body is full of darkness. Luke 11:34*

*He (Jesus) was transfigured before His apostles, 'and his face did shine as the sun, and his garments became white as the light.'* Charles Fillmore

*There is no object so foul that intense light will not make beautiful.*  
Ralph Waldo Emerson

*When faith touches a certain point in our consciousness and the light of spiritual understanding dawns upon us, we glorify the good.* Dr. Ernest Holmes

*No mirror ever became iron again; No bread ever became wheat; No ripened grape ever became sour fruit. Mature yourself and be secure from a change for the worse. Become the light.* Rumi

*And so do not forget. Every Dawn as it comes is a holy event and everyday is holy, for the light comes from "WAKAN-TANKA" (the Sacred, Divine). And also you must remember that the Two-leggeds and all other peoples who stand upon this Earth are sacred and should be treated as such. "White Buffalo Woman" Sioux Sacred Woman*

*The Mother's consciousness is the divine Consciousness and the Light that comes from it is the light of the divine Truth, the Force that she brings down is the force of the divine Truth. One who receives and accepts and lives in the Mother's light, will begin to see the truth on all the planes, the mental, the vital, the physical. He will reject all that is undivine, -- the undivine is the falsehood, the ignorance, the error of the dark forces; the undivine is all that is obscure and unwilling to accept the divine Truth and its light and force. The undivine, therefore, is all that is unwilling to accept the light and force of the Mother. That is why I am always telling you to keep yourself in contact with the Mother and with her light and Force, because it is only so that you can come out of this*

*confusion and obscurity and receive the Truth that comes from above. Sri Aurobindo*

I have had several occasions of experiencing the Light of God directly. Several others I have met have also. There is a reason why healers are called Light Workers. They have been initiated by the Power of the Light.

You and I can enter into God through any Quality. We can experience or come through the door of Love, Grace, Joy, Intelligence; it doesn't matter which door we take, just that we do. Once we have entered into the Consciousness of the One, we have access to all Qualities or to The All where each gift of Spirit is valued.

Light opens us up to understanding; we have "the light" shone upon something we were once ignorant of. Light is involved in healing, as I mentioned above. Light relates to joy as when we live out Joy, we experience "lightness of being." Light is related to Life as when we individuals who have had near death experiences leave our bodies we experience a tunnel or chamber of light. Our bodies are surrounded by the energy of Light called aura and the Eastern traditions honor the wheels of light within us called chakras.

I make up my own light meditations and see/feel light within and around my body. I like to enter into a silent repose, breathe deep and feel light moving up and down my spine as a rod. Coming up from the firelight in the center of mother earth to the heavenly light of the sky. I then feel this light spreading out within and beyond me.



What do you do to align yourself with The Light? How do you become available, open, and welcoming to the One Light? Do you speak of and to It? Do you meditate? Do you pray before you sleep at night and track your dreams? Do you practice gratitude? Do you notice the light within your eyes when you look in the mirror and Light within others when you look in your eyes? Can you feel the Light coming off of your skin when you are in meditation? Do you read stories of the Light? Have you experienced It? How do access the memory of Its ever-presence?

Affirmations:

My body, mind, and emotions reflect the Light of God, I am.

I may be a flashlight, a floodlight, or sunlight. It doesn't matter my capacity. I allow The Light a welcome place within my life.

I see the Light everywhere. It is welcome in me and as me.

Additional Resources:

[Hands of Light: A guide to Healing Through the Human Energy Field](#), Barbara Brennan

[Light Emerging: The Journey of Personal Healing](#), Barbara Brennan

[Light of Oneness](#), Llewellyn Vaughan-Lee

[www.tammyjholmes.com](http://www.tammyjholmes.com) Chakra Clearing Meditation by Tammy Holmes

Song: This Little Light of Mine, I'm Going to Let It Shine.

## Love

*But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.*  
Galatians 5: 22-23

*Love is very patient and kind, never jealous or envious, never boastful or proud, never haughty or selfish or rude. Love does not demand its own way. It is not irritable or touchy. It does not hold grudges and will hardly even notice when others do it wrong. It is never glad about injustice, but rejoices whenever truth wins out. If you love someone, you will be loyal to him no matter what the cost. You will always believe in him, always expect the best of him, and always stand your ground in defending him. All the special gifts and powers from God will someday come to an end, but love goes on forever.* I Corinthians 13: 4-8

*The first name of God is Good, and the first name of Good is God. ...Love, Life, Truth, Substance, Intelligence, are names of our Good.* Emma Curtis Hopkins

*Of all the daughters of God, love is undoubtedly the most beautiful, enticing, and fascinating. She is by nature exceedingly timid and modest, but when roused she is bold and fearless in the extreme. Mother love is as strong as life and will make every sacrifice to protect offspring. This whole-hearted, self-sacrificing aspect of love indicates a spirit deeper and stronger than the animal or the human, and we are forced to admit that it is divine.* Charles Fillmore

*The God who is love cannot hear the prayer of the man who is not love.*  
Dr. Ernest Holmes

*His healing balsam is Love, it is given you to compound, it cannot be thrust upon you.* Mary Strong

*Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.* Dalai Lama

Accepting, welcoming, and embracing all of Life regardless of our opinion of it; practicing generosity of Spirit; acting with compassion for self and other; and, behaving out of kindness, are aspects of and openers into a Love without condition, or Divine Love.

The act of accepting, welcoming and embracing all that lives within my mind is a practice of sweet, sweet honoring. It pays honor to the humanity of me, which in turn is willing to surrender to The Divine as a bridge of Trust has been built between the ego and The Presence.

This transformation isn't all roses and puppy dogs. The practice of embracing "what is" forces us to look at what we have been suppressing or denying. And, we were suppressing and denying for a reason – self-protection. The birth of vulnerability can appear more painful than previous hurts as stepping into a new worldview requires transparency and trust.

Scriptures are the story of the Soul. As such, I am able to observe the internal wars within me that when quenched with Love soften into stewardship and service for the benefit of humanity. This softening begins with accepting, welcoming, and embracing the internal warring. Once welcome there is no opposition for acting out. Surrender becomes natural.

Compassion is born from recognizing the internal turmoil I've lived has been lived by everyone else on this planet or is currently active and alive within them. The energy of fight – fighting against sickness, injury, justice, as it lessens and ceases molds itself into compassion and understanding for the experience of others. Kinship, or kindness erupts as the others are no longer separate potential enemies but are brothers and sisters. Collaboration supplants competition as there develops the realization we are all in this together.

Love is the most potent of all God Qualities. It has within It the ability for complete and total transformation. Murderers become healers. Haters weep at moving photos or stories. Ways are made out of no apparent way. Miracles become a part of normal living. The tenor of Life shifts.

What if you were to inquire in contemplation what Love is? Instead of buying into a Valentine's Day definition, what if you were to discover your own? What if you could love yourself AND love others without being tied up in a knot over who gets the love? What if you practiced seeing love in places and ways that you would never have looked before? How could you open to this energy and practice from It?

Affirmations:

Love seeks me out. I can't help it. Everywhere I go I am greeted by Love.

My middle name is Love. Let me own this today.

My parents came together to give me life. This in itself was an act of Love.

Additional Resources:

[A Return to Love: Reflections on the Principles of a "Course in Miracles"](#),

Marianne Williamson

[A Path with Heart: A Guide Through the Perils and Promises of Spiritual Life](#),

Jack Kornfield

[The Invitation](#), Oriah Mountain Dreamer

[Love and Law](#), Dr. Ernest Holmes

[The Prospering Power of Love](#), Catherine Ponder

[Be Love Now: The Path of the Heart](#), Ram Dass

## **Mind (Consciousness, Divine Mind)**

*No one has ascended into heaven except He who descended from heaven, the Son of Man. John 3:13*

*We have the mind of Christ. 1 Corinthians 2:16*

*For one who has conquered the mind, the Supersoul is already reached, for he has attained tranquility. To such a man happiness and distress, heat and cold, honor and dishonor are all the same. Bhagavad Gita 6:7*

*What is the mind? No man living knows. We know a great deal about the mind, but not what it is. By mind, we mean consciousness. We are now using it. We cannot locate mind in the body, for, while the body is a necessary vehicle for consciousness while we are here, it is not consciousness. We cannot isolate mind. All we know about it is not what it is, but what it does, and the greatest philosopher who ever lived knows more than this ...except that he may tell us more of how it works. Dr. Ernest Holmes*

*Faith is real to the one who experiences it and cannot be denied to the mind of the one who has proven it. And what is this faith we should have? We should have faith that there is but One Mind. This Mind is both the Mind of man and the Mind of God. We use the Mind of God since there is but One Mind. This Mind is the essence of creativeness and the essence of goodness. It is available to all. It is no respecter of persons since It has already incarnated through all. It is in all and through all. Dr. Ernest Holmes*

*I AM the power of Mind to my universe. Even the stones shed a message intelligible to all other shapes and names because of my being the intelligence of all things shedding my nature forth without stopping. No foolishness or ignorance shall ever shame anything visible or invisible from this day on forever. Its Presence is its wisdom. Its Presence is its information. An elixir of intelligence is on its stopless march from me at my Center forever through all the reaches of space and formulation. I decree intelligence. I decree Mind. I think and all the universe thinks divinely like Me. My Mind is not as the former mind which could change or stop. It is the Jesus Christ Mind whose word shall not pass away. Emma Curtis Hopkins*

*Energy is fundamental to existence; everything is energy. In its pure and unobstructed form, it is Consciousness.* Richard Moss

Mind or Consciousness can also be called Energetic Field or Matrix or Heaven. It is the Invisible Presence of God; It is Spirit Itself in which there are many mansions or multiple dimensions within Consciousness.

Jesus Christ was said to have had the Mind of God within him. He also said, who he was, so too are we. The Buddha was said to have reached a state of consciousness called Nirvana; a state of Undifferentiated Consciousness or Bliss. This State is realized in Present Moment awareness. If one is “seeking” It then by nature of this activity believe this State to be separate or different than them creating an inner division.

Mind is not owned by anyone. It is not “my mind” separate from “your mind.” Mind is accessible to all and operates through all. The Internet is such a wonderful analogy for this as the computer I use can access and utilize all the information available to humankind through the device. The device, though, is not the Internet. It is used by it and it uses it. They require each other and aren’t useful without each other.

Meditation, affirmative prayer, yoga, study, and spiritual community are ways in which we connect with, experience, know and attune with Divine Mind.

What is Mind? It isn’t the brain although it is processed through the brain. It is said the Mind holds memory so it is clearly located within our cells. Since psychics and telepathics are able to know things beyond their

experience; It is clearly without boundaries. Since It provides inspired thought, it exists within a timeless dimension. Mind is a frontier of medical research.

Do you practice accessing The Mind? How do you do this? Through inquiry? Through challenging your self to think bigger? Do you meditate or quiet your own individual portal to the Mind so It is easy to access? How do you think study fits into accessing The Mind?

Affirmations:

I cannot gain information; I access It. Today my portal is wide open.

I am the access point of Divine Mind. I intuit, I know, I respond.

Divine Mind thinks through me and I take action in response to it.

Additional Resources:

[The Roots of Consciousness: The Classic Encyclopedia of Consciousness Studies](#), Jeffrey Mishlove

[The Science of Mind](#), Dr. Ernest Holmes

[A Man's Search for Meaning](#), Viktor E. Frankel

Research papers from leading universities such as: University of Arizona, Institute of Noetic Science, The University of Philosophical Research, University of Santa Monica.

Meditation practices. Especially inquiry/contemplation.

## **New (Transformation, Transmutation)**

*Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. 2 Corinthians 5:17*

*Now there was a man of the Pharisees named Nicodemus, a ruler of the Jews. This man came to Jesus by night and said to Him, "Rabbi, we know that You are a teacher come from God, for no one can do these signs that You do unless God is with Him." Jesus answered him, "Truly, truly, I say to you, unless one is born again he cannot see the kingdom of God." Nicodemus said to Him, "How can a man be born when he is old? Can he enter a second time into his mother's womb and be born?" Jesus answered, "Truly, truly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God". John 3:1-3*

*Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert. Isaiah 43:18-19*

*To put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness. Ephesians 4:22-24*

*But no one puts a patch of unshrunk cloth on an old garment; for the patch pulls away from the garment, and a worse tear results. Nor do people put new wine into old wineskins; otherwise the wineskins burst, and the wine pours out and the wineskins are ruined; but they put new wine into fresh wineskins, and both are preserved. Matthew 9:16-17*

*For Christ to be found in us is to put off the old man, with all his mistakes and doubts, and put on the new man, who is always certain that he is beloved of the Father. Dr. Ernest Holmes*

God is changeless. God is the same yesterday, today and forever. So, why do I include New as a Quality of God or Quality of Being? Because, the impact of shifting from an old identity as related to the world to a new identity as an Eternal Being comes with it a new perception. In spiritual



literature this shift is not merely a change, but a transformation. Contact with The Living Presence of God transforms.

Christians speak of being born again. The first birth is a physical birth, born of the mother, and the second birth is a spiritual birth. Eastern religions speak of the blooming lotus symbolizing and unfolding of God-consciousness or Self realization; a continual process of becoming.

For the mother, physical birth can require grit, tenacity, perseverance, and commitment. Likewise, birthing the Soul can require the same. To shift a pattern within oneself; to access an always available new self, requires a mental and emotional death which can have physical residue. To be made new means to exorcise old belief structures that can wail and gnash their teeth as they leave the body. Sleeplessness, dread, terror and horror can be some of the passageways of the old to the new. The good news is this transformation happens only to the prepared and readied. Once the old is requalified into the new; the Qualities of God appear crisp and clear.

The Presence lives within the now moment. As the attention shifts from what has gone before to this very moment, now, that which was vanishes and currency exist. That is how Heraclitus can say “No man ever steps in the same river twice, for it’s not the same river and he’s not the same man.”

Are you willing to be born again in this lifetime, in this body? Are you willing to perceive the world through the eyes of God, through the eyes of All is Possible? What do you need to do to become readied? What is your

intuition telling you about the nesting before the birth? Who are your Lamaze teachers? What are your practices?

Affirmations:

Behold, I make all things new is the consciousness I live from.

The currency of God is the new moment. I live in it now.

My wineskin is new to match the new wine. I value the new as me.

Additional Resources:

[The Black Butterfly: An Invitation to Radical Aliveness](#), Richard Moss

[Eat, Pray, Love](#), Elizabeth Gilbert

[Broken Open: How Difficult Ties Can Help Us Grow](#), Elizabeth Lesser

[Dying to Be Me: My Journey from Cancer, to Near Death, to True Healing](#),

Anita Moorjani

Biographies and Autobiographies of Saints and Mystics

## Order

*Order is heaven's first law.* Alexander Pope

*But all things should be done decently and in order.* 1 Corinthians 14:40

*The steps of a man are established by the Lord, when he delights in his way.*  
Psalm 37:23

*When the body is the harmonious temple of the Living God, Spirit, divine order reigns throughout.* Dr. Ernest Holmes

*God is the One Causation back of all manifestation, and there could not be cause for a development of any kind contrary or superfluous to the divine order.*  
Dr. Ernest Holmes

*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.*  
Dr. Ernest Holmes

Order can be seen as a Quality of God or as an Operation of God. Either way, I find it useful to include for purposes of this work.

Order is such an interesting word. Order, according to Dr. Ernest Holmes' Science of Mind Glossary means: "a condition in which everything is arranged as to play its proper part; methodical or established system." When Dr. Holmes speaks of Divine Mind working through Its creation he speaks of it as an orderly Law in action.

Order can also refer to a monastic order, a belief structure coupled with a thought system and community. Order is often found in the sentence "In order that ..." or "because of," "out of order," not working or in alignment.

All words have their own energy vibration so when I contemplate now upon the word order I bring with it the reinforced idea of system, community, and thought.

I use the word order in my prayers when I want to pull upward the energy of systematic commitment from within me. As God is within and without symbiotically, I may clean up and create order from without in order to feel it from within.

How do you think about order? Are you someone who makes order in your house when you feel overwhelmed? Do you naturally respond to chaos with organization and order? It is said that Order is the first law of Heaven, how does Order play a role in your mind and in your surroundings?

Affirmations:

My actions are ordered by the Wisdom of God. (Wisdom is the combination of Love and Intelligence).

My body of affairs are in order. I can respond because I'm ready.

I love order. I delight in It.

Additional Resources:

[A Brief History of Time](#), Stephen Hawking

[SHED Your Stuff, Change Your Life: A Four-Step Guide to Getting Unstuck](#),

Julie Morgenstern

[Enough Already!: Cleaning Mental Clutter to Become the Best You](#), Peter Walsh

[It's All Too Much: An Easy Plan for Living a Richer Life with Less Stuff](#), Peter Walsh

## **Peace (Equanimity, Tranquility, Calm)**

*Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. John 14:27*

*I have told you these things, so that in Me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. John 16:33*

*But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. Galatians 5:22-23*

*One with an uncontrolled mind cannot have spiritual intelligence, one devoid of spiritual intelligence never meditates on the Ultimate Truth and for one who never meditates on the Ultimate Truth there is no peace and for one destitute of peace where is happiness? Bhagavad Gita 2:2*

*Let your heart be at peace. Tao Te Ching, verse 16*

*Everything flourishes; each returns to its root Returning to the root is called tranquility .Tranquility is called returning to one's nature. Returning to one's nature is called constancy. Knowing constancy is called clarity. Tao Te Ching verse 16*

*Peace is his highest value. If peace can be shattered, how can he be content? Tao Te Ching, Verse 31*

*Where non-injury is established, in the vicinity of that, hostile tendencies are eliminated. Yoga Sutra 2:35*

*Steadfast affirmations of peace will harmonize the whole body structure and open the way to attainment of health conditions in mind and body. Charles Fillmore*

*If we would have peace outwardly, we must first realize peace inwardly. Dr. Ernest Holmes*

*When we become conscious of our existence as an idea in the Mind of God, we shall find that we are walking in pathways of peace; that something within us acts like a magnet to attract that which belongs to itself. Dr. Ernest Holmes*

*Peace is the power at the heart of God and God is in you even as He is in everything.* Dr. Ernest Holmes

The Bhagavad Gita says peace comes through meditating on the Ultimate Truth. I believe this to be so. Peace is not an absence of conflict or anger, Peace is a way of being that includes everything and acts out of equanimity. At least, that's my definition.

Meditation is essential to the cultivation of Peace. As one meditates upon Truth or sits in contemplation of The One then a different inner dialogue begins to happen over time. Out of this dialogue aligned actions emerge. From these new actions and interactions comes an energetic influence that uplifts those around us, naturally. A new way of being in the world happens. Peace is contagious.

Since Peace is an inner experience, how do you cultivate Peace as you? What is the tone of Peace without need to be prepared for war? Can you imagine a city, country or world where Peace is the set point? What belief would you need to surrender in order to embrace the Peace of God as who you are? How does forgiveness as a spiritual practice play into Peace? Since Peace is of God, then how does your egoic/personality self benefit from discord? What does it mean to be a peaceful warrior? What is the relationship between Peace and stillness?

Affirmations:

I am still. I am at Peace.

No matter what Life brings to my doorstep, I respond with a Peace filled heart.

I am Peace. I am Peaceful.

Additional Resources:

[Way of the Peaceful Warrior: A Book That Changes Lives](#), Dan Millman

[Peace is the Way: Bringing War and Violence to an End](#), Deepak Chopra, M.D.

[Non-violent Communication: A Language of Life](#), Marshall Rosenberg

*Create a Personal Peace Plan*, [www.sacreddays.org](http://www.sacreddays.org)

## Perfection

*You therefore must be perfect, as your heavenly Father is perfect.*

Matthew 5:48

*James, a servant of God and of the Lord Jesus Christ, to the twelve tribes in the Dispersion: Greetings. Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing. If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.*

James 1:1-5

*The foundation for correct mental treatment is perfect God, perfect man, and perfect being. Thought must be organized to fit this premise, and conclusions must be built on this premise. Dr. Ernest Holmes*

*The Infinite Life which is within me is now healing me, making me whole, after the pattern of Infinite and Eternal Perfection. Dr. Ernest Holmes*

*Only the Perfect Man is 'faithless,' in the sense that in his case knowledge of the Unmade has taken the place of Faith, for which there is no more need.*

Ananda Coomaraswamy

*My highest ideal is a perfect man. My next highest ideal is that I am that perfect man. I am identity demonstrated. My perfection is now established in Divine Mind. Charles Fillmore*

Perfect is different than perfectionism. Perfectionism focuses upon perfect doing as a way of feeling perfect being. However this cannot and does not work. Perfectionism is born out of the false belief in "not enoughness." The belief that I am not good enough; not smart enough; not pretty enough; all come from the false premise of lack.

Perfect is a quality of God and is born out of Wholeness. It means there is absolutely nothing that can be "added to" to make better. We begin



as perfect and from there bring forth gifts and talents. It may be necessary to go to school to learn and develop some techniques and understanding; however, this doesn't make one or add to one's perfection. It is a reflection upon right action. That's it. Same with desiring to take better care of one's body. As we wake up, our body reveals itself as a temple and our interaction with it changes. This doesn't mean it was once imperfect, or if a certain size is reached it becomes perfect. It simply means that the Perfect within remains perfect and the desire to tend the body is a call of alignment not a call of proving.

To trust in the Perfection of God leads to the acceptance of those in our community as well as our self and our own intuitive guidance.

The realization that all is Perfect releases the compulsion to "fix" anything. To be motivated from the energy of Perfection is about revealing more of the Perfect Present of God desiring an outlet. It is not about attachment to form, at all.

What if you knew there was nothing to fix? What if your innate desire to know the Presence of God as the core of your being was what inspired and drove you; not your belief in broken? Can you accept the idea that in the midst of your imperfections lays the Perfection of God? Can you hold the idea that you can be Perfect and humble simultaneously? And that actions of forgiveness can come from Perfection?

Affirmation:

I am perfect at this very moment, in this moment. I am a manifest form of the Perfection known as God.

I am Whole, Perfect, and Complete.

I am Perfect in the midst of my imperfections. I accept myself as I am. I use choice as my tool for transformation.

Additional Resources:

[This Thing Called You](#), Dr. Ernest Holmes

Prayer to Realize the Spiritual Ideal by Charles Fillmore (below)

My highest ideal is a perfect man. My next highest ideal is that I am that perfect man. I am identity demonstrated. My perfection is now established in Divine Mind. I am one with Almightyness. Through Christ I have dominion over my every thought and word. Of a truth I am the son of God.

## Power

*For the kingdom of God does not consist in talk but in power.* I Corinthians 4:20

*For God gave us a spirit not of fear but of power and love and self-control.*  
2 Timothy 1:7

*May you be strengthened with all power, according to his glorious might, for all endurance and patience with joy.* Colossians 1:11

*We are not depending on a reed shaken by the wind, but on the Principle of Life Itself, for all that we have or ever shall need. It is not some Power, or a great Power, it is all power.* Dr. Ernest Holmes

*Those who overcome others have strength. Those who overcome themselves are powerful.* Tao Te Ching, Chapter 33

*The Master doesn't try to be powerful; thus he is truly powerful. The ordinary man keeps reaching for power; thus he never has enough.*  
Tae Te Ching, Chapter 38

*Real power does not belong to humanity. It is a gift from the inner worlds and carries a stamp of the divine. It is given for the sake of the whole, not for our own personal gain. The next step in our evolution includes accessing this power, and using it to assist in the tremendous changes taking place in the world.*  
Llewellyn Vaughan-Lee

Shiva is the minor deity of power in Hinduism. It is her role to destroy or disassemble what is in form so that new can come forward. She represents the “death” or excavation prior to the new life.

This practice in Christianity would be akin to surrender. It would be releasing attachment to a story or perception tied to the past so that the new consciousness or understanding could be born in the present moment. Surrender is definitely a tool of power as is fasting or spiritual dancing; all which hold the same intent of being open to know The Bigger.

Power is the energy of The One in operation. It is not a personal power, although It is used by the individual as an instrument of service. Love is the greatest of all spiritual powers. In eradicating the energy of past concepts (surrender) Love is available as us and to us for creating and experiencing Life; the New. Along with new insight comes new thoughts followed by new behavior. This sequence changes the impact on the whole as the insight becomes materialized.

Scriptures say the power of Life can grow a seed into a tree and a newborn into an adult and move mountains or blockages. Power gives us the energy to stand when we really want to cower or give up. All is possible with God is the energy of God Power.

True Power cannot be used against anyone; that is force or bullying. True Power is not for personal gain; although personal and communal gain is a by-product of its right use.

Do you doubt your immense Power? Today, notice how one action you take changes everything. One action. If you don't answer the phone, the person on the other end does not connect with your voice. This one connection could change everything. Your decision to get a haircut can improve the financial well being of the hairstylist at a crucial time in his/her life. This choice can bring you to a part of town when something across town is happening that you needed to avoid. Your decision to take a specific traffic route could get you stuck in some thick traffic or be a pleasant cruise. A

difference of five minutes can also affect your experience. Power resides in our choices.

Affirmations:

Today I choose wisely. My actions are aligned with my Soul's purpose.

I surrender into the Power of God. I act out of this surrendered space.

If I find myself pushing against Life today, I turn to God for my Power.

Additional Resources:

[Power vs. Force: The Hidden Determinants of Human Behavior](#), David Hawkins

[The Twelve Powers of Man](#), Charles Fillmore

[The Power of Now: A Guide to Spiritual Enlightenment](#), Eckhart Tolle

[Spiritual Power: How it Works](#), Llewellyn Vaughan-Lee, PhD

[Discover the Power within You](#), Eric Butterworth

[Atom-Smashing Power of Mind](#), Charles Fillmore

[Anatomy of the Spirit: The Seven Stages of Power and Healing](#), Caroline Myss

[Fierce Light: When Spirit Meets Action](#), A Documentary Movie

## Prosperity

*He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. Psalm 1:3*

*A greedy man stirs up strife, but the one who trusts in the Lord will be enriched. Proverbs 28:25*

*Give, and it will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap. For with the measure you use it will be measured back to you. Luke 6:38*

*When the ancient Masters said, "If you want to be given everything, give everything up," they weren't using empty phrases. Only in being lived by the Tao can you be truly yourself." Tao Te Ching, Verse 22*

*If you realize you have enough, you are truly rich. Tao Te Ching, Verse 33*

*If one wishes to demonstrate prosperity he must first have a consciousness of prosperity; if he wishes health, he must embody the idea of health. This is more than faith; it is the knowledge that we are dealing with Law. Dr. Ernest Holmes*

What is the difference between Abundance and Prosperity? I've looked them both up in the dictionary and meditated upon the energy differences of the two. Abundance is an internal state of more than enough. One of the synonyms found in Webster's Dictionary is "boatload."

To know Abundance is to know the multiplication faculty of God. The Christian Bible says more or Christ exists where are two or more gather together. When a seed is planted it grows into a tree and then an orchard. It is knowing, owning, and trusting in consciousness the proliferation of Good in all its spiritual, emotional and physical forms including openheartedness; relationships; ideas; appreciation, and so on.

Prosperity is linked to financial wealth. To be prosperous is to tangibly own a lot of money. The consciousness, then, of more than enough is externally demonstrated through a prosperous mind into physical assets.

Prosperity, according to scripture, requires the action of giving. It is Truth to say that God Gives, period. God doesn't withhold. We do. God isn't stingy. We can be. To replicate the Nature of God's giving, leads to the feeling tone of Prosperity. As one lives in the Prosperous Mind of God; then one gives. As with any spiritual practice, one practices on the way to knowing a God Quality as a form of building and after realizing the Quality as a way of natural beingness.

Are you bold enough to be prosperous? Are you willing to learn how to receive money and manage financial wealth? Are you capable of growing money into more money and watching the multiplying power at work for you? Are you willing to love money and what it can do for you and for the world in which you want to live? Are you willing to be prospered and prosper others in the process? Money, like everything, is energy. It can be squandered, maintained or multiplied; but never destroyed. A consciousness of Prosperity isn't afraid of money and all that goes with having it. It knows how to steward and how to align it with dreams.

Affirmations:

I live in a Prosperous Universe, birthed by a Prosperous God, on earth to demonstrate prosperity.

I am the son/daughter of the King of Heaven.

I love money and all that it can do.

Additional Resources:

[Prosperity](#), Charles Fillmore

[Spiritual Economics: The Principles and Process of True Prosperity](#), Eric Butterworth

[The Dynamic Laws of Prosperity](#), Catherine Ponder

[Open Your Mind to Prosperity](#), Catherine Ponder

[Creative Mind and Success](#), Dr. Ernest Holmes

[The Seven Spiritual Laws of Success: A Practical Guide to the Fulfillment of Your Dreams](#), Deepak Chopra

[The Four Spiritual Laws of Prosperity: A Simple Guide to Unlimited Abundance](#), Edwene Gaines

You Tube videos by Rev. Frederick J. Eikerenkoetter II (Rev. Ike)

Prayer to Develop Prosperity by Charles Fillmore:

Infinite wisdom guides me, divine love prospers me, and I am successful in everything I undertake. In quietness and confidence I affirm the drawing power of divine love as my magnet of constantly increasing supply. I have unbounded faith in the omnipresent substance increasing and multiplying at my word of plenty, plenty, plenty. I trust the universal Spirit of prosperity in all my affairs. I come to God because I believe that He is and that He is a rewarder of them that seek after Him. I give freely and fearlessly, fulfilling the law of giving and receiving. Divine love, through me, blesses and multiplies this offering. Father, I thank Thee for unlimited increase in mind, money, and affairs.



## Source (Supply)

*And my God will supply every need of yours according to His riches in glory in Christ Jesus. Philippians 4:19*

*Each separate being in the universe returns to the common source.*  
Tao Te Ching, Verse 16

*This is why some draw one type of knowledge and some another, and all from the same source—the Source of all knowledge. The scientist discovers the principles of his science, the artist embodies the spirit of his art, the saint draws Christ into his being—all because they have courted the particular presence of some definite concept. Each state of consciousness taps the same source, but has a different receptivity. Each receives what he asks for, according to his ability to embody. Dr. Ernest Holmes*

*Lack comes because of the belief that supply is something tangible, and most of us are not only struggling for it, but laying it up where moth and rust corrupt...Supply is omnipresent. When you recognize that, the miracle takes place. Lack comes because of the belief that supply is tangible. Lack comes from the belief that somebody has supply. Lack is the product of the belief that supply is mine, yours, his or hers. That is where lack comes from: the belief that somebody has supply. You are the household of God, the qualities and the activities of God are yours. They are not yours per se: they are yours by the grace of God, they are God's qualities manifest as you...You cannot take pride in your health. All you can do is to recognize that the grace of God is upon you. Health is the grace of God; supply is the grace of God; purity is the grace of God. Joel S. Goldsmith*

The Consciousness of God provides. This means that EVERYTHING is provided in and through the livingness of God. God provides to us as us and we provide or supply to others and ourselves as an outpouring of God.

This thought system is vastly different than what I learned and was trained into growing up. I was trained to depend upon hard work and the

sweat of my brow -- earning. I still believe in hard work and earning although it comes from a different place within me. The work isn't so much hard as it is dedicated and isn't as much work as it is service combined with following innate curiosity. And, I can trust what is needed for fulfillment is provided, I don't always know how, I simply know that it does.

Years ago when reading a book I had an insight; one that shifted me. I went back to re-read the passage and it didn't appear to be there, so I don't want to give credit to the author. I thought I'd read that within the creation story God gave to Itself and then received from Itself. The insight was, if God creates by giving to Itself and receiving from Itself; then in my re-creation, I am to do the same. I am to become from Consciousness the thing that I'm to receive/experience and then I'm to give myself permission to receive it in form from Consciousness.

Creation begins with an inspired idea (from God). I bring it into meditation to open to the energy of it, then I enter into contemplation and access/become the Qualities of God required for the desire's fulfillment. Then, I go about doing what is mine for receipt of it through following my intuition. I can ask for it, work for it, watch it find its way to me, draw it, dance it – or wait for it to show up. I create a receptive field by resonating with the Qualities of God I'm becoming. I continue to be amazed and awed at how the supply is delivered.

Supply is intertwined with Grace and with Love. The more I participate in the Mystery of God; the more awed I am by Its deep, deep Love for me and It creates through me.

Are you willing to invite the Supply of God into your Consciousness as the funding source of your Life? Are you willing to put all of your eggs into one basket? The Only Basket? Are you willing to trust God for all of your needs met? Are you willing to do the work that goes along with the inspired idea? Are you willing to be supplied by the Supplier?

Affirmations:

I am supplied through my Faith.

I am the receptacle for creation.

All of my needs are met. I live from the overflow of God's Good.

Additional Resources:

[Ask and It Shall Be Given: Learning to Manifest Your Desires](#), Ester and Jerry Hicks

[Invisible Supply](#), Joel Goldsmith

[The Secret](#), DVD

## Strength

*I can do all things through him who strengthens me.* Philippians 4:13

*But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.* Isaiah 40:31

*I covenant with the Holy Spirit for my strength; and I will do nothing for my strength; my strength is the strength of the Spirit.* Emma Curtis Hopkins

*God is my Strength and my Life.* Emma Curtis Hopkins

*All strength originates in Spirit; and the thought and the word spiritually expressed bring the manifestation.* Charles Fillmore

*We acquire the strength we have overcome.* Ralph Waldo Emerson

*I am the strength of the strong, devoid of passion and desire.*  
Bhagavad Gita, Chapter 11

*I seek strength, not to be greater than my brother, but to fight my greatest enemy—myself. Make me always ready to come to you with clean hands and straight eyes. So when life fades, as the fading sunset my Spirit may come to you without shame.* Lakota Prayer

*We can free ourselves from a feeling of approaching fatigue, by knowing that we have within us—always immediately available—an Infinite Strength. As we allow the thought of this to enter our inner consciousness, we feel strong, vital, and equal to any emergency. “Know ye not that ye are the temple of the living God?” This power within you is the same that holds the planets in space. The power back of your word is perfect law and is fulfilled and returned to you as your perfect strength.* Dr. Ernest Holmes

The Strength of God is developed through practicing Trust. I don't believe we are “tested,” I do believe, though, we build our capacity in order to hold more of the Presence of Light within us. Strength builds capacity and ability. Its foundation is the right use of Spiritual Power. The combination of

surrender and perseverance guide us toward our own innate Strength that waits upon us.

T.D. Jakes wisely says to not expect someone with a teaspoon capacity to operate at a gallon level. This too is true of us. We continue to blossom and ripen and through our capacity and willingness we enter into a vaster experience of The Kingdom.

How do you cultivate Strength? How does it differ from Power? Are the two somehow related? When have you experienced a difficult and energetically constricted experience to later be grateful for it develop a more spacious interiority? What is Soul strength? How does strength play out in character? Do you have it?

Affirmations:

I am buoyed by the Strength of God.

God is my strength and delivers me from self destructive tendencies.

The strength of God catapults me into a greater and greater capacity to serve.

Additional Resources:

[One Day My Soul Opened Up: 40 Days and 40 Nights Toward Spiritual Strength and Personal Growth](#), Iyanla Vanzant

[The Lakota Way of Strength and Courage: Lessons in Resilience from the Bow and Arrow](#), Joseph Marshall III

[Gandhi](#), the movie

*Fierce Light: When Spirit Meets Action*, A documentary movie

## Substance

*In the beginning God created the heavens and the earth. The earth was without form, and void; and darkness was on the face of the deep. And the Spirit of God was hovering over the face of the waters. Genesis 1:1-2*

*In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through Him, and without Him nothing was made that was made. In Him was life, and the life was the light of men. And the light shines in the darkness, and the darkness did not comprehend it. John 1:1-5*

*Science says that every atom has substance, life, and intelligence. This corresponds with the symbolical creative process of Jehovah, as described in Genesis 2:7. The "dust of the ground" is substance; "breathed" refers to the impartation of intelligence; and the "living soul" is the quickening life. Charles Fillmore*

*Algazali, a Mohammedan, said that faith is the point of contact between God and man. Abraham joined himself to God by faith. Faith is God. Our substance is our faith. We have only so much substance in us as we have faith in the Good. Emma Curtis Hopkins*

*Faith is the basis of the path, the mother of virtues, nourishing and growing all good ways...Faith can increase knowledge and virtue; Faith can assure arrival at Enlightenment. Avatamsaka Sutra*

*When we use our creative imagination in strong faith, it will create for us, out of the One Substance, whatever we have formed in thought. In this way, man becomes a Co-Creator with God. Dr. Ernest Holmes*

*Spiritual Substance is all around us, waiting to be formed. This is what Jesus meant when he said "And I say unto you, Ask and it shall be given unto you." Dr. Ernest Holmes*

The Four Creation story of the Hopi begins with the endless space, the creator that begins creating. The creation story of India begins with absolutely nothing out of which was spoken "Let me have a self," and mind was

created. The Hebrew story begins with Elohim creating the sky and the earth. All creation stories begin with God as The Void, the No-thing, or the Invisible; out of which the visible is made. In other words, God is Substance from which everything is created; Invisible to visible and Heaven (unformed) to earth (in form).

Knowing God is All there is and I am ultimately made in and from this Presence then logically and scripturally I too can create of and from this substance. I do this through Affirmative Prayer (ask and it shall be given; seek and ye shall find; as ye think, so shall ye be). The other natural usage of this knowledge is the practice of seeing everyone we meet as that created by The One. Practicing this contributes to the healing or restoring Wholeness of our kin.

Although Substance cannot be seen with the senses until It is in manifest form, It is connected with in Consciousness. How do you do this? Do you utilize the spiritual tools for prayer, giving, meditation, contemplation, aligned action to inform Substance of your Soul intention? As you tap into the Substance that is your very being and surrounds you, how do you recognize It? How is it used for healing and reconfiguring? What is your role in all of this?

Affirmations:

The Substance of God is formed through my intention.

I live in and from the Substance of God.

Everything comes from The One.

Additional Resources:

[Ask and It Shall Be Given: Learning to Manifest Your Desires](#), Esther and Jerry Hicks

[The Way: Using the Wisdom of the Kabbalah for Transformation and Fulfillment](#), Michael Berg

Read indigenous and religious creation stories

Prayer to Realize Substance by Charles Fillmore

I believe in the presence and power of the one Mind, and it is to me substantial intelligence. Holding continuously to the reality of things spiritual establishes them in mind--they become mental substance. My mind is opened anew to the splendor of God's kingdom, and a flood of rich substance now pours itself into my affairs. Charles Fillmore



## Trust

*Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make straight your paths. Proverbs 3:5-6*

*A greedy man stirs up strife, but the one who trusts in the Lord will be enriched. Proverbs 28:25*

*Meet this transient world with neither grasping nor fear, trust the unfolding of life, and you will attain true serenity. Bhagavad Gita*

*Those who do not trust sufficiently, others have no trust in them. Tao Te Ching, Chapter 23*

*The Law is absolute and we should trust Its impersonal action implicitly. It can do anything for us THAT WE CAN CONCEIVE OF IT DOING. Dr. Ernest Holmes*

To trust means to know reliability. God is reliable as The Love and The Law of The Universe. God is the reliable action of the law working in the lives of individual, whether they believe in it, or not. God doesn't respect persons, but respects or responds to and through consciousness. As one believes, so it is done unto them; whether they believe it or not or are nice people or not. As God is Trust, I can trust in Its reliability. The trustworthiness of The One lives within me.

*Trust in the Lord.* The Lord means to the metaphysical student "the law." I can trust or rely upon the Law of God to work 100 percent of the time.

Trust as an attribute of God, is an attribute of Self. If we experience issues around the trust of others, it behooves us to take an honest inventory of ourselves. Where are we not demonstrating trust? Or, did we intuitively

know that we couldn't trust an individual and still chose to place trust in them expecting a different outcome. Where were we or weren't we practicing trust of self when in relationship with another?

The practice of keeping our word is essential to increasing Trust. When we tell ourselves we will exercise today, we are to exercise or change the agreement to our own self. If we commit to save a certain amount of money per month and then don't, we are to renegotiate with our selves. Integrity of word is integral to trusting God. By actively deceiving self internally, life externally takes on a chaotic appearance. By practicing congruence, we become trustworthy to our self and God is able to operate through a clean vessel with corresponding results.

Affirmations:

I trust Trust. I am trustworthy.

I am congruent in my thoughts, words, and deeds.

I trust myself.

Additional Resources:

[The Thought Exchange: Overcoming Our Resistance to Living a Sensational Life](#), David Friedman

[Speed of Trust: One Thing that Changes Everything](#), Stephen Covey

[The Four Agreements: A Practical Guide to Personal Freedom](#), Don Miguel Ruiz

## Truth (Knowing, Discernment, Righteousness)

*But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.*  
Galatians 5: 22-23

*When the Spirit of truth comes, He will guide you into all the truth, for He will not speak on His own authority, but whatever He hears He will speak, and He will declare to you the things that are to come.* John 16:13

*The reason people do not get better results is that they do not understand that Principle works independently . . . the Truth demonstrates Itself!*  
Dr. Ernest Holmes

*The Truth is that which I; and being that which Is, It must be Infinite and All. Being Infinite or All, the Truth can have nothing outside Itself, other than Itself, or unlike Itself, by which to divide Itself; consequently, the Spirit is Indivisible, Changeless, and Complete within Itself. Itself is all that is—both Cause and Effect, the Alpha and the Omega.* Dr. Ernest Holmes

*To define and understand our highest conception of truth is to know, in the present, as much of the truth as we shall find necessary to gain that freedom that invariably comes with the truth. And as we continue to seek higher and higher conceptions of truth, as we advance in life, we shall accordingly find that greater measure of freedom which must necessarily accompany the more advanced stages of human existence.* Christian D. Larson

*The truth is so large that no one can ever find it all. We may devote an eternity to the finding of more and more truth, and yet, what we have found is insignificant compared to the immensity of the whole truth itself. The truth is everywhere, therefore there is no one perfect path to the truth. Every mind is in the truth, literally filled and surrounded by the truth, but no mind can contain the whole truth. It is possible to discern truth and know truth, but it is not possible to actually comprehend the truth. It is possible to understand the mental conception of truth, but it is not possible to understand truth itself.*  
Christian D. Larson

*When we speak Truth and feel thrilled to our very feet by a cool fire of feeling, we may know that from zone to zone of our being our unconscious mind is*

*shaped toward Truth. We shall not fail to see our bodies and affairs exhibit the thrill. There is the order, according to Christian Truth, to transform our bodies by renewing our conscious thoughts on the plane of Truth. Truth will utterly build over the brain.* Emma Curtis Hopkins

The study of Truth is the study of that which is True or Real. Christian D. Larson says it is too big for the human mind to wrap itself around, so we study it and continue to reach to the Highest level of understanding we can. Mental understanding, though, isn't sufficient, Truth is to be embodied and lived in order to be impactful. By looking at what is going on outside of ourselves points us back to an inner review of how we perceive the world and act in it. God is the only thing that is Changeless. We can choose to change at any moment through aligning with and acting out of Truth; also known as Principle.

Transformation is the living out of a new reality. Truth read, quoted, and recited can be helpful in opening to insight and revelation. The greatest thinkers on this planet have a diet of study and contemplation. Science is now beginning to prove many of the insights attained by spiritual contemplation.

*What is truth? To answer this question, however, is not difficult, but it is difficult for most minds to comprehend the answer. The human mind too often believes its own conception of a truth to be the truth itself, and here is where the difficulty lies. This is the one great mistake of every age. Truth is one thing, but man's conception of truth is quite another thing. Truth is eternal, unchangeable, and complete, while man's conception of truth is temporal, mutable, and incomplete. To absolute truth nothing can be added, nothing taken away, but man's conception of truth is frequently wrong, even when it may appear to be absolutely right.* Christian D. Larson

With Truth and all Qualities of God beyond description, how do you access and experience Truth? How do you know it when you experience It? How does Truth feel different to you than non-Truth masquerading as The Real Thing? Can you recall when you shifted from incongruence to congruence or aligned living and were you set free? How so? How can you practice Truth or God congruence as a way of Life?

Affirmations:

Truth sets me free. I am free right now.

I release any falsehoods I have been telling myself and living. I live from Truth now.

I give up sense pleasure as the deepest level of my understanding. I align with Truth and experience the Soul pleasure known as Bliss.  
I am discerning.

Additional Resources:

[What is Truth?](#), Christian D. Larson

[Lessons in Truth](#), Emilie Cady

[The Thought Exchange: Overcoming Our Resistance to Living a Sensational Life](#), David Friedman

## Unity

*Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind. I Peter 3:8*

*Do nothing from rivalry or conceit, but in humility count others more significant than yourselves. Philippians 2:3*

*We will make our unity with all people, with all life. Dr. Ernest Holmes*

*This teaching of Unity ... "The Lord our God is One God ..." is the chief cornerstone of the Sacred Scriptures of the East, as well as our own Sacred Writings. It is the mainspring of the teachings of modern philosophies, such as Unity Teachings, The New Thought Movement, the Occult Teachings, the Esoteric or Inner Teachings, of our own Religious Science, and even much that is taught under the name of Psychology. Science has found nothing to contradict this teaching, and it never will, for the teaching is self-evident. Dr. Ernest Holmes*

*In our African **weltanschauung**, our world view, we have something called **ubuntu**. In Xhosa, we say "Umntu ngumtu ngabantu." This expression is very difficult to render in English, but we would translate it by saying, "A person is a person through other persons: We need other human beings for us to learn how to be human, for none of us comes fully formed into the world. We would not know how to talk, to walk, to think, to eat as human beings unless we learned how to do these things from other human beings. For us, the solitary human being is a contradiction in terms." Desmond Tutu*

The word community comes from the two words common and unity. It is no accident that all spiritual and religious paths have community as part of the order of leadership. Love is easy in the abstract, Faith is easy in the abstract, Peace is easy in the abstract, but these abstract ideas become Real through the individual as they are lived out in situations.

Unity is the realization we are All One and more applicable; all people, all life, is necessary to the whole. Awakening to Unity awakes within a voice

of conscious environmentalism and activism as the pain of another is a felt pain of each of us.

The women's rights movement, the civil rights movement, and now gay rights are the collective tapping into the energy of Unity and the realization of shared consciousness.

Unity is the consciousness of We as I and I as We.

Since we all are essentially birthed from The One; how does this impact how you view yourself and others? What metaphors would you use for describing Unity where difference exists and yet Beauty and texture is demonstrated through Unity? A quilt? A bowl of vegetable soup? A big ripe salad? How does it feel when you experience connection with another? Can you look at another person and see your same parentage? Can you believe you are a brother from another mother? How do you cultivate the Consciousness of Unity?

Affirmations:

I am united by the Love of God.

I share the same parentage with everyone on this planet.

I now understand how United we stand and divided we fall.

There is On

Additional Resources:

[God is Not a Christian: And Other Provocations](#), Desmond Tutu

[A Different Drum: Community Making and Peace](#), Scott Peck  
[Building King's Beloved Community: Foundations for Pastoral Care and Counseling with the Oppressed](#), Donald Chinula  
[Growing a Beloved Community: Twelve Hallmarks of a Healthy Congregation](#), Tom Owen-Towle  
*The Oneness Prayer*, [www.sacreddays.org](http://www.sacreddays.org)



## Wealth

*A slack hand causes poverty, but the hand of the diligent makes rich.*  
Proverbs 10:4

*For what does it profit a man to gain the whole world and forfeit his soul?*  
Mark 8:36

*Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver.* 2 Corinthians 9:7

*I vow that in a future life, when I have attained Supreme Enlightenment, I will, with infinite wisdom and skillful means, provide all sentient beings with an inexhaustible quantity of goods to meet their material needs. They will never want for anything.* The Third Vow, Medicine Buddha Sutra

*The universe is inexhaustible; it is limitless; it knows no bounds and has no confines.* Dr. Ernest Holmes

*Prosperity books use as examples tycoons such as Henry Ford and Andrew Carnegie to illustrate how you too can become a millionaire. The fact is, these people did not set out to make money at all. In each case there was the sudden or progressive unfoldment of an idea, which in turn was translated into automobile plants and steel mills. The real substance that made it all possible was ideas. Ideas are the flowing forth into mind of the wealth of the Universe.*  
Eric Butterworth

According to the dictionary, wealth is a “profusion of anything,” a state of being “plentiful.” As this is one of the last Qualities of God within this book, it is easy to see that God is Plentiful. Since God is Infinite, there is never an end to Its multiplication, generosity and “more” of any of Its Qualities. One can always deepen into a greater depth of Peace. One can become open to expressing more Love. One can receive more Prosperity and Grace. In God, there is always Only, always Enough, and always Plenty.

True wealth comes as we have realized financial “enoughness” within our own lives shifting our focus from accumulating things to participating energetically in greater self-expression through loving service and collaboration. This is not more as in pushing, achieving and burning out. That comes from a perception of separateness from God. More activity may not be done. However more connectedness to The Infinite while engaged in the activity; more expression of God, is always possible and called for to the Lover of God.

Enoughness isn't a number it's a state in consciousness. Enough to one person may mean simple living. To another it may mean homes throughout the world. Both may be necessary to bring forth gifts and talents. Where one comes “from” is the practice in living spiritually.

I boldly say that because the trees have tremendous foliage and the grass many blades and the seashores littered with innumerable sand, each of us can connect with the feeling tone of the wealth of God. It is showing Itself everywhere. My breath today – it represents the Wealth of God – breathing through me while simultaneously breathing you. There is enough in God. Always has been and always will be.

Contemplating Wealth or plenty is powerful in nature. God's beauty and intricate expression is so profound that becomes difficult to speak to and of lack while believing it.

Reading books on Prosperity, Wealth and Abundance can be a supportive experience. As I read them, though, I encourage myself to read

them from the state of enoughness for inspiration. I love the above quote from Eric Butterworth as ideas are the gateway toward all forms of wealth. God had the idea of sand; and there were beaches aplenty. We in turn, birth ideas through us and in that birthing receive energy returning turn us. Input (idea); Output (idea in form); Input (wealth as exchange for idea). And so it goes. Ideas don't have to be tangible, either. Ideas can be the sharing of wisdom or prayer for another.

What does it mean to have a Wealthy soul? What does it mean to know the Wealth of God is the substance of your being? How do you demonstrate Wealth in your life, as your life? How do you define Wealth without using the word money or other physical assets? How do you describe Wealth as an inner capacity? How do you describe Wealth with using the words money and physical assets? Are you willing to be more? Are you willing to receive more?

Affirmations:

The Wealth of God overflows with Freedom, Joy, Peace and Love. I give abundantly.

The givingness of God is my Wealth. God gives to me, I receive from It and I regift it back to others.

I am wealthy.

Additional Resources:

[Think and Grow Rich](#), Napoleon Hill

[The Energy of Money: A Spiritual Guide to Financial and Personal Fulfillment](#),

Maria Nemeth

[Open Your Mind to Prosperity](#), Catherine Ponder

[The Millionaire Moses: His Prosperity Secrets for You](#), Catherine Ponder

[The Prospering Power of Prayer](#), Catherine Ponder  
[From Zero to Zillionaire, 8 Foolproof Steps to Financial Peace of Mind](#),  
Chellie Campbell  
*Workshop on Principles of Financial Freedom*, [www.sacreddays.org](http://www.sacreddays.org)

## Wholeness

*For in Him the whole fullness of deity dwells bodily, and you have been filled in Him, who is the head of all rule and authority. Colossians 2:9-10*

*Wholeness is to be equated with health. As such, it is both a potential and a capacity. We are born possessing fundamental wholeness but, as we grow, this breaks down and reforms into something more differentiated. Expressed in this way, the achievement of conscious wholeness may be regarded as a goal or purpose of life. Interaction with others or the environment may or may not facilitate this, as the case may be. Carl Jung*

*With this in mind, and believing that there is an Infinite Law of the Spirit, or Law of Life, which tends to multiply our gifts, because in so doing It multiplies Its own experience, Its own pleasure, Its own fruition; we may assume that spiritual man is already a success, is already supplied with everything that he needs. The potential of all things exists in the Universal Wholeness.*

Dr. Ernest Holmes

*Our word does not restore wholeness; it reveals it. Dr. Ernest Holmes*

The Presence of God is Omniscient, Omnipotent, Omnipresent and Omniactive. Omni meaning "All." All time, space, energy, experience. All. So God is Omniscient or All Knowing. God is Omnipotent or all Powerful. God is Omnipresent or ever present. God is Omniactive or always expressive. As Omni; God is Whole. There is nothing lacking with It, nothing broken from It, nothing missing. As this is True of God that lives moves and has Its beingness as us; then it is true of us to the degree we are awake to It.

What a relief to know I am Whole. What a delight to discover the depths of this Wholeness. Knowing Wholeness as who and what we are can heal, reveal, uplift, and inspire.

Now that you have been reminded of your Wholeness what are you going to do with this information? Can you explore the depths of being Whole? Are you willing to live this Quality of God and share what you've discovered with the world? What does Wholeness feel like in your body temple? What does it feel like to no longer believe that something needs to be fixed, or is missing within you? Can you rise to this belief and let go of that which no longer serves the mission of Wholeness? How would you treat yourself if you knew you were Whole?

Affirmations:

I am Whole, Perfect, and Complete by my Divine Birthright.

Nothing needs to be added to me for me to know my Wholeness.

The Wholeness of God unfolds as the my life now.

Additional Resources:

[This Thing Called You](#), Dr. Ernest Holmes

## MESSAGE TO YOU

One of my favorite stories told by Theophane the Monk. He said that he went on his annual retreat one year and forgot to bring his Bible with him. His spiritual teacher responded with delight. It is time you write your own bible, he said. Write your own sacred book of encountering and overcoming evil. Write of your own resurrection experience and how you learned to love. Write of your healings and your experience of God.

Theophane did this. He spend the next year writing his own sacred book. The following year he brought it with him on his retreat. His spiritual teacher took the bible and burnt it and asked him to do it again. For the remainder of his life he would write his own sacred text that he had lived.

This is my invitation to you. Live the Qualities of God and write about them. Add to this book your own experience with the Qualities and your own references for them. Let this book be your starting point. Or, burn it and start your own allowing this to be the leaven for your own realization of God.

God is only a concept until It is Lived. Welcome home.