

Metaphysical Lent:  
Transformation by Choice  
By Rev. Bonnie Barnard

Inspired by Charles Fillmore's  
Keep a True Lent

*THE CHRISTIAN world is once again observing the Lenten season; the season of prayer and fasting that precedes the joyous festivity of Easter. It is commonly believed that the Lenten period has to do with the events of the forty days preceding the Resurrection. This is an erroneous idea. Lent is a church institution, and there is no authorization for it anywhere in the New Testament. The idea, however, has a sound spiritual basis; Moses, Elijah, and Jesus Himself set a precedent for it. Each observed a forty-day period of prayer and fasting as a preparation for spiritual work. Moses received the Ten Commandments on Mount Sinai at the conclusion of his fast. Elijah talked with God on Mount Horeb at the conclusion of his period of prayer and fasting. Jesus began His great spiritual ministry at the close of His fast in the wilderness.*

*The ancient Hebrew writers made a practice of using numbers to symbolize ideas. Forty, in their minds, was a "foursquare" number suggesting the idea of a foundation for something to follow; an idea of completeness. So the number forty is frequently used in the Scriptures to indicate a completed preparation for something to follow. When we consider Lent as a well-rounded or "completed" season of retreat from the things of the world for the cleansing of the mind and the recollection of the things of Spirit, it becomes a true season of preparation for the glorious Eastertide; a preparation for the resurrection of the mind from the darkness of its sins, doubts, and false beliefs into the light of understanding.*

*Lent, then, is a church institution embodying an exalted idea, the idea of cleansing and disciplining both mind and body toward the end of making them more receptive to the Christ ideas. Like many other religious practices it is too often observed in letter but not in spirit. Charles Fillmore, Keep a True Lent*

The spiritual journey is one of rebirth, or continual blooming. It is a process of transforming one's perception from that of the visible world to coming from a spiritual perception; that exists in the Invisible Unified Realm.

Metaphysicians read the Bible, and all sacred texts as a template for the Soul's Journey. The story of Lent is the story of *preparation* for the death of the old, the *actual* death of the old, and the *celebration* of the Life Eternal; or the Qualities of God that never die.

Lent, is a forty day process of practice that includes fasting, prayer, repentance, almsgiving, worldly-denial all leading to the death of the individual self (crucifixion) and resurrection into the Consciousness of The One.

This daily Lenten guide was prepared to support you through Lent in a metaphysical style. The commitment to this practice is fifteen to thirty minutes of daily spiritual practice: prayer, meditation, contemplation, and forgiveness. It is most powerful to do these forty days with a prayer partner – someone who agrees to hold the High Watch for you, as you commit to change.

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## Repentance

March 5, 2014  
Ash Wednesday

The practice of a priest placing ash upon a congregant's forehead signifies the beginning of the Lenten season. It is a reminder of the mortality of the individual self and of the individual self's need for repentance.

Repent literally means to turn from sin toward salvation. Metaphysically this means we take our attention from the realm of duality (earth) as our perception of the world and place our attention upon The One and Only Presence (Heaven), God. We are practicing and living Right, Aligned Thought and action.

**Action:** Today for Ash Wednesday, sit silently in meditation for ten minutes following your breath and feeling it in your body. Once you've completed the ten minutes, take an inventory of your life *at this very moment*. Be honest with yourself. How would you like to be different by the end of forty-six days (forty days plus Sundays?) YOU decide. Write it down. Then draw it. New brain research shows that drawing, doodling, or making a visual representation activates more connected pathways within, creating a stronger sense of agreement.

Now sit with this proclamation in silence. Answer yourself honestly, who do you need to become in order for this shift to happen? Feel into the energy of this. Then answer; what must you do or change about yourself for this to be so? This can be a way of thinking or a behavior; each coming from a new consciousness. Remember, you are the inlet and outlet of God. During these forty days you will practice remaining open to The Presence Within for guidance and then act from this Wisdom.

If you have a prayer partner for this process, promise each other confidentiality and holding the space of Possibility for each other.

## Repression

March 6, 2014

Day Two

The lengthiest definition in the Science of Mind concordance is “repression.” Healing the suppressed life is an essential component of The Science of Mind teaching. To leave self-inflicted bondage and enter into the Freedom of Faith is part of this journey we are on.

*Any unexpressed desire will eventually cause a complex. Things will stand just so much pressure and no more; when the limit is reached an explosion will follow, unless some avenue for expression is provided.* Dr. Ernest Holmes, SOM Text

*If we were completely expressed we would never become sick or unhappy. The average person goes through life expressed only in part and always with a sense of incompleteness and dissatisfaction. Something must be done to make the individual complete if he is to remain normal and happy and really live.* Dr. Ernest Holmes

*Emotion, uncontrolled, produces chaos; unexpressed it produces confusion, conflict and complex; for energy will have an outlet. Bottled up, it creates a pressure that is the cause of much damage to the physical man, and produces most of our nervous disorders. Expression is normal when the intellect decides how the emotion is going to manifest.* Dr. Ernest Holmes

**Action:** In your journal today examine any unfinished emotional business. What has been suppressed within you, needs to be said, and isn't said? Write this down. Examine your resistance to reclaiming your energy. What keeps you from saying what is yours to say? Is it fear of rejection? If so, then that is running your life. Is it that you don't know how to have the conversation you desire to have? Then give yourself the gift of learning how to communicate with love. Read some books, watch some videos, work with a coach, practitioner, or teacher. Take a course. Decide today if you are willing to REALLY live fully while you are in body. Come up with a plan to move the stuck energy held within your body from inside outward. If you don't already exercise, decide beginning today you will do something to move your body; as it is a natural recirculation system.

## God, The Presence

March 7, 2014

Day Three

In spiritual communities we say that “God is All there Is.” This is true. Yet, do you really know this within the bones of your body? To say that God is All and then to complain or to judge is incongruent. Knowing God is It and we are an expression of It, we can then know that we co-create or are outlets of this Divine Good.

Spiritual maturity includes bringing complaints, mistrust, judgments, and fears into a contemplative state with your self for examination. Not from the energy of “wrong” from the energy of curiosity. Such questions arise such as “How can I do this different next time?” “How can I express the Presence in the midst of this mess I don’t care for?” “What is my part in this?” “Is this mine?” As we learn to turn within, we learn to value our own counsel.

When anyone changes the pattern, the dance changes for everyone.

Christians have the saying “What would Jesus do?” You may want to adopt the question “What would Love do?” Love is not an inert, passive, energy. It changes everything and everyone in Its path.

**Action:** Changing a pattern, changes the dance. Try an experiment for yourself using your own environment. Change one room in your home around. It doesn’t have to be a big change, but it needs to be a change you notice. Shift the direction of your bed or television. Donate an old chair or piece of furniture you’ve never really liked. Hang a new painting in your home. Notice how a physical change shifts the energy of a room. This same principle exists in relationships. Changing how you behave in a relationship changes the dynamic of the whole.

Journal about what you’ve learned from this exercise and relate it back to your intended change for Lent. Remember, draw wherever you can to strengthen your knowing.

## I Am

March 8, 2014

Day Four

Moses was tending his father-in-law's flock in the desert. He sees out of the corner of his eye a fire. Not just any fire, this flaming mess was different in that there were flames and fire, but the bush wasn't burning up (Bible says wasn't consumed). It was an Eternally burning bush. Going, glowing, flaming, and odd. This caught Moses' attention. As he approached he knew this wasn't ordinary. And it wasn't. It was an Angel getting his attention. This would be the beginning of his call to free the slaves in Egypt. Moses, an abandoned baby, would be called far beyond his comfort zone into a new self.

When Moses received his instructions, he responded, "who should he say sent me?" The response was to tell the Pharaoh "I am" sent you. Hebrew scholars say the word 'I am' isn't solely the singular, present tense of the verb 'to be.' The word is an omni-word. It represents the state of ALL tenses. I am includes I was and I will be, I always have been and always will be. This is a power statement.

As you go about recreating your self, and birthing a new you, know it will be uncomfortable. You will be lead to go beyond your comfort zone. This place of beyond has us feeling vulnerable and raw. Allow this to be your new normal. Learn to become comfortable with discomfort.

Notice that you too will experience Eternal burning bushes on your journey. You will feel compelled to take action, learn new things, and evolve yourself into someone current. All of this is Good.

**Action:** Watch the words you use following 'I am' or 'you are.' These holy, omni words ought to have attached to them words of vim and vigor. In your journal today, make a covenant with yourself about how you will use these words in the future. Sign the covenant.

## **The Altar (Consecrated Consciousness)**

March 9, 2014  
First Sunday

Many of us have a physical, tangible altar in our home, reminding us to practice reverence. How often do we stop to know that within resides the *ultimate* altar. This altar is our inner sacred, holy place we visit with God. When consecrated through alignment with and as The One, this altar becomes consecrated. It is from this consciousness that we enter into the world, bringing blessings with us wherever we go. We become made new; we are different.

Spiritual practice is essential to living a spiritual life. This includes prayer. Metaphysical prayer is called Affirmative Prayer, where we don't pray to something outside of ourselves. God never changes; God doesn't "answer prayer." We answer prayer as we change, we open, we are willing to receive and our lives become different. We affirm what is true of God. We live this affirmation. We experience results. These results can be called prayers answered. They require us, though, for their manifestation.

Meditation is absolutely imperative to a spiritual life. Silent "being" nurtures and prepares the way for our Souls to bloom over and over again. Contemplation is similar to meditation although it includes the marinating of a concept or idea. Chanting is a combination of prayer and contemplation in that the repetition is a form of marinating and the words are affirmative. Giving of energy in the form of money, service, generosity of Spirit changes us from constriction into the Truth of the Kingdom, which is plentiful.

**Action:** Commit to yourself to a daily spiritual practice NO MATTER WHAT. Choose the same time of day, if possible. I like to take a contemplative walk first thing in the morning followed by my prayer, meditation, reading, and journaling practice. Create something that works for you. Many people tell me they "don't have the time" for spiritual practice. If you believe this to be you, then for a week track everything you do all day long (in 30 minute increments). You will discover many options you have for shifting around your schedule: hint, often the television or internet surfing is involved. Since I have invested in a daily spiritual practice of up to three hours, my production level has sky rocketed. I accomplish more in my day than most people in several weeks. Don't underestimate the power of meditation to morph time, heal the body, increase clarity – it is amazing. Amaze yourself.



## The Body Temple

March 10, 2014

Day Five

*I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. Romans 12:1-2*

*Your body is a temple of the Holy Spirit within you. I Corinthians 6:19*

Our bodies are an outward manifestation of a Divine Idea. Our minds play a significant role in sculpting and healing our body. How we see and perceive our body influences how we treat and care for it. If we see it as merely vehicles for carrying around our heads, then we are missing its full power. The body is creative, alive, vital, always recreating itself and is directed by our energy. This is the good news. You and I can enhance our bodies through loving them and tending to them with reverence.

If you revered your body, what would eat today and how often? Each body is different and unique, so get to know yours and you. You may feel best eating all throughout the day. A strict three meals may serve you. Certain foods may liven you while others diminish your energy and contribute to fatigue.

We came to this planet to give forth our gifts and talents, shine, have fun, create, and love. How are you tending to your body to encourage this into happening? What could you be doing different?

What about movement? Our bodies require movement; they love it. They enjoy the outdoors, the sun energizes and feeds the cells and air is a cosmic food. Most big, creative, thinkers walk regularly. Creativity Guru Julia Cameron walks daily. So does poet Mary Oliver. Steve Jobs walked with colleagues to work through issues and come to creative solutions. There is a direct correlation between creativity and movement. Are you moving?

**Action:** Take yourself on a long walk today. Allow whatever happens to happen. Observe as you walk and notice how you feel before, during, and after. Journal about your insights when you return. Also, journal about your commitment to your body.

## Faith

March 11, 2014

Day Six

*I live in the faith that there is a Presence and Power greater than I am that nurtures and supports me in ways I could not even imagine. I know that this Presence is All knowing and All Power and is Always right where I am.* Dr. Ernest Holmes

Faith is the belief in that which isn't seen.

Growing up in a culture that values the "seen," I used to think that Faith was a sign of weakness. However, Faith is a tool of the spiritual master and creative genius. Every idea, invention, and vision starts first in the realm of the unseen. It is stoked, loved, nurtured, visualized, felt, and lived from within the mind/body before it is brought into fruition in the physical form.

All great emotions are invisible, as well, and are known through the action that prompts them. Love is a Field of God that is known through feeling It. It is an embodied experience. Once Love tickles an individual internally, Life becomes enjoyable and the desire to "make better for all" is included within this feeling. Love creates the desire to live green, to employ and multiply the good for others, to mentor, to hug, to contribute to the community ... and it all begins in the Invisible.

Faith, then, is the energy of believing in the formation of an idea or experience without evidence that it exists. For an individual who has never been "in love," Faith that Love is potent and possible is just as vigorous a feat as the entrepreneur creating a company out of nothing.

**Action:** In order for you to be "made new" in the area you identified six days ago, it will require Faith. Faith is a key ingredient in transformation by choice (different than transformation by tragedy). You will be called to believe in the vision you hold of your emerging self more than the current circumstance your self lives in.

## Strength

March 12, 2014

Day Seven

*"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

Strength is another Quality of God essential to transformation by choice. As we step beyond who we have been or the pattern that we have lived out of, we become disoriented. We don't recognize our self as the old no longer fits and the new has not yet become solid. There is a time of wobbliness and vulnerability. This is where Strength arises. Strength knows the New has within everything It needs to bring itself into fruition. Strength buoys the discomfort and allows it to take however long it requires in order to stabilize into a new form.

I held a long time habit of accommodating others at my own expense. I decided I would use my voice and my energy to take a stand for me. From the outside this appears to be no big deal. From the inside, this was scary, uncomfortable, and uncharted. At the time I was living with a roommate. I would accommodate her by leaving the house when her boyfriend came to town. We were down to our last two weeks of living together and I had a lot of work to accomplish. I verified the boyfriend would not be coming to town so I could stay put and work. This was affirmed. Then, one hour before his impending arrival, it was sprung on me that we would be arriving and staying for ONE WEEK. I stood up for myself. I said I wouldn't leave this time; I would remain working, and asked for quiet and what I needed. It felt terrific and terrifying at the same time. My roommate understood my need for completion. First, she realized her error in not talking with me. Then, she blamed me. Then, she blamed her boyfriend for coming. Then, she blamed the two of us for not getting along. Then, the two had a monster fight with dishes flying, doors slamming, curse words, the whole bit. By changing my pattern, the entire system was disrupted and couldn't maintain its energy. I experienced tremendous discomfort amongst the freedom. It took strength for me to stay committed to my vision of my new self without caving in to the old pattern; to not make wrong or judge the situation, and not return to my old habit of accommodation.

**Action:** Meditate upon the idea of God as your Infinite Strength.

## Spiritual Discernment

March 13, 2014

Day Eight

*Spiritual things must be spiritually discerned when we are ready and willing spiritually to discern, we shall find a ready response from the Invisible to the visible.*

Dr. Ernest Holmes

Spiritual teachings are known at the level of consciousness from which they are generated. It takes much mastery to enter into the paradoxical consciousness of The One where Truth is discerned at the level of understanding.

Do you remember when single number addition in math was difficult? Once mastered; multiple number adding was the next challenge. Then came multiplication and their tables. Not just the memorization of values, but what it means to multiply. Algebra followed as a language of math with formulas and equations. Geometry followed as a spatial math with points, lines, surface, solids and higher dimensions. Trigonometry dealt with angles. Math increased in difficulty and without an understanding of the lower functions, it is difficult or impossible to understand the higher.

This too is true with spiritual knowing. Spiritual Practice is essential to spiritual initiations. Dimensions of the Invisible are revealed; one after the other; until the spiritual discerner knows that All is God. All is. Period. This discerning changes everything. Action is taken through Intuitive knowing and the Universe conspires to bring Good to you.

**Action:** In meditation today, ask that you may experience a higher level of knowing from yesterday. Journal about you notice throughout the day supporting the New You.

## Love

March 14, 2014

Day Nine

*I am not afraid to pour out my love on all the so-called evil of the world.* Charles Fillmore

*Love is a cosmic force whose sweep is irresistible.* Dr. Ernest Holmes

How do you talk to yourself? When you hit a roadblock, does your inner dialogue get mad and blame you or someone else? Or, do you find yourself comforting yourself with words of encouragement and praise. Shifting from inner criticism to inner comfort is easy to do. Begin with the awareness of how you speak to yourself. Then, listen and correct as you would a child. You may say to yourself, “that was awfully stupid of you ... again.” When you notice stop yourself and say “that’s not true. Great job for trying. What can I do different next time?”

I vividly remember the day I made the decision to take my side no matter what. I would be my own inner advocate and praise myself, finding good in me. It was powerful and the start of loving deeply as to quote Charles Fillmore, I wasn’t afraid to bring Love forward into all conditions, evil what we’d call evil.

**Action:** Decide this 40-Day Journey is more than just another inspirational experience for you. Decide you WILL EMOBODY change. Throughout the day and for the rest of the forty days, catch and modify your voice to reflect the Love that you are.

## Divine Power

March 15, 2014

Day Ten

I think of strength as a welling up of inner support and power as an exertion of strength outwardly. Let me look them up in the dictionary:

*Strength: able to withstand force or pressure.*

*Power: the capacity or ability to direct or influence the behavior of others or the course of events.*

I like that. Strength, according to the dictionary is an alchemical process and power is a capacity. This is a nice distinction. How does one develop the capacity to exert power? History would show us positional (as in politics), through resources (as in money, land, food) through fear (as in bullying or domination) or through love (as in inspired action and community).

Divine Power, then, would be an increased capacity to influence others through becoming more Love and expressing It through Loving actions.

*In reality, we know God or Truth, only as we ourselves embody God or Truth. AND SINCE IT IS IMPOSSIBLE TO EMBODY ANYTHING OUTSIDE US, THIS KNOWLEDGE MUST BE AN INNER LIGHT. The Truth Itself is Infinite, but we only embody the Infinite in degree. To the degree that we do embody Reality, we become poised and powerful. Dr. Ernest Holmes*

**Action:** We build spiritual capacity or power through embodying more of The Presence that we are. How do we do this? Through recognizing we are host to The Presence, practicing from It, and meeting others in It. Capacity is buoyed by spiritual practice.

## Creativity

March 16, 2014  
Second Sunday

*True imagination is not fanciful daydreaming; it is fire from heaven.* Dr. Ernest Holmes

I appreciate the resurgence of the feminine ideals. Both the masculine and feminine live in each of us and are necessary for whole living. To live solely in the realm of the masculine is to push, drive, force, make happen, persist. To live solely in the realm of the feminine is to receive and inspire without action. Both need each other for complete and whole expression.

As inlets for God we receive inspiration, ideas, and intuitive knowing. As outlets for God we give forth what we have received in and as action. We receive an impress of God and we express it through our body temples.

Creativity is the process of making things. Artists, musicians, visionaries, entrepreneurs receive from The Realm and bring it forward into form. Creativity is not what we do; we ARE creatives. We create concepts, opinions, perceptions, sentences, games, connections, relationships ... we create all of the time. Awakening to create consciously is what our Lenten series is about. We are choosing to open to what is ours to bring forward and we are awake to the tenor in which we do this. Creativity is not just about the *what we bring forward* but the *spirit in which we bring it into being*.

**Action:** Leaning into who you are becoming as the NEW YOU, what must you create to change your inner atmosphere to match this becoming? Are you called to create anything externally? Journal about the creative process in relationship to the NEW YOU.

## Understanding

March 17, 2014

Day Eleven

*Spiritual understanding is the ability of the mind to apprehend and realize the laws of thought and the relation of ideas one to another. It is that something through which we understand God and ourselves...Intellectual understanding comes first in the soul's development, then a deeper understanding of Principle follows, until the whole man ripens into wisdom.* Charles Fillmore

What we think about has a direct relationship to what we believe. If we believe the world isn't safe; then we think about how to walk through life protected. If we believe that life is a playground, then we are enjoying recess. If we believe that everyone else can have the life they want, but we got left out, then life is seen through the lens of loss.

As conscious creatives we can reprogram our minds to align with the Truth of God. We can see from a Higher Perspective and we can live in Grace. This is a practice and takes dedicated time and commitment to change thought patterns; and the pay off is significant; nothing short than miraculous!! It moves us from poverty into wealth, illness into wholeness, lonely into love. The God-programmed mind shifts everything.

My daughter's friend has fibromyalgia and is in a lot of physical pain and taking handfuls of medication. My daughter asked me how I healed my bout of it twenty years ago. I told it was years of mind retraining and habit changes from this new mind. She shared this with her friend who said she'd rather be sick than do the work. This is true of most people. Our culture is set up to support the victim. Choosing to be your full self goes against the collective mind and requires spiritual understanding.

**Action:** Write from your future New Self . What does s/he think about? What is his/her prevailing belief system? How does s/he live them? Write in your journal as though it is already in fulfillment; your new self is writing a journal entry about his/her day.



## Surrender

March 18, 2014

Day Twelve

I love this word – surrender. I didn't always love it – but I do now. Surrender is the active process of letting go of the little. It isn't so much a "giving up" as it is a "giving over." What are we giving over to? A Higher, Bigger, More Complete Presence – The Inner/Outer God. Surrender is admitting that we don't know; but there is something that does. Surrender is an act of Trust.

*Common sense should teach us that we did not create the universe, nor need we be responsible for the laws of nature. All we can do is to use them. Now we are called on to reform all our thinking – to make a complete and final surrender of all our littleness, fears, doubts and uncertainties to that great something within us that is calm and certain and sure.* Dr. Ernest Holmes

What are you called to surrender? Many of my colleagues have a practice where they give up and over everything at night before they go to sleep. They surrender their entire life night after night. What is small within you that would serve being transformed by the Great Intelligence?

**Action:** Where are you little in thought? Do you hoard kindness, complements or things? Are you stingy with what you have? Do you act out of competition toward others tearing others down? Do you withhold from yourself? What are willing to surrender or give up; giving over to the Generous Good of God? What actions are you inspired to take?

## Divine Law

March 19, 2014

Day Thirteen

There are three aspects to God – the Father (Love) – the Son (Law) and the Holy Spirit (Grace). The Law is the doing nature of God. It expresses through the form of thought or word.

The Law is to be respected, neutral and predictable. Respected in that it produces based upon the beliefs of the individual. Neutral in that it doesn't care whom the thought generates out of, it simply responds without prejudice. It is predictable as one's thought is of generosity, generosity responds. If one's set point is self-loathing, pain and suffering is the response.

Trusting the Law as the way God works, allows us to look at our lives objectively and say, "What must I believe to repeat this same pattern over and over again?" If our friendships last a mere few months, we can inquire what is going on beneath the surface and who must we become to shift this. If we continue to spend more money than we bring in month after month, what does making debt say about us? The Law allows us to look at patterns objectively, without blame or criticism and wake up to other choices.

**Action:** Affirmations are great ways of shifting patterns from what has been to what will be. Today write some affirmations beginning with the words "I am."

## Enthusiasm

March 20, 2014

Day Fourteen

Enthusiasm means “enjoyment, interest, and approval.” Enthusiasm is a way of approaching life. It is zealous. This inner impulsion has us leap out of bed grateful to be alive another day to create, grow, serve, imagine, and love. It undergirds strength and persistence; the elixir that keeps us in the game.

*Nothing great was ever achieved without enthusiasm.* Ralph Waldo Emerson

Joy is an essential part of the spiritual journey. When clients come to me sick and tired one of the first things we look at is what exists in their life at the moment that provides joy? We examine actively engaging in joyful activities for revitalization. What I’ve discovered over the years is that individuals in jobs and relationships without joy literally begin to wither. The individual is tasked to become the Joy that is missing or to gravitate toward people and activities that are more in alignment with their Soul. Something is out of alignment.

Shamans have had a word for a people who are in their wrong work; it’s called Shamans Disease. This is when an individual is neglecting their spiritual resources and they become sick. The revitalization of Spirit heals it all.

Let’s look at the intention you set for these forty days. Where did the intention originate from within you? Did it come from lack? The voice of lack says “I will be okay if I have ...” Did it come from a societal or adopted expectation? This voice says, “I must or I should.” Or, did the desire for shift come out of Enthusiasm or Joy? Your success practically guaranteed when Joy motivates it as it is, then, fun.

For example, what if you decided during these forty days you were going to lose weight? If you did this from lack you’d be thinking, “If I lose weight I can have love.” If you did it from a societal expectation you would think “I should lose weight to be accepted; to get the part; to take a good picture, etc.” If you do it from Joy, then the thought is “yippee, I am giving me to me and I get to have a fun, flexible body.” Different energy.

**Action:** Reimagine your intention from a place of enthusiastic zeal. Invite this energy into your life from Life Itself, write and draw it.

## Renunciation

March 21, 2014

Day Fifteen

I often say that God is in the “re” business. The prefix “Re” is about doing it again – the Divine Do-Over. God is about regeneration, resurrection, renewing, restoration, returning, revealing, revitalizing, and renunciation.

To renunciate means to refrain, give up or to reject an idea or behavior. Giving up, though, isn’t the completion. We give up for a new. What is the replacement we are seeking? What aspect of God do we want to embody more of?

With your intention in mind, what Quality of God is calling you into deeper understanding of spiritual knowledge? From the conscious beginning of my spiritual journey I knew that any change I made impacted the Whole of humanity. I would later learn about our interconnectedness and about the scientific verification of my knowing. It was important to me that I am willing to requalify or reconstitute my energy in order that the Whole receive Its benefit. I would come to learn that a mental/emotional shift within me would change my biology. This change, then, would directly impact my mother, daughter, and daughter as we share the same cells. My spiritual insight literally transforms a lineage.

What are you called to let go of now and forever? I mean really done with forever. Are you done with treating yourself and your family poorly? Are you done with defining yourself by a disease instead of your brilliance? Are you ready to let go of processed thinking or food? Are you called to quit smoking, stop drinking or give up sugar? Are you called to come out of your home and volunteer in the community? What are ready to give up and reject as you?

**Action:** Commit to yourself to change what you are done with. Write it down, draw it, sign it, and act out of it. If you can’t identify something you are “done with” then contemplate what you’d like to woo and welcome. If you identified it already on an earlier day, then go deeper into its resonance.

## Life Force

March 22, 2014

Day Sixteen

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

*Christ abides in each person as his potential perfection. Jesus Christ, the embodiment of all divine ideas, exists eternally in the Mind of Being as the only begotten Son of God, the "Messiah" or "anointed one," and is the living Principle working in man.* Charles Fillmore, Metaphysical Bible Dictionary

Jesus is the name of a man, just as my name is Bonnie. Christ is not his last name; it is a bestowed title meaning "the anointed one." Metaphysicians see Christ as a state of consciousness accessible to all of us. It is the consciousness that was attained by Jesus and heals, reveals, uplifts, makes abundant, and is ALIVE.

The dictionary defines life as "*the capacity for growth, reproduction, functional activity, and continual change.*" Life, to me, is the energy or force that animates beings. The spiritual promise is one of Eternal Life, and Abundant Life.

You are I are alive right now, at this very moment, in our present bodies in our current culture. What if we were to live our lives abundantly? This means committed to being present in the now moment, not reliving a past pattern or hurt over and over again, or waiting until a future time that we might prefer. It means NOW. It means what IS. It means acceptance.

Are you willing to live full out and revel in all that Life can be in, through, and as you?

**Action:** Enter into contemplation today and sit with the words Christ and the Life. Be with both see what arises within you as you contemplate upon these. Journal the insights you have around these two powerhouse Qualities.

## Regeneration

March 23: Third Sunday

*Never limit your view of life by any past experience.* Dr. Ernest Holmes

Every year I choose a word that is my guiding force for the year. This year the word I chose was *regeneration*. This word to me means that I continue to be made New or Whole moment-by-moment and choice-by-choice. This means that not only do I receive what I give forward, but that I continue to live from set point. I am more than a linear process of in and out, to me this is the omni-energy of Always, All Directions, All Generations, All. It means to me that I am made New continually. I am “fresh” in God.

Regeneration actually means to generate once again. I think of a worm when cut in two grows a new top/bottom. I think of the snake with new skin or the molten lobster that creates a new shell with each season of growth. I am regenerated in God. I have barely touched the energy of this, and yet the little I’ve interfaced with has fed me tremendously.

With what you are intending, what does regeneration mean? I know that with the body temple it is made new every seven years. Hairs are replenished on the head more often than that and skin even more frequently. Money is made, lost, grown, split, increased and devalued. Love goes through cycles of expression. What does regeneration mean to you now at this moment with your intention?

**Action:** Affirm today “I am the regenerative nature of God.”

## **Inner Guidance**

March 24, 2014

Day Seventeen

Dr. Ernest Holmes says intuition is the way God speaks to us. Since this is so, then how do we hear God? Does we require a house fire or a disease to listen or do we practice listening in meditation?

It is important to become familiar with your emotions and what they tell you about your thoughts. Emotions reflect to you what you are thinking. Or, if they are old and suppressed, they reflect what you once thought now covered in slime and mold and begging for transformation. For ten years I sat with my emotions and interviewed them until I understood how they worked inside of me. I realized that I became angry when I believed something to be unjust or when I felt my boundaries had been violated. Knowing this served me extremely well. I then know when I was angry I believed in victimization. I could then check and change my thoughts – aligning them with Truth or take action if I was called to do so. I did this with disappointment. I learned that when something fell outside of my expectation or value system I experienced disappointment. I knew then how to be with it. I examined all of my emotions that grew into deep compassion for my self and others. After ten years of this inner exploration something powerful happened. I opened into the realm of feeling that I had shut down.

Feeling is where intuition resides. When I got past being swept up in my emotions and valued them for what they are in my life, then I was free to feel deeply, quickly, and accurately. This opened up a completely different realm of existence for me. I could feel The Presence and know what was mine to do. This saved tremendous time in guessing or making pros and cons lists. I also attribute my daily walking to opening my intuition portal. Nature feeds my Soul and brings me into multi-dimensional living.

Inner Guidance can be known (insight), felt (intuited), realized (downloaded), extrapolated (seen), heard, experienced synchronistically or dreamt. Following the clues and acting upon them is part of the spiritual path. It's the virtue of obedience.

**Action:** Are you stuck with what is next for you to do to support your intention? Ask your Inner Guidance to reveal it to you. Sit in the energy that it is done and ask. Watch throughout the week how your answer is brought to you.



## Inlet and Outlet of God

March 25, 2014

Day Eighteen

*Emerson tells us that we are inlets and might become outlets to the Divine Nature. We are already inlets, but we must consciously become outlets.* Dr. Ernest Holmes

By nature of being embodied; you and I are inlets of God. We are available to receive Its Grace, promise, Love, and Good Life. In order to be outlets of God, we are called to express the Qualities of God through us toward others. Without expression, we become congested, sick, and wither. It is our privilege and opportunity to bring forth the Qualities of God through us for everyone's benefit.

We open to our Divine Self through the practice of meditation. Meditation is essential for ripening the inner Qualities and seeing with the singular eye of God. Affirmations, chanting, prayer, hanging out in nature and giving support and reinforce expression, yet meditation is the Mac Daddy of all practices.

What would happen to your electronic devices if they weren't recharged? If you didn't plug them in and allow the juice from the electricity to enliven your phone, computer, tablet? They wouldn't work. Well, meditation is our spiritual recharging system. Sitting in silence, going within to breath, and being awake to the present activity of Life bringing us opens us naturally to this understanding. Don't short cut yourself by omitting meditation from your practice.

**Action:** Today meditate for thirty minutes. You can use auditory support (music, nature sounds, guidance) yet give yourself at least ten of your thirty minutes in silence.

## Cleansed by Truth

March 26, 2014

Day Nineteen

Spiritual teaching and metaphor has become so much easier with the advent of the computer and Internet. Concepts such as shared Mind or One Presence isn't as strange to us as it was just a decade ago. The computer assists in today's lesson *Cleansed by Truth*. Personal Computers have a function on them called "defragging." This is when the disparate energy within the computer is re-collected for a more potent current usage. It is a gathering of the pieces, a cleaning of the hard drive, in that it can be utilized with greater vitality.

For the spiritual being, Truth is the defragging system of the Mind. Once Truth is introduced into a mental mess or realized through insight, the fragmented pieces are re-collected and utilized for a greater understanding. Truth always aligns with that which is Eternal.

The Truth is; you have a God that works for you, with you, and through you, that deeply loves you for It is Love and It can't help Itself. To the degree we are awake to this Truth and embody It, is to the degree in which we can access this potency. All Truth is derived from this Great Truth.

**Action:** Meditate today on Divine Love. Set a time for fifteen minutes. Begin by following your breath in and out, up and down ... not altering it in any way, simply observing it. Then with each inhalation say the words "Divine Love," with each exhalation speak it again. You may shorten the thought in your mind to simply Love. Just know it is the Eternal, Everlasting, Only Love you are referencing. Journal when you are complete.

## Renewing the Mind

March 27, 2014

Day Twenty

*Be not conformed to this world, but be ye transformed by the renewing of your mind.*  
Romans 12:2

“This world” has a bad wrap when it comes to Bible verses. Taking the concept of “the world” from scripture literally, has contributed to much of the world destruction. The disdain for the world can be a dangerous stance for a spiritual person to adopt. In the above context, though, we are reminded that everything begins in the mind. When we focus on what is already manifest as holding for us our good, then we’ve missed the boat. It is the realm of the Unified; The One in which we create.

*The world – a state of consciousness formed through the belief in the reality of things external. It leads one to follow standards of living based upon man’s opinions rather than on Truth. The world is overcome by our denying that it has any power over us and affirming freedom in Christ.* Metaphysical Dictionary, Fillmore

Awakened individuals see an advantage to all of society waking up. There is a drive to support individuals in this pursuit for the benefit of humanity. Each awakened teacher tends to have a “way” or “practice” they share with others to assist in this process. Dr. Ernest Holmes contribution was the creation of The Science of Mind. I believe he questioned himself as to how he could best suggest people awaken and he believed it to be through the renewing of the mind; thinking differently. Thought is integral to waking up; and yet there is much more than simply thinking. Behind a thought is a belief. Beliefs tend to be unconscious until seen. It is the belief that one is ultimately resurrecting. The belief in “the world” as having one’s good is a fallacy and leads to stress, anxiety, pain, suffering, and violence. The realization that God/Love is All and is for (never against) us, expresses out of its understanding new thoughts that lead to new behaviors.

**Action:** Enter into the world today wanting nothing from it. Bring your gifts, talents, love, and capacity to the world. See what transpires and how you feel.

## The Grace of God

March 28, 2014  
Day Twenty-One

*The grace of God abounds by divine givingness. God has forever hung himself upon the cross of men's indifference; God has forever, but without suffering, given himself but we have not received the gift.* Dr. Ernest Holmes

Dr. Ernest Holmes would give his final sermon, called The Sermon by the Sea, at Asilomar, a camp in California where Religious Scientists would gather each summer. In his talk, he made the above statement that God abounds by divine givingness. Think about this for a moment. God is Life. God is All there Is. God is Love. God is Pure Undifferentiated Energy out of which all forms are created.

Knowing the Allness of God, then we become re-gifters, if you will. God, or Life, is the original gifter and we align with Its activity by giving forth from us. There is a spiritual evolution in consciousness where we begin believing we are victims and the world is happening "to us." Then we grow a bit and we come to know that we are doing it! Life is happening "by us." Then we become a bit humbled and open to the realization that God is working "through us." Unified consciousness knows that only one of us exists and so God is "as us." This knowing is a process of unfolding and all of it happens by Grace. God gives. We receive; then we give.

Grace cannot be earned. You and I are not here on earth to "earn." We can't really "earn" anyway. We can exchange energy for energy; which we call earning, but energy can never be destroyed; just reconstituted. We can't earn our salvation. Practicing being "good" is quite different from knowing you are innately "good" and acting from this place. Can you feel the power that comes in knowing we can lean into the Grace of God from which we receive?

Action: Today in contemplation, sit with the concept of Grace. Feel into it. What does it feel like to receive EVERYTHING. Allow yourself to receive your breath. It is working for you and with you whether you are conscious of it, or not. Receive the air around you. Receive your toes wiggling. Receive the thoughts that pass through your mind. Notice all of the ways in which you receive.

## The Invisible

March 29, 2014  
Day Twenty-Two

*The one way to enter the realm of the fourth dimension, or of realization, is through scientific prayer, commonly named "the silence." First, I take with me the word Jehovah and go within and hold it steadily in mind, until the word illumines the whole inner consciousness. I am now functioning in the fourth dimension, and the way is open for concentrating on the prayer I have in mind for the special demonstration. Dr. Ernest Holmes*

My writing partner and I took a trip to Bisbee, Arizona where we went on an official ghost hunt. We entered into rooms with all kinds of electronic devises and our own senses tracking that which isn't seen. We witnessed all kinds of paranormal activity ghost-occupied rooms. We observed the flashlight of our leader go on and off without the human touch. We saw what looked like a cat skittering across a bed to play with a toy. We heard sounds. We smelled antiseptic, perfumes, and whiskey. The two of us believed we had our own direct experiences with ghosts.

The realm of the unseen is so very potent. It is in this realm that electricity was discovered. It is in this realm that television and radios receive their signals and that wi-fi delivers us information from around the globe. It is also this realm of the invisible that angels live and where in silence we connect with the Most High Thoughts.

Because we cannot experience something with our senses doesn't mean it doesn't exist. So we go into the quiet sanctuary of ourselves, to the not seen realm and we practice "feeling" or "sensing" our environment. This sensitizes us and opens us to multi-dimensional experiences – we can connect with more of the All.

**Action:** Today in meditation note what you are feeling in your body. Become keenly aware of how your breath feels within you (ragged, inconsistent, smooth, gentle, predictable), how your arms feel (heavy, soft, solid, etc). Check in with different parts of your body and just be with them. Notice. If you come across pain, breathe into it and witness what happens. You may give it permission to leave or ask it what it needs. Connect with your inner self.

## Practicing Silence

March 30, 2014

Fourth Sunday

*In the metaphysical world, you frequently hear people speak of going into the silence. Naturally, one wonders what is meant by the silence, and if there is one thing we must avoid, it is confusion. All life is motion, or at least manifest life is in a state of vibration. But, at the center of this vibration, there appears to be something which is motionless, something which itself does not move and yet from which all motion must come ... We might state it this way: God does not move, but movement takes place within God.*

*Going into silence does not mean that either our mental or our physical reactions are obliterated, for if they were, we should pass into oblivion. We are not trying to discover how to be less ourselves, but how to be more ourselves.*

*Jesus gave a good example of going into the silence when he told us that in prayer we should enter the closet and close the door ... his language was symbolic. Entering the closet means withdrawing into one's own mind. For it is from one's own mind that the creativeness which one possesses emanates.*

*It is evident that the closet is not a place of mental and spiritual oblivion, for a movement of consciousness still takes place. He who practices this movement of consciousness in silence is practicing the inaction from which action flows. To "Be still and know that I am God" is to enter the sanctuary of one's own consciousness. From this center, the issues of life proceed.*

*Here is our Secret Place of the Most High, the inner chamber of our own soul, are written the sacred words: I AM. It is from this consciousness, this I AM conceived in silent recognition that Power flows. Dr. Ernest Holmes, Living the Science of Mind*

**Action:** In Charles Fillmore's book Keeping Lent, he called today "The Sabbath." The Sabbath is a time of rest and inaction. I renamed today Practicing Silence as our culture tends to be real noisy right now and to be inactive an inward is a large part of the Sabbath. Today invest one hour in silence. No television, music, activity. Just be. Journal the experience of being and what you notice.

## Inspiration

April 1, 2014  
Day Twenty-Three

Ideas come from the realm of the in-spirited, or inspired. Inspiration has its own vibrational chord that plays itself upon the body/mind. To receive inspiration is to be truly rich.

Everything around us began as an inspired idea. I am composing today's lesson in a client's office. It is raining outside and I can hear the water hitting against the mud flaps of the cars driving by and the spray that is fanning from beneath the car tires. Cars began as an inspired idea. Mud flaps followed. The glass table my computer is sitting upon was another idea dreamed up by someone. The phone and fax machine sit to the right of me and there is a white board with markers directly to my right. All of these things began as an inspiration through someone.

I toured Zappos! Headquarters in Las Vegas, Nevada recently. I find the company leader, Tony Hsieh, inspirational. His commitment is to creating a culture of happiness within his workplace. As his personal number one corporate value, it turns out to be a great business strategy. There is virtually no turnover in the company and happiness, it turns out, is highly productive. The company has a "Fun Division" that plans playtime for the employees such as hiking, happy hour, dancing, and competitions. Quality of God he embodies is Joy. Joy inspires him.

Love inspired Mother Teresa. Practicing seeing Jesus in the eyes of the dying poor was an inspired act for her. Health/Wholeness inspired Richard Simmons to create a workout movement, new at its time in history.

Each one of us is inspired by one or two Qualities of God that continue to show up in different forms. Inspiration is the way God speaks to us and through us. It is a feeling tone that uplifts.

**Action:** Journal your last three inspirations. What were their consistencies, if any? Do you see within them a Quality of God (Peace, Joy, Wealth, Wholeness, Grace) worth noting? How does this relate to your intention for Lent?

## Wholeness

April 2, 2014  
Day Twenty-Four

*Health, real health, is from within and does not have to be manufactured in the without. It is the normal condition of man, a condition true to the reality of his being. The first step in all spiritual healing is the using of faith, and the next step is to become open and receptive to the stream of healing life. Spiritual healing restores to perpetual health because it erases the error thought and cleanses the mind.* Charles Fillmore

The word “holy” comes from the word “whole.” To be whole means to know that there is nothing wrong, broken, or less than within and as you. It means you embody the perfection of God. This knowing forces us to release any belief in victimization. We can’t be in bondage when we know our wholeness. Nelson Mandela was a great example of this. Although physically incarcerated, he couldn’t be minimized, as he knew his value. He knew his wholeness.

Wholeness relates most often to the body temple. Our own body cannot hold us hostage when we know we are perfectly whole. This consciousness may experience temporary discomfort that shows itself as sickness, and yet it welcomes and loves the physical shift knowing the Wholeness behind and within it all is transforming the energy into something even more durable. Wholeness recognizes that ALL THINGS work together for our good. No exception.

Metaphysicians often say in prayer “Whole, Perfect, and Complete.” In/as the consciousness of Christ, we hold the perfect vibration of well-being.

**Action:** You are Whole, Perfect, and Complete. As such, bring this into your prayer today as you speak of the completion of your identified intention. Own the energy of your intention alongside the Truth of your Wholeness.



## Peace

April 3, 2014  
Day Twenty-Five

*Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Philippians 4:6-7*

Our world today appears to be adversarial which begins in the minds and perceptions of the people. To create peace, means that each of us becomes the peace that we desire to live in.

Jesus spoke of praying for our enemies. It takes the spiritually mature individual to realize there is NO enemy outside of oneself. Enemies exist within our thoughts. As we clean up our perception of others, we are cleaning up our own minds to open to the All that is, which is Love. The Hawaiian practice of Ho'oponopono has become popular recently. It is the practice of taking 100 percent responsibility for what is in front of us. There is recognition that if I am seeing less than Love, then I am responsible for my sight. It is a forgiveness, reconciliation process. If you aren't familiar with it, it is worth checking out.

Jesus is called the Prince of Peace. He brought Good news. He spoke of Heaven that is at hand, here and now. If Heaven is here and now, then why not benefit by living in it?

**Action:** Notice where you might be practicing fractured thinking. You may hear yourself saying "on one hand ..." and then "on the other hand ..." Or, I could or couldn't, doesn't matter. Practice giving up ambivalence and begin to own your choices. Clean up the internal division within yourself. If you have directed the enemy energy toward another, then clean that up too. In your prayers, pray for everything you desire and then energetically give this good life to your perceived enemies too.

## Heaven

April 4, 2014  
Day Twenty-Six

Heaven is a state of consciousness, not a destination. As Christians have made Heaven a location in the hereafter, then it delays the realization of the Good Life now. It also allows for a subtle disregard for the life forms of this world as they are “less than” that which will follow in the after life.

Heaven is a state of consciousness. This means that it isn't an external destination of milk and honey and harps and joy. It is an internal state of bliss right now, today. The milk and honey exists NOW and within YOU!! The Lords Prayer states “on earth as it is in heaven,” meaning that we bring forth to earth that from the heavenly consciousness. It is our opportunity to participate in Life through bringing forth Heaven.

Let's get away from the idea that Heaven is an abstract concept and experience it as our life today. Imagine that your home is your celestial palace. If there are aspects that you don't absolutely love, then determine what you can do to shift this. Know that your work is Heavenly service. If it doesn't feel this way, then change your thinking to give this to yourself or give yourself the gift of new work. You are the gatekeeper to your own Heaven!! If your family life doesn't feel like Joy; then how can you change you to experience this?

Give yourself Heaven NOW. Practice feeling Heaven, seeing Heaven, interacting with Heaven, and loving your Heavenly state. You have given yourself an intention for this Lent season. Live as though the intention is already here and now. Know you aren't striving for something; but uncovering it.

**Action:** Journal about your Heaven today. Give yourself the perceptual gift of right relationship with your life.

## Christ Consciousness

April 5, 2014

Day Twenty-Seven

*The mind of each individual may be consciously unified with Divine Mind through the indwelling Christ. By affirming at-one-ment with God-Mind, we eventually realize the perfect mind which was in Christ Jesus.* Charles Fillmore

“Christ” means the anointed one or the messiah (deliverer). The Christ within you and I delivers us from the thought patterns of limitation into the thought patterns of freedom. Christ within delivers us from shame, guilt, smallness and resurrects us into the Truth of who we really are as the sons and daughters of the Most High God equipped with Its lineage.

We connect with our inner Christ through dwelling in the Light of Truth and acting out of characteristics of our True Self.

The Lenten season brings us from the ordinary group think consciousness into the extra-ordinary consciousness of The One. We are moving from victimization to freedom. What do subtle aspects of victimization look like in today’s culture? It looks like believing the economy is our financial source and when the stock market takes a dip, we are somehow hurt or lose. It can look like being ostracized from a group and by not fitting in, feeling not valued. Victimization can be the way we talk to ourselves in the form of worthy and not worthy. It can be comparing, diminishing, withholding. All of these actions are aspects of self-victimization.

**Action:** Can you and will you give to yourself that which you intended? Do you make excuses or justifications as to why you can’t have or keep what you desire? No more. You are now awake to how you hold yourself hostage and you will not impede your good. I know this. Your desire to live a robust, full, life is far too great. In meditation today, give yourself and receive from yourself your intention. If you already have done so and it has already manifest, congratulations for you, and now, go deeper with your intention. Own it fully and celebrate.

## Miracles

April 6, 2014

Day Twenty-Eight

*In reality miracles are events that take place as a result of the application of a higher law to certain conditions.* Charles Fillmore

This past year I participated in an on-line miracle group. We were to list our seven desired miracles and practice staying in the field of Grace. We were given daily spiritual practices to complete and then go on-line and report our unexpected miracles. This was a nice and refreshing break for me, as I love to “work hard,” it feels good to me. I don’t simply allow myself to receive for fun as much as I’d like to.

Each participant committed to daily meditation; necessary for entering into the Field of Grace. Then we did some future writing, some giving, and some other spiritual practices. I had the most fun charting my miracles. I was aware that my life wasn’t much different than it usually is; I experience miracles ALL OF THE TIME. However, there is a different energy in tracking them. Within one month I tracked over forty-five miracles and stood witness to thousands of them.

Miracles in metaphysics means “High thoughts.” When our thought is aligned with the Presence, then miracles are natural and normal. By now I’m sure you are awake to the realization that the spiritual journey is all about the practice.

**Action:** Challenge yourself to think “High Thoughts” throughout the day today and notice what transpires. If you slip, then start again. Journal about your miracles and wins.

## The Overcomer

April 7, 2014  
Fifth Sunday

*An overcomer is one who recognizes the Truth of his being and is renewing his mind and body an affairs by changing his thoughts from the old mortal beliefs to the new as he sees them in Divine Mind.* Charles Fillmore

*We shall overcome, we shall overcome, we shall overcome someday. Oh, deep in my heart, I do believe, we shall overcome someday.* Civil Rights Song

As we take apart the word overcome; we see the verb to come-over. The idea that within us exists a Power and a Presence so strong that together we can recognize the status quo will and must crumble and a new idea must come over to the vision held within. This is our promise. We can feel, know, and see this.

Practicing overcoming is what the heroes did in scripture. Joseph said that even if man meant harm toward him; God could use it for good is a statement of living from the energy of overcome. Noah new he could overcome the current conditions of the land by entering onto the water (Spirit) and being made new through his Faith.

Overcoming has its own Intelligence and power. It is a part of the Love arsenal of God. It is often coupled with persistence and stick-to-it-iveness.

**Action:** How does overcoming relate to your current intention and to your greater life, at this moment?

## Patience

April 8, 2014  
Day Twenty-Nine

*Love is patient and kind.* I Corinthians 13:4

*The first requisite in the development of patience is spiritual understanding. The larger our vision of life, the more freedom we feel, and we are spared the friction and frettings that come to those who are centered in personality.* Charles Fillmore

What is patience? How are we at waiting while wanting? My grandbaby was due to be born at “any time.” Any time turned out to be two weeks from the when the doctor made the comment. My daughter invited me into the delivery room with her. I wanted the baby to come and NOW. I would go to sleep with the desire on my tongue, and wake up with it halfway digested. I couldn’t wait to meet the little one who would become a part of our family. And, even though I felt as though I “couldn’t wait,” I had to wait. He would have a timing of his own and my opportunity was to be present and ready.

I learned a lot about patience through waiting for his birth. I learned patience wasn’t an idle activity. I continued about my day, doing what was mine to do with an ever ripening yearning inside. I would be called to be comfortable, yet again, with the discomfort. Aware that I was creating the anxiety for myself, I continued to observe it as it would rise and fall; like an ocean wave.

As we go about creating conscious change we quickly learn that although we carry the vision within us, we don’t determine how it is unfolded through us. We show up and do what is ours to do and it involves patience. We may plan a business birth to take a year or two and it may be triple that. We are told when remodeling or building a home to plan on at least doubling the project’s length of time and financial outlay. This too can be true with birthing a business. We practice patience while fully living while awaiting our partner’s arrival. Patience. Patience. Patience.

There is magic in being able to withstand and be patient during the birthing process, whether it is of a grandbaby or of change.

**Action:** Practice being awake to the emotions within and welcoming them, even if one of them is impatience or restlessness. Allow them to be a part of your process as you train yourself to be more patient.

## Righteousness

April 9, 2014

Day Thirty

*Do I judge righteously? In other words, use my mind in the “right” way?* Dr. Ernest Holmes

The word righteousness began first as a Hebrew word meaning “right ways.” As you and I are embracing purposeful Lenten season, are our choices in alignment with our intention? Are we utilizing our gifts, talents, actions, words, thoughts and energy to bring forth the Good we desire?

I like the analogy of “directing” light. Each of us is the embodiment of the Light of God. As such, we can bring forth light in a diffused manner where it allows us to see faintly, like a 40-watt light bulb. We can sharpen our focus for a stronger light force operating through us lighting up a greater space; like a 100-watt light bulb. We can become “laser” which is coherent light. As coherent light, a laser can be used for surgery, light displays, printers, scanners, x-rays, radio frequencies – many types of application. One form of light isn’t better than another; it depends upon what is desired.

Sticking with the metaphor, are we using our light in the “right way?” Are we using 40 wattage where it is required and laser beams where they are required? This is a question of capacity, direction, and self-evaluation.

**Action:** Today in contemplation sit with the energy of ‘Light.’ Imagine your spine to be a pole of light. Then feel the light expand through your body illuminating and warming you from within. Imagine yourself as a 40-watt bulb, feel it and emanate it out. Then gradually up your wattage. You may want to look at your hands and see if you can see your aura as you do this. Next, direct the light into your hands as a concentrated, coherent experience. Witness how this differs from distributing light fully. Journal how this light meditation relates to the fulfillment of your intention. How can you use this technology practically?

## Divine Substance

April 10, 2014

Day Thirty-One

*I am surrounded by pure Spirit, by God, the Living Spirit. My thought is God thought, and it is the law unto that thing where unto it is spoken. Everything that I do shall be a success. I am led, guided and inspired by the Living Spirit of Love and of right action. I am compelled to move in the right direction and to always know what to do, where, and how to do it.*

*I am surrounded by right action. I am filled with the consciousness of right action. Right action is success in all that I undertake to do. I am successful in all my undertakings, and I am compensated for all my efforts. I am surrounded by Substance, which is always taking the form of supply and always manifesting Itself to me in the form of whatever my need may be at the time.*

*I always have an abundance of money and an abundance of whatever it takes to make life happy and opulent. There is a continuous movement toward me of supply, of money, of all that I need to express the fullest life, happiness and action.*

*I have an inner understanding of my place in the Universe. I know that it is unique. The Divine has not incarnated in anyone else in just the same individual way that It has in me. I am unique and forever individualized. Therefore, I do not need to imitate anyone or to long for the good that belongs to another. All good is now mine and is now manifest in my experience. I do not compete with anyone, for I am and remain forever myself. This self is united with all selves, but is always an individual and a unique self.*

*There is that in me which all people recognize as worth while and desirable, and everyone whom I meet loves this self of mine and recognizes its worth. I draw all toward me and those whom I can benefit and those who can benefit me are irresistibly drawn toward me. I do not strain, will or coerce. I know. The Truth makes me free from the fear of poverty or bondage, and emancipates me from the thought of limitation. I see that money, like everything else that is desirable, must be a spiritual idea, and I know that I have this idea right in my mind at this moment, I shall always have this idea of abundance. It is mine and I take it.*

*The opportunity for self-expression and compensation is always open to me and I am at all times compelled to know, accept and operate upon this opportunity. I have abundance because I am abundance. "All that the Father hath is mine." And So It Is. Amen. Dr. Ernest Holmes*

**Action:** Pray this prayer today.



## Atonement

April 11, 2014  
Day Thirty-Two

*Accepting the Atonement for yourself means not to give support to someone's dream of sickness and death.* A Course in Miracles

*Atonement--Reconciliation between God and man through Christ; the uniting of our consciousness with the higher consciousness. Jesus became the way by which all who accept Him may "pass over" to the higher consciousness. We have atonement through Him.* Metaphysical Dictionary Charles Fillmore

To transform or make new requires that we enter into unfamiliar questions requiring Faith, growth and dependence upon That Which is Higher, for Its fulfillment. As we consciously choose to shift something within our lives we provide leverage or a big enough reason to surrender and to allow The Presence Within to be our dominant voice. When The Presence becomes our presence, we are "at one." We have atoned. It is from this place of The One where we are transformed into The New.

Metaphysics is the study of the "beyond the physical." It looks at the energy, patterns, and invisible preceding the physical world. We are examining and experimenting in consciousness. When we are energetically divided against ourselves, we are called back to center ... we are called into the One. We experience separation when we judge, compare, create and take sides, and push away. It is through Love (God) that we experience mending or returning to The One.

**Action:** Contemplate your mind as a computer needing to be defragged. Imagine yourself taking back your energy from other people and from your own ideas of yourself. As you gather back your energy; invite yourself into deep loving-kindness. If you need to do forgiveness work in order to reclaim your energy, do so.

## Transfiguration

April 12, 2014  
Day Thirty-Three

*Transfiguration is always preceded by a change of mind. In transfiguration, ideals are lifted from the material to the spiritual. Going up into the mountain to pray means an elevation of thought and aspiration from the mortal to the spiritual viewpoint. When the mind is exalted in prayer the rapid radiation of mental energy causes a dazzling light radiation from all parts of the body, and especially the head. Charles Fillmore*

*Jesus took Peter, James, and John his brother, led them up on a high mountain by themselves; and He was transfigured before them. His face shone like the sun, and His clothes became as white as the light. Matthew 17: 1,2*

*Definition: A complete change of form or appearance into beautiful or spiritual state.*  
Dictionary

I like this miracle. It tells me that as we go through the process of connecting with God; The Real; The Only, that our inner Disciples (disciplines) stand witness to the inner Radiant I am and realize transformation is happening. It is the witnesses of Grace of God flooding the self. It also tells me that the experience is a witnessed, felt experience and not one of the intellect making something happen.

**Action:** If you are willing, read Matthew 17 on the Transfiguration. Imagine yourself as all of the characters in the story. Correlate your insights with your intention for Lent. What do the Disciples tell you about your fulfilled intention? How about Jesus?

## Transmutation

April 13, 2014  
Day Thirty-Four

*In consciousness transmutation is a changing in action and character to conform to spiritual standards. It is well said that the mind is the crucible in which the ideal is transmuted into the real.* Charles Fillmore

Your ideal is transmuted into the real.

This means that which you have intended is taking form and you can now physically see it. Inner sight has taken physical form as outer sight; the intangible is made tangible. Wow. Heaven has been made flesh through you.

The individual creation process replicates The Creation Process of “let there be...” and then living into it. Let there be this business that wants to come through me. Let there be a relationship for Love to have an outlet. Let there be a body temple that shines forth the Light of Health and Flexibility. Let there be friends and a social circle where I can bring forth more of me as me. Let there be humor that I may know Joy. Let there be ... We envision; we desire; we specify and then in “letting” we accept that we are already that which we are seeking and we act out of it. There is a relationship between letting, accepting, and acting; and then the ideal becomes real.

If I envision a carrot garden I prepare the soil, ensure the right conditions exist for its flourishing (weather, soil type), I clear, plant, tend, and harvest. A seed becomes a vegetable.

**Action:** When you began this Lenten journey you chose an intention to work with throughout this timeframe. Sit with your intention and identify the Qualities of God that exist within your desire. This is what you are really asking for. You are asking for Love, Health, or Beauty more than you are a certain type of body. You are asking for Joy not a change in your personality. Get clear about the “deeper God” you are requesting and contemplate the Quality today in meditation.

## Fulfillment

April 14, 2014

Palm Sunday

*Every thought sets the fulfillment of its desire in motion in mind, and mind sees the thing as already done.* Dr. Ernest Holmes

That's right. To the mind, your intention is already done. We end our prayers with "Amen" which translated means "and so it is" or "so be it." In other words, when we have completed affirming the Truth as so NOW, we end our prayer with it is done. The prayer is complete.

Knowing the power of It Is Done; I threw an It Is Done Party in Seattle where friends and colleagues showed up complete with props acting out from the consciousness of completion. I brought a mock-up of a book I was writing and marketing materials to go with. I met others and spoke of the sales of my book, the reviews, how people's lives were changed by it. I found it powerful to own the energy of being a published author before it actually happened in physical form.

Please know that all that you say and do are complete as you say and do them. Stay awake to what you are bringing forward in the world. Let your thoughts, words, and actions align with the world you desire to live in.

Fulfillment isn't solely about what is brought into the manifest world as though "fulfilling and order." Fulfillment is also a state of being. As I am writing today's lessons I am aware of how deeply fulfilled I feel at this moment. I want nothing. It feels good.

**Action:** Contemplate the idea of fulfillment. Allow yourself to feel its resonance and then journal about it.

## Harmony

April 15, 2014  
Day Thirty-Five

*Spiritual harmony in man depends largely on the right relation of the inner and the outer realms of his consciousness. Expression is the law of life. Whatever is expressed becomes manifest.* Charles Fillmore

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.

Think about the sound of a group singing off key or out of sync. Feel that for a moment. Then contrast that feeling 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.

**Action:** Are you in harmony with yourself? Are you in harmony with your intention? If so, then the music you make is .... Oh so sweet and welcomed! If not, then open to the idea of Perfect Harmony. Sit in it and feel it and let the energy of Harmony guide you throughout your day today.

## The Fire of God

April 16, 2014

Day Thirty-Six

*The fire of God (Holy Spirit) is the Word of God in action. It burns out the dross of negation in consciousness, and reveals Christ. Tongues of fire represent the illumination of thought, in demonstration of Spirit's presence and power. The flame of fire symbolizes the light of intuition that burns in our heart.*

*While the light of intuition (flame of fire) burns in our heart, there is no loss of substance. In thinking there is a vibratory process that uses up nerve tissue, but in the wisdom that comes from the heart this "bush" or tissue is not consumed. This is "holy ground," or substance in Divine Mind. When man approaches this he must take off from his understanding all limited thoughts of the Absolute ("put off thy shoes from off thy feet").*

*Spiritual fire is a symbol of the destruction of evil and error. The fire of Spirit never ceases its life-giving, purifying glow. In it all error is burned up in consciousness and the purified man then manifests this "fire" as eternal life. Charles Fillmore*

**Action:** Contemplate today on the Quality of God as Purity. Sit with it and notice if there is anything that bubbles up to the surface that desires the Presence of the Holy Spirit (Grace). If so, invite her in.

## Celebration through Communion

April 17, 2014  
Day Thirty-Seven

*The benefit of taking Holy Communion is the establishing of our acceptance of the Christ whose coming we celebrate within our mind and heart. The bread used in the churches symbolizes substance, which we consider the Lord's body, a body of spiritual ideas; and the wine used symbolizes His blood, which we consider life, or the circulation of divine ideas in our consciousness that will purify our mind and heart and renew our strength, freeing us from all corruption, sin, and evil, and bringing forth in us the abundant, unlimited life of God. Through the appropriation and assimilation of the substance and life in our own consciousness, we blend our minds with the Father-Mind and there is a harmonizing of every fiber of our body with the Christ body, which is life and light. As our mind and heart are cleansed of untrue thoughts and beliefs, and as we feed on living ideas, our body takes on the life and light of our divinity, and eventually will become living light. Charles Fillmore*

Com – union. Com “with,” union “merged.” As we celebrate communion in consciousness, we celebrate the merging of our perception of a separate self with The Divine Mind. Divine Mind is my mind. God lives, moves, and has Its beingness within and as me. Divine Love is my love. I am the love of God in form. Divine Expression is my expression. It operates through me now.

**Action:** Write a prayer from the consciousness of The One God in operation as you working through you to complete your intention.

## Preparing for The New

April 18, 2014  
Day Thirty-Eight

Maundy Thursday honors the Last Supper that Jesus had with his Disciples prior to his crucifixion. It is during the feast that Jesus washes their feet and asks his Disciples to go forth into the world and wash the feet of others. He announces he will be leaving soon and where he is going others cannot follow him. He proclaims his love and asks that the Disciples love one another.

Many churches continue on with the foot washing ritual. Think about feet for a moment. They are the part of the body that touches the ground. They represent mortal earth and the transitory nature of embodiment. The act of foot washing also represents the dirty and smelly nature of the body and the willingness to assist another in getting clean; demonstrating the love that Jesus spoke of.

We are on the countdown now toward Easter or the celebration of The New You. Are there parts of you that are still committed to “earthly” living and have not surrendered to the Holy (Whole) Life? If so, today we metaphorically wash their feet to cleanse the dual thought patterns and make clean. If you are all on board with yourself, we will still metaphorically wash their feet to demonstrate deep love for self.

**Action:** Determine today how you will celebrate your Eastern recognition of your NEW? If your intention takes longer to bring forth, how will you honor what you have done thus far and how will you support yourself through the full completion regardless of how long it takes? Journal your plan for celebration. Practice celebrating milestones of manifestation.



## Integration of Truth

April 19, 2014

Good Friday

Today represents the day of Jesus' death. The story in the Bible speaks of Jesus being having thieves on each side of him and a crowd surrounding and stoning him. Jesus says before his death "Father forgive them, they know not what they do." The Aramaic translation of the Bible is different than this. Aramaic is the language that Jesus spoke. It reads Jesus' last words as "My God, my God for this is my destiny." In other words, Jesus' purpose was to be fulfilled. Jesus came to live, to die, and then to be resurrected. It was his purpose.

Good Friday mourns the death of the human Jesus. The Christ, the anointed one, will be the consciousness that lives on forever. As a spiritual human, this story allows us to realize there is a purpose greater than our understanding behind every action. We have peace when we trust this. To trust that a short-lived life was a robust complete life is part of the spiritual walk. To realize that death is not an enemy, but a part of the circulation, and recirculation process of life energy is mature.

Today is a day when we integrate all of this into our being. We realize and prepare for the death of the old self that we have agreed is coming to conclusion. We allow ourselves to mourn this part of ourselves. If we quit smoking, we allow ourselves to mourn the inner smoker that knew smoke as relief. If we changed the way we now eat we give ourselves permission to mourn the former person who was ignorant or willing to harm him or her through poor eating. We are sloughing off that which no longer resonates with the new self.

**Action:** Contemplate today how death and rebirth can happen simultaneously. Witness the process of death/birth going on within you.

## **Resting in God**

April 20, 2014

Day Forty

Awaiting the resurrection of Jesus, or awaiting for our own personhood to be raised into NEW Life, we rest. When we have done all of our spiritual preparation and taken all of the actions that are ours to take, we then rest. Sabbath is a part of the spiritual life as it is a time of “refraining.” Also referred to as the day of “preparation.”

The energy of Sabbath reminds me of the 23<sup>rd</sup> Psalm; “he maketh me lie down in green meadows, he resoreth my Soul.” When we experience The Presence, we are made to rest. It shows up in the form of desire or yearning; yet it is so pronounced that we arrange our calendar for this.

One of my spiritual teachers said she was attracted to the teachings of New Thought as every Unity and Religious Science church she visited seemed to have older people looking very youthful and healthy. She wanted some of what she saw. Earlier, I wrote about God being in the “re” business. The prefix “re” meaning, of course “to do again.” Resting in God allows for regeneration; rejuvenation; replenishment, and as we celebrate tomorrow – resurrection. As someone who practices, this shows up in one’s body.

How often do you build Sabbath into your life? How often are you willing to build it into your life?

**Action:** Sit in meditation or lie in green pastures meditating for sixty minutes.

## Awakening

April 21, 2014  
Easter Sunday

The consciousness of the Resurrection is the knowing that Life is Eternal and that death is a temporary condition. This is important to the spiritual seeker as the belief in eternal death can be a seductive stumbling block. Death has power when one believes it is the “end game.” That death triumphs life; this is the unconscious mind’s story; not the Truth of the Initiated. Spiritual literature and insight teaches us that Life is eternal and that forms die.

The resurrection story is the celebration of Life as the context for everything including death. God is Life. Life is Eternal. Life is lived in the present moment now.

Today, Easter Sunday, let’s celebrate that moments of hate, anger, disappointment, victimization, hold no power over us as we are fueled by The Presence that Is and knows that which is Eternal. Love follows divorce. Love follows illness. Love follows bankruptcy. Love follows pain. Love has the last word. And, in all honesty, Love is in the midst of all of the conditions and is there for our beckoning should we have the fortitude to see It and celebrate It. Today we relish in this High Truth. God is It. Love is It. Forms change. Love remains. Allow this to refresh you.

**Action:** Take in the energy of Easter celebrated throughout the world today. Celebrate all you accomplished and more importantly who you became during this forty day Lenten season.

Congratulations on unleashing more of you. Drop me an email and let me know how this workbook supported you [revbonnieb@gmail.com](mailto:revbonnieb@gmail.com)

## About Reverend Bonnie

Joyful, alive, radiant, up-beat are words often used when describing Rev. Dr. Bonnie Barnard. Author, speaker, spiritual teacher, and life scientist, Rev. Bonnie is committed to being a place where Divine Love happens. Private clients speak of uplifting their commitment to spiritual practice and learning to Trust Love through their private session work with Rev. Bonnie. Students speak of her classes as containing inspiration married with practical action. Those who hear her talks speak of how beautifully she holds the human experience when she speaks of spiritual living.

Rev. Bonnie had her first direct experience with God at age five while tending to the radish garden in her backyard. "I fell to my knees", she said, "and started singing All Things Bright and Beautiful. What I felt was a cosmic blanket of Divine Love which has never left me."

She received her undergraduate degree in Religious Studies at the University of Puget Sound, Tacoma, WA where she realized the common message across religions. After this, the Episcopal Church was too small. Delighted when she discovered Religious Science, she took classes to become a licensed practitioner. For five years she had a full time private practice with an office in the Seattle area working one-on-one with clients and specializing in the fields of health and business. She continues to work with clients today on the phone.

Rev. Bonnie continued with her studies through Holmes Institute and in 2004 was ordained by Rev. Dr. Vici Derrick, an independent New Thought Ministries. In 2013 Rev. Bonnie would complete her Doctorate of Divinity through Emerson Theological Institute.

Rev. Bonnie authored four books, *Forgive Your Way to Freedom* (2004), *A Year of Go(o)d: Daily Practices for the Mystic in Training* (2013) *Affirmative Prayer: Becoming Your Owned Answered Prayer* (2013) and *Qualities of God Qualities of Being: A Resource for the Soul* (2014).

Rev. Bonnie's free blog is actively read and enjoyed; its focus is on soulful stories and spiritual practices. Affirmative Prayer changed Rev. Bonnie's relationship with God. Wanting the world to know how to use this technology, she created an on-line class available through her website [www.bonniebarnard.com](http://www.bonniebarnard.com).