Beyond Limits:
Practical Spirituality for Dynamic Living

SESSION TEN
Personal Projects
Next Steps
OUR CLOSING SESSION

As our course concludes, it is appropriate to reflect on the insights, shifts – even miracles – that have emerged during these weeks. Moreover, it is an opportunity to shape an ongoing commitment to the uplifting of awareness, the empowerment of consciousness. It is this dedication that will continue to elevate your life and reveal more and more of the Good of God you so absolutely deserve.

This session features a foretaste of what lies ahead on the spiritual path of the study of the *Science of Mind and Spirit*. We will explore the nature of “ego” as contrasted with the essential “Self.” We will unfold a matrix of faith together and the rich pathway of a deepening spirituality. So that the support and momentum generated by this course may continue, embracing specific ongoing spiritual practices will be encouraged.

In conclusion, may you always be blessed and may you ever soar *Beyond Limits!*

---

*Every human being is a doorway through which the Infinite passes into the finite, through which God becomes human, through which the Universal becomes individual.*

-RALPH WALDO EMERSON
The Moments of High Resolve

*Keep fresh before me the moments of my high resolve.*

Despite the dullness and barrenness of the days that pass, if I search with due diligence, I can always find a deposit left by some former radiance. But I had forgotten. At the time it was full-orbed, glorious, and resplendent. I was sure that I would never forget. In the moment of its fullness, I was sure that it would illumine my path for all the rest of my journey. I had forgotten how easy it is to forget.

There was no intent to betray what seemed so sure at the time. My response was whole, clean, authentic. But little-by-little, there crept into my life the dust and grit of the journey. Details, lower-level demands, all kinds of crosscurrents — nothing momentous, nothing overwhelming, nothing flagrant — just wear and tear. If there had been some direct challenge — a clear-cut issue — I would have fought it to the end, and beyond.

In the quietness of this place, surrounded by the all-pervading presence of God, my heart whispers: *Keep fresh before me the moments of my High Resolve, that in fair weather or in foul, in good times or in tempests, in the days when the darkness and the foe are nameless or familiar, I may not forget that to which my life is committed.*

*Keep fresh before me the moments of my high resolve.*

Dr. Howard Thurman
*For The Inward Journey*
TO THE DEGREE THAT YOU WANT TO GROW

by Swami Chetanananda

The point I want to make is that we grow to the degree we want to grow. That’s simple enough. But wanting to grow is not just something that can waft casually through our minds once a week, or once a day when we come to meditation. It must become an ongoing, living reality. In the Bible, it says, “Ask and you shall receive.” I don’t think they were joking. It is the depth from which we want this growth that makes it begin to take place.

Think of a tree, or of any living event that emerges from within itself. It is the degree to which it obeys its inner commitment to unfold a certain pattern that enables it to overcome all of the resistance and the obstacles in the environment, and to demonstrate itself as a vast and vital manifestation of the energy of Life. In the same way, the extent to which we are connected with that living, inner force is the extent to which we really change and grow spiritually.

The essential idea here is that we grow to the degree we want to grow. We grow to the degree that we mobilize resources that we may not even know we have at the moment. But because we deeply want to grow, because we have this deep passion for knowing God, because we have this deep love of life and love for God, then that love itself becomes a living event within us. It demonstrates every kind of potential to overcome obstacles, to overcome barriers, to move mountains. It certainly allows us to discover within ourselves vast, unrecognized treasures. The stories of many great saints are based on this understanding of the deep, deep desire to know God — a desire we have to cultivate. In cultivating it, countless extraordinary capabilities organize themselves within us, and manifest for the purposes of our liberation and fulfillment.

Chapter 1
I walk down the street.
There is a deep hole in the sidewalk. I fall in.
I am lost...I am helpless. It isn’t my fault.
But it takes forever to find a way out.

Chapter 2
I walk down the same street.
There is a deep hole in the sidewalk. I pretend I don’t see it.
I fall in, again.
I can’t believe I am in this same place. It isn’t my fault.
But it still takes a long time to get out.

Chapter 3
I walk down the same street.
There is a deep hole in the sidewalk. I see it is there.
I fall in...it’s a habit...but now my eyes are open. I know where I am.
It is my fault.
I get out immediately.

Chapter 4
I walk down the same street.
There is a deep hole in the sidewalk. I walk around it.

Chapter 5
I walk down a different street.

—Portia Nelson
The Way It Works...My Spiritual Practice

Following are a number of frequently asked questions (FAQs) about spiritual practice:

What is “daily dedicated spiritual practice?” “Daily dedicated spiritual practice” is the time that is spent each day exclusively devoted to developing a greater awareness of God in your life. It is a time spent in meditation, prayer and spiritual study. Although it is desirable to bring a spiritual perspective into every activity of your day, dedicated practice has no other activity mixed in with it. Don’t delude yourself with rationalizations such as, “I kind of meditate while I’m mowing the lawn.” While that may be true, mowing the lawn is not “dedicated spiritual practice.”

How much time should I spend each day? Whatever amount of time that you are willing to spend on a daily basis is the right amount. It is better to start with a few minutes a day on a regular and consistent basis than to attempt to spend a large amount of time that will be difficult to sustain. The ideal would be to spend 10% of your day in dedicated spiritual practice. However, if you are willing to begin with a few minutes a day on a regular and consistent basis your practice will grow naturally over time into a longer session that will be easy to sustain.

Does it all have to be at the same time? Your total daily practice can be broken up into to two or three sessions throughout the day. An early morning and an evening session would be highly desirable. However, all sessions should be scheduled at fairly regular and consistent times. Additionally, it is advisable to designate one of those sessions as your “anchor practice” that you never miss.

Where’s the best place to practice? Anyplace that is quiet, comfortable and relatively free of distractions. The actual location is not as important as the fact that you consistently go to the same place. It would be best if you could set a place aside that is used for no other purpose. Consider it to be your “sacred space. What you will find is that after a time simply going to that place will immediately draw you into a higher state of consciousness. It is generally recommended that you do not attempt to perform spiritual practice in your bed, which is place of sleep. Spiritual practice is about “waking up.”

Do I need any special materials or apparatus? Not really, although you may find it beneficial to furnish your sacred space with various “forms of remembrance” of the Divine, such as sacred images, flowers, candles, incense, etc. However, it is important to remember that these objects have no power in and of themselves except to remind you of the “divinity that is within you.”

Are there any special techniques involved? There is no one perfect technique or practice that is right for everyone. A wide variety of specific techniques are available through the many excellent spiritual texts that are available to us today in almost any bookstore. Ask for guidance and select those practices that feel right for you. Never do anything that seems bizarre or unusual. Look for ways to practice that are both challenging and productive. Be prepared to expand and modify your practice as you spiritually evolve and mature.

What’s the most important aspect of practice? The single most important thing is to just “show up” each day. This demonstrates your willingness. God will do the rest.
SPIRITUAL PRACTICE TO-DO LIST

Go through the list below and check off each of the items that you are already performing. Go through the list again and circle the ‘check box’ of two (2) new behaviors that you are willing to initiate. Once the new behaviors are established, check them off and circle two more. Don’t forget to date them when you check them off. In making your selections try to pick one easy one and one scary one.

Prayer
[ ] Daily Prayers for Myself
[ ] Daily Prayers for Others
[ ] Say Grace Before Meals
[ ] Written Gratitude Lists
[ ]

Meditation
[ ] Daily Chanting / Mantram
[ ] Daily Visualization
[ ] Daily Meditation
[ ]

Education
[ ] Read Teachings of Truth Daily
[ ] Take Classes Based on Spiritual Truth
[ ] Teach Others ‘Principles of Spiritual Truth’
[ ]

Intention
[ ] Develop a Life Purpose and Vision
[ ] Set Spiritual Intentions & Goals
[ ] Set Personal Intentions & Goals
[ ]

Affirmation
[ ] Avoid Criticism of Myself and Others
[ ] Speak Well of Myself and Others
[ ] Practice Harmlessness with Others
[ ] Practice Helpfulness with Others
[ ]

Self-Observation
[ ] Keep a Journal of Meaningful Experiences
[ ] Record & Analyze My Dreams
[ ]

Service
[ ] Serve My Spiritual Community in Some Way
[ ] Serve My Local Community in Some Way
[ ] Allow Myself to be Served
[ ]

Circulation
[ ] Regular Financial Gifts to Spiritual Source
[ ] Regular other contribution
[ ]

Prayer Partnering
[ ] Pray Regularly with a Partner
[ ] See a Practitioner When Necessary
[ ] See a Practitioner Regularly
[ ]

Keep Good Company
[ ] Attend Spiritual Services Regularly
[ ] Participate in a Support Group
[ ] Participate in Spiritual Group Activities
[ ] Socialize with Spiritually Minded Individuals
Beyond Limits
World Issues and Collective Consciousness

AFFIRMATION OF RESPONSIBILITY

I make my world a beautiful place in which to live.

I accept responsibility for my life.

I accept responsibility for my thoughts and feelings, my actions and reactions, and I exercise control over them. I use my ability to choose and make wise choices. I have all the help I need, for I have the power of God within me.

I turn to this ever-present Power to receive guidance, courage, and reassurance.

I choose to do and be only that which I truly want to do and be.

I exercise my yes and no power. I do not postpone my good.

I know that it is available to me this very moment.

I take charge of my thoughts and feelings.

I do not let outer things disturb my inner peace.

I do not try to change others but accept them as they are.

I express the spirit of power and love and self-control that god has given me, and I make my world a beautiful place in which to live.
AS FOR ME...

As for me, before leaving this planet, I would like to say this to my human brethren and sisters:

Decide to be a spiritual person Render others spiritual Irradiate your spirituality

Treat every moment of your life with Divine respect. Love passionately your God-given, miraculous life. Be endlessly astonished at your breathtaking consciousness of the universe.

Thank God every moment for the tremendous gift of life

Lift your heart to the heavens always

Be a cosmic, Divine being, an integral, conscious part of the universe

Contemplate with wonder the miraculous Creation all around you

Fill your body, mind, heart and soul with Divine trepidation

Know that you are coming from somewhere and that you are going somewhere in the universal stream of time

Be always open to the entire universe

Know yourself and the heavens and the earth

Act spiritually

Treat every person and living being with humaneness and Divine respect

Pray, meditate, practice the art of spiritual living

And be convinced of eternal Life.

—ROBERT MULLER, NEW GENSIS

“VALEDICTORY”
by Ernest Holmes

Right now, today, any sequence of cause and effect may be intercepted and changed and everything made new in our lives. If this were not true no one could be healed physically or psychologically today. Analytical psychology and psychiatry and the practice of psychosomatic medicine would be impossible, no new habits could be formed, no transcendence of ancient experience. There would be no invention in science....

As we turn within to that Divine Presence, we know that all the ages of the past, all the experiences we have ever had, do not matter today. Here and now we stand forth free from the burden of the past....If there has been a sense of separation, we now reunite our imagination and will with that from which we have never been separated, nor could have been. There is One Life, and we are that Life. “I am that which Thou art, Thou art that which I am” — eternal and perfect, forever blessed. Within each one of us, circulating and flowing with the rhythm of the heartbeat of the Universe, is but the one heart.... There is but one circulation, unimpeded by anything we have done, and that whole system of circulation is the harmony and the joy of the flow and the return circuit of divine intelligence and wisdom.

We are guided and governed and sustained by infinite Mind which knows what to do within us, how to do it, and does it. There is One Mind, that Mind is God, that Mind is in what we are doing. The eternal process of that Mind, forever manifesting its limitless imagination and activity, is at the point of our own intelligence, thinking in what we are thinking, creating in what we are doing, and being what we are. There is nothing else.

—from Discover a Richer Life
Beyond Limits Glossary

In the back of The Science of Mind, by Ernest Holmes (commonly called "the textbook") is a glossary of terms. We have reprinted a few of those definitions here to assist you in your studies. Dr. Edward has added some notes (see indents) for further clarification. We encourage you to explore your own understanding of these words and concepts.

**Absolute** The Unconditioned—that which nothing can limit; that which forever transcends any conceivable limitation or determination. Unconditioned perfection. Self-Existent, Self-Sufficient. Often used as a synonym for God. Truth is absolute and remains unaffected by the opinions, desires, or beliefs of humankind.

Note: In mathematics, absolute means constant in value; without variables. In law, it means in no way conditional on any future evidence or behavior (such as in an absolute pardon.) In grammar, absolute refers to, among other things, the use of a word without a direct object (such as in “we aim to please”). In Science of Mind, The Absolute refers to the one ultimate Reality that does not depend on anything, is not created by anything and is not relative to anything.

**Affirmation** To affirm anything is to state that it is so and to maintain this as being true in the face of all evidence to the contrary. Human thought can only affirm, for even at the moment of denial, it is affirming the presence of that which it denies! Repeating an affirmation is leading the mind to that state of consciousness where it accepts that which it wishes to believe.

Note: Affirmations are short, personally meaningful statements made in positive terms and in the present tense. For example “I have a wonderful joy in a wonderful way and this wonderful joy is here to stay” is an affirmation written by Florence Scovel Shinn. It is easy to remember, has no negative references, and is in the present tense. Affirmations act as supplemental reminders. They may be repeated frequently during the day as a way of retraining mind to dwell in that which is life affirming and beneficial.

**Alpha** That which is first. The beginning.

Note: In metaphysics there is no beginning in the sense of creation being created at some specific time. Instead creation is thought to be continuously happening, and always has been happening. “That which is first,” then, refers to the beginning of any created thing and serves only as a reference point to examine how thinking is related to creation.
**Appearance**  The word appearance is used to distinguish that which seems to be, from that which actually is. Negative thinking may produce conditions which appear to be true, but these results have no power, no reality, except as given power by believing that the appearance is the actuality.

Note: How the world appears to be is considered to be very real and not an illusion. Whether a person is experiencing sickness, poverty, confusion, happiness, wealth or excitement, it is all considered to be as real as it is. Metaphysics asserts, however, that reality is subject to thought and interpretation and that when thought and interpretation changes, so does the experience of reality.

**Atmosphere (Mental)**  An influence, or condition, surrounding a place, person or thing. A person whose atmosphere is one of love and cheerfulness will always attract friends. In the same way, places are permeated with the thoughts of the people who inhabit them, and this mental atmosphere of a place or thing may easily be felt by one contacting it.

Note: A mental atmosphere or your thought-mood, is characterized by the dominant themes that run through your thinking. Just as we may become parched when we walk into a dry atmosphere of a desert, our personal mental atmosphere not only affects those around us, but draws to us those who find our particular thought-mood to be attractive and beneficial.

**Being**  That which exists actually or potentially. Generally used as conscious existence. When capitalized. Being refers to the Divine Being; God. There is but one Source of being—God—and we are connected with It at all times.

Note: Being in metaphysics generally refers to existence, or “that which is.” The Divine Being, God mentioned above is not to be thought of as a being, separate or apart from creation, but rather as one indivisible Self that includes all that is.

**Belief**  Conviction or feeling of the truth of a proposition or condition. Belief may go no further than intellectual assent, while faith embodies a trust and confidence. “Belief admits of all degrees, from the slightest suspicion to the fullest assurance.”

Note: The quote in this definition, “Belief admits of all degrees, from the slightest suspicion to the fullest assurance” comes from Thomas Reid's *Inquiry and Essays*. Thomas Reid was a religiously trained Scottish philosopher who believed that common sense is, or at least should be, at the foundation of all philosophical inquiry.

**Blessing**  Constructive thought directed toward anyone or any condition. You bless a man when you recognize the Divinity in him. You bless a man’s business when you think correctly about that business.

Note: More specifically, blessing is something that takes place in the mind of the one doing the blessing. It may be thought of as an act of seeing the sacredness of the person for which the blessing is intended.
Body The outward form. The entire manifestation of Spirit, both visible and invisible, is the Body of God. Within this one Body of God is included all lesser bodies. This one Body coupled with the Intelligence running through It, is called the Son or the Second Person of the Trinity. This, of course, includes man, both visible and invisible. It also includes every gradation of consciousness, from the simple to the complex, from a cell to an archangel. It is the entire manifestation of Spirit on any and all planes. Body is the definite outline of flesh, containing all of the ideas which go to make the complete physical instrument.

Note: Simply stated, the word body in metaphysics refers to every appearing thing, or every created thing, including people, beings, circumstances, results, outcomes, and objects of every kind.

Cause...Causation...First Cause Cause is that which occasions or produces an effect. The reason, motive or occasion. Causation, too is the act or agency by which an effect is produced. First Cause always means that from which everything comes. The Cause of all that is made manifest on any plane. That which comes first. The first in any creative series. The Life back of things.

Note: First Cause is used as a synonym for the Creator, for that which originates anything and everything. The term creative series suggest the ongoing sequence of causes and effects extending in all dimensions of time. This makes it impossible to have a literal first cause, and the term First Cause because a symbol for that which is eternally beginning and originating newness.

Changeless, The This refers to the One that cannot change by reason of the fact that being All, there is nothing for It to change into but Itself. The One Cause back of all never changes, but It constantly creates forms; and so we perceive a changing form within that which is Changeless.

Christ, The The Word of God manifests in and through man. In a liberal sense, the Christ means the Entire Manifestation of God and is, therefore, the Second Person of the Trinity. Christ is Universal Idea, and each one “puts on the Christ” to the degree that he surrenders a limited sense of Life to the Divine Realization of Wholeness and unity with Good, Spirit, God.

Note: The word Christ, from the ancient Greek word Christos, is a translation of the Hebrew word Messiah and means the anointed one. It is commonly used as a synonym for Jesus of Nazareth. In metaphysics, however, the word refers to consciousness of unity with the Divine. Christ Consciousness then refers to the mental awareness of being completely united with Divinity.

Compensation Recompense, reward, remuneration, balance. The law of balance in the mental world, cause and effect. As you sow, so shall you reap.

Note: The law of compensation is also known as the law of cause and effect, and describes the reciprocal relationship between actions and reactions.
**Conscious Mind** The Self-knowing Mind in God or in man. The Intelligence in the Universe which reveals itself in all its creation. It is impossible for us to conceive of Universal Consciousness, but we glimpse it through our use of “the One Mind common to all individual men.”

Note: Conscious Mind refers to humankind’s awake state, specifically when choosing, deciding, and thinking, as opposed to other states of mind, such as subconscious, for example the mental process that allows us to drive a car while conducting multiple activities simultaneously.

**Consciousness** Mental awareness. Consciousness is both objective and subjective. Objective consciousness is a state of conscious awareness, equipped with will, decision, and discrimination. Its reasoning is both inductive and deductive; therefore it has self-choice. The subjective consciousness is entirely a reaction to this objective volition. It is creative but not discriminative. It is, of course, conscious, but it is not self-conscious. It is conscious in the same sense that the soil is conscious of the seed. It knows how to produce a plant, but it is not conscious that it is producing it. It has no reflective, deductive or discriminating factors. It is compelled by its very nature to accept and create. When we speak of Mind in its self-conscious state, we mean Spirit, whether we think of it in God or man. When we speak of consciousness in a subjective state, we refer to the mental medium, the Universal Subjectivity, which is also the subjectivity of man. In referring to the subjective state, the Bible uses the word soul; the psychoanalyst uses the term “the unconscious”, the psychologist, “subjective” or “subjective consciousness.” All have the same meaning.

**Correspondence, The Law of** The law of correspondence works from the belief to the thing. If we believe we shall have only a little good, only a little good will come into our experience. The demonstration we make corresponds with our ability to provide a mental equivalent of our desire.

**Creation** The giving of form to the Substance of Mind. Creation always was and always will be. To be conscious is to create, because Spirit has to be conscious, and therefore must have something of which to be conscious. Creation is God making something out of itself, by becoming the thing it creates. The thought of God, coming into expression must go on forever. We must understand that Creation does not mean making something out of nothing, but means the passing of Substance into form, through a law which is set in motion by the Word of Spirit. There could not be a time when the activity of Spirit would cease. The whole action of Spirit must be within itself, upon the Law, (which is also within itself) and upon the Universal Stuff, or matter, which is also within itself. The three must in reality be One; hence, “The Trinity.”

**Creative Medium** From the Universal sense, it is the World-Soul; and from the individual sense, it is the subjective state of a person’s thought. Like the creative soil in which seeds are planted and from which plant life grows, the Soul of the Universe is the Creative Medium, into which the Word of Spirit falls, and from which Creation arises. We must be careful not to think of Soul and Spirit as separate, for they are really two parts, or aspects, of the same Reality, being Self-Existent and Coeternal each with the other.

**Demonstrate...Demonstrable...Demonstration** Through the mental and spiritual activity of thought, directed toward a definite end, we bring about a greater good, a more abundant life, a better condition
than existed before. This is called demonstration. We can demonstrate at the level of our ability to know. The treatment which leads to the demonstration is not for the purpose of making something happen, but is to provide an avenue, within ourselves, through which things may happen. Spiritual demonstration is manifestation of Reality.

**Divine Mind**  There is no such thing as your mind, my mind, his mind, and God’s Mind. There is just Mind in which we all live and move and have our being. We think of Conscious Mind and Spirit as One and the Same. That which we call our subjective mind is, in reality, our identity in Infinite Mind... our center in the Universal Subjective Mind. Divine Mind is the One Mind. The Spirit within us is the Divine Mind.

**Effect**  That which follows cause. Effect is that which did not make itself, but which must have a power back of it causing it to be. All manifestation is effect and all effect is subject to its cause. The Creator is greater that Its Creation. Everything which we see, touch, taste, feel, hear or sense with the physical senses is an effect.

**Error**  Error means incorrect thinking. It means thinking based upon the belief in some power or presence opposed to good.

**Eternal**  Having no element of time. Without beginning, without end. Also may imply a state or quality other than time. As eternal bliss, eternal glory. Immortal, imperishable, uninterrupted, boundless. One of the appellations of God.

**Evil**  That which seems destructive. Evil is an experience of the soul on its journey toward the realization of Reality. Evil will remain a problem as long as we believe in it. Of itself, it is neither person, place nor thing, and will disappear in the exact proportion that we cease using destructive methods.

**Evolution**  The passing of Spirit into form. All emerge from that One Whose Being is ever present and Whose is ever present and Whose Life, robed in numberless forms, is manifest throughout all creation. Creation is the logical outpush of Life into self-expression. It is the coming forth of Spirit into manifestation. The unfoldment of First Cause is what we call evolution.

**Faith**  “Faith is the substance of things hoped for, the evidence of things not seen.” Faith is a mental attitude so inwardly embodied that the mind can no longer deny it. Faith is complete when it is both a conscious and subjective acceptance. Faith may be consciously generated. In Spiritual terminology, faith means a belief in the presence of an indivisible principle and law which directly and specifically responds to us “Thy faith has made thee whole.”

**Freedom**  Real freedom means that each person is created in the image of perfection and let alone and allowed to make the discovery for themselves. Freedom of will means the ability to do, say and think as one wishes; to express life as one personally desires. "Ye shall know the truth, and the truth shall set you free," Jesus taught. The understanding of Truth--Infinite Principle--is the emancipator. We are bound by our very freedom; our free will binds us. The Universe, being deductive only, cannot refuse us anything, the very force that makes us sick can heal us. As we realize our Oneness with Creative
Mind, we are released from the bondage of false thinking. We see, too, that freedom means liberty but not license.

**God** The First Cause, the Great I Am, the Unborn One, the Uncreated, the Absolute or Unconditioned, the One and Only Spirit, or the Creative Energy which is the cause of all visible things. Love, Wisdom, Intelligence, Power, Substance, Mind. The Truth which is real, the Principle which is dependable.

**God-Consciousness** A person's self-knowing mind is their Unity with the Whole, their perception of Reality. This Unity with God, on the conscious side of life, is the guarantee that one is a center of God-Consciousness, that each one is some part of the Consciousness of God.

**Healing** Mental healing means Mind healing. To heal means to make whole. We seek to heal a person’s mentalities, knowing that to the degree in which we are successful, we shall also be healing their bodies. Belief in duality has made people sick and the understanding of Unity will heal them. God stands to us for the One Life in which we all live. Mental treatment is a direct statement in mind of what we wish to have don and a realization that it is done. Healing is the result of clear thinking and logical reasoning, which presents itself to consciousness and is acted upon by it. Realize that you are a Divine Idea and that your word is the law unto the thing unto which it is spoken. The whole idea of healing, when understood, is the substitution of Truth for sense-testimony. This restores a person to a condition of wholeness.

**Heaven** A state of happiness. Heaven is within, it revolves about us; it is the result of that atmosphere of conviction which our thought awakens within us. The Kingdom of Heaven is unformed, unlimited, unconditioned. Heaven is not a place, a locality “with streets of gold and gates of pearl.” It is the real state of Being. We do not make it real, for it is eternal Reality. If we abide in the Father and He abides in us, in harmony, power, I peace, in wisdom; and our thought is friendly, happy, confident and open, our Kingdom of Heaven is a good place in which to live.

**Hell** A discordant state of being. A belief in duality. A sense of separation from God. A belief that our good is always to be, and never is. Hell is not a location.

**Impersonal** Not belonging to any particular person or persons. The Creative Medium is Impersonal, having no personality of its own. It neither knows nor cares who uses It, but is always ready to work for any or all alike. It is very important that we remember this. The Creative Mind is impersonal receptivity, in that it receives all seeds of thought.

**Intuition** Intuition is God in humankind, reveling the Realities of Being. Just as instinct guides the animal, so would intuition guide a person, if they would allow it to operate through them. The ability to know without any process of reasoning. God knows only intuitively.

**Law** Mind in action. The Creative Medium of Spirit is the great Mental Law of the Universe. It is the Law of the Spirit. It is the Universal Law of Mind. The Laws of Mind and Spirit must be understood if they are to be consciously used for definite purposes. There is no limit to the Law, but there appears to be a limit to our understanding of it. (Abbreviated here.)
Love Love is the self-givingness of the Spirit through the desire of Life to express itself in terms on creation. Emerson tells us that Love is a synonym for God. We are also told in the New Testament that “He that loveth not, knoweth not God; for God is love.” Love is free from condemnation, even as it is free from fear. Love is a cosmic force whose sweep is irresistible.

Mental Equivalent Having a subjective idea of the desired experience. As we bring ourselves to a greater vision that the range of your present concepts, we can then induce a greater concept and thereby demonstrate more in our experience.

Note: A mental equivalent may be thought of as that which is taken as normal in a person’s world view. A new mental equivalent would then be a “new normal.” The idea of normal is a helpful way of understanding the feeling of having a subjective idea of something. It means completely accepting whatever it is as real.

Mind No one has ever seen Mind or Spirit. The only proof we have of Mind is that we can think, but we are perfectly justified in believing that we have a mind. Actually, there is no such thing as your mind and my mind, his mind, her mind, and God’s Mind. There is just Mind, in which we live and move and have our being. (there is more here)

Principle The Science of Mind is the study of the Principle of Being. The source or cause from which a thing results; a truth which is unchangeable. We first understand a principle and then relate it to our problem for a final test.

Note: Wikipedia defines principle as follows: A principle is a law or rule that has to be, or usually is to be followed, or can be desirably followed, or is an inevitable consequence of something, such as the laws observed in nature or the way that a system is constructed. The principles of such a system are understood by its users as the essential characteristics of the system, or reflecting system’s designed purpose, and the effective operation or use of which would be impossible if any one of the principles was to be ignored.

In The Science of Mind, Ernest Holmes uses Principle as a synonym for Divinity (…Spirit [is] the Life Principle running through all manifestation, the Cause of all. P. 64)

Sin We have tried to show that there is no sin but a mistake and not punishment but a consequence. The Law of cause and effect. Sin is merely missing the mark. God does not punish sin. As we correct our mistakes, we forgive our own sins.

Soul The Creative Medium of Spirit; the subjective side of life; the Mirror of Mind, for it reflects the forms of thought which are given it. Man’s soul life re-enacts the Soul Life of the Universe. Soul is subjective because it takes the thought of conscious mind and acts upon it. Its nature is subjective and it cannot analyze or reject; it can only carry out the orders given it. Infinite in its power and ability to do, but not knowing that it does.

Note: In The Science of Mind, the term “soul” is used in a specialized way to refer to spiritual law that governs creation. More commonly “soul” is defined differently as the spiritual part of
a person that gives life and is believed to live forever. Therefore, it must be kept in mind that in
Science of Mind “Soul” has a special and different meaning and is a synonym for spiritual law.

**Subjective** Beneath the threshold of consciousness. The inner side. Subconscious.

**Treatment** Treatment is the art, the act and the science of consciously inducing thought within the
Universal Subjectivity, for the purpose of demonstrating that we are surrounded by a Creative Medium
which responds to us through a law of correspondence. In its more simple meaning, treatment is the
time, process and method necessary to the changing of our thought. Treatment is clearing the thought
of negation, of doubt and fear, and causing it to perceive the ever-presence of God.

Note: The term “prayer” is strongly associated with petition, request and communion with an
external deity. For this reason, it is helpful to adopt a new term to describe our method of
affirmative prayer. Spiritual Mind Treatment is the complete name and the form of prayer it
refers to does not typically include petitions or requests.

**Word** The Word means the ability of Spirit to declare Itself into manifestation, into form. The Word of
God means the Self-Contemplation of the Spirit. The Manifest Universe, as we see It, as well as the
Invisible Universe that must also exist, is the result of the Self-Contemplation of God.