

Part III: Getting Back to Basics

A PRINCIPLE YOU CAN DEPEND ON

There is a power in the Universe and we can learn to cooperate with that power to the benefit of ourselves and others. This power is God-Power. We begin to cooperate with It by acknowledging that we are one with the power right now, right here – not at some time in the future but right now! Knowing this, and behaving accordingly, will transform our lives in all ways.

Key Points

- You and I live, move and have our being within this Power, this God-Life, this God-Principle.
- The Power *is* us. It is all we are, though we are not all of It.
- If we did not exist, the God-Principle would still be the God-Principle.
- If this Power is going to express Itself in us and through us, as individuals, It can only do so *as we permit*.
- The critical factor in the effective use of the Power is *belief*. This is the teaching of the enlightened masters of all great spiritual traditions. “*As thou hast believed, so be it unto thee.*”(Gospel of Matthew 8:13)
- The words we speak, backed by our belief, will determine our experience of life. “*By your words you shall be justified. By your words you shall be condemned.*” (Gospel of Matthew 12:37)
- The practice of Spiritual Mind Treatment (SMT) is an effective means of accessing the Power to fulfill our needs, wants and desires.

Spiritual Mind Treatment (Affirmative Prayer)

Ernest Holmes defines Spiritual Mind Treatment as “... clearing the thought of negation, of doubt and fear, and causing it to perceive the ever-presence of God” (*The Science of Mind*, pg 638). When we remove anything that stands in the way of our perception of God, we are open to see, feel and experience the unlimited, overwhelming abundance of the Universe. With this view we are in the position to accept into our life whatever is necessary for our fullest expression. All we need to do is to choose what that will be.

Holmes, however, places a qualification on this principle: “While we could not expect to demonstrate that which is contrary to our existence, we not only believe but we know that it is entirely possible ... to greatly influence our environment, its reaction to us, the situations we meet and the conditions we contact.” Key words in this statement from Holmes are: “contrary to our existence.” He also tells us

there is a pattern to our life and a unique place for each of us in the scheme of things (*This Thing Called You*, pg 51). Therefore, our spiritual mind treatments must be consistent with the pattern of our existence. But when we are operating from the perception of the ever-presence of God we are totally in alignment with our divine pattern.

The Creative Power we are referring to here is a totally impersonal attribute of the Universe. It does what it does simply because that is what it does. The Power cannot be coerced, forced or manipulated. But we can learn how it works and how to cooperate with It. This Power is also called the Law.

The Law is impersonal, immutable, reproducible and dependable. And we can use it to achieve definite results.

Austin Center for Spiritual Living, Austin, Texas
Phone: 512-244-2100 Email: info@AustinCSL.org
www.AustinCSL.org