

Part I: Getting Back to Basics

FOUNDATIONAL IDEAS OF SCIENCE OF MIND

A. ONENESS

Oneness is the single word that most succinctly describes the theology of the Science of Mind. However simple that one word may seem, it represents an abstract concept: everything is part of the One, has its existence within the One, and is characterized as the One.

Think of it this way: the ocean seems to be of a size unlimited. A single drop exists within the ocean and is characterized by its attributes. The drop is an individualized expression of the whole. As the drop is to the ocean we are to God.

At the most fundamental level there is no distinction between you and me and God. We are one with each other and one in God. Each of us is God expressing. We are not all of God. But all we are is God.

Although this concept may be abstract and not easily understood by some, even children can understand its consequences:

- What God is on the universal scale we are on the individual scale. God is love, intelligence, creativity, harmony, balance, abundance and more. Therefore, we are all of these things ourselves.
- Because God is good we are good and we can experience all of the good of God.
- We are OK to start with, but many people have forgotten this, and because they have forgotten they often become afraid. When people are afraid they sometimes cause a lot of trouble for themselves and others.

- Our task is to endeavor never to forget the truth about who we are: We are wonderful expressions of God and are OK to start with. We have something to do in life that is important, fulfilling and fun. We can discover what this is, and we can access everything needed to live happy, healthy, and prosperous lives.

B. OUR THOUGHT IS CREATIVE

All is One. Therefore, our minds must be part of the Universal Mind, the God Mind. Our minds exist within this One Mind. Our thoughts are individualizations of God's thought. As God's thought is creative, our thought must be creative.

Dr. Ernest Holmes called this realization, "The greatest discovery ever made ..." (*Good For You*, pg 1).

"... we are always determining the trends and characteristics of our future circumstances and experiences. We do this by how we choose to see ourselves in relationship to life, and how we choose to think, feel, relate, and behave ... Do we want to be healthier, prosperous secure, happy, intelligent, wise, spiritually awake and more effectively successful? We have only to be willing to see ourselves as experiencing these circumstances, and follow through in practical ways to prepare ourselves to accept and to demonstrate them." (Roy Eugene Davis, *Truth Journal*, Nov. – Dec. 1995)

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