

DAILY GUIDES

APRIL 2021 BY KAREN WYLIE

It is your destiny ...

*... to see as God sees,
to know as God knows,
to feel as God feels.*

— MEISTER ECKHART



REV. KAREN WYLIE

As we grow spiritually, we constantly move into the unknown, perfectly fitting this month's theme of "Stepping Into the Unknown." In the beginning of my own spiritual journey, sometimes I felt like I was stepping off a cliff without knowing anything about the landing I was about to make. We must have courage to let go of the control we think keeps us safe in our perceived unsafe world. It takes such courage to let go of the lifelong false beliefs that have been running our lives since the beginning of our earthly journey. What I know now with absolute certainty is that we live in a loving, supportive universe and that we are powerful beyond measure. We are here to discover the true essence of our being, to live and love fearlessly, and to radiate our joy, peace and inspiration throughout the world.

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No Foolin'

Ye are the light of the world.

— St. Matthew 5:14

A new light is coming into the world.

— Ernest Holmes, "The Science of Mind," page 60

The outer world is changing. The only thing that is not changing and will never change is the sacred and holy place within you.

Can you see that concepts of right and wrong are constructed by humans? We have to search inside ourselves now to find "the way, the truth and the life." In that place, you will find the answers to all your questions and the clarity so needed at this time. In that place, we can reconnect to the oneness of all life and the unity of our humanity. In that place, you raise the consciousness and find both the power to rise above any outer circumstance and the peace that enables you to endure any outward condition.

It is your holy essence, that which is the same yesterday, today and tomorrow, which has been there since the beginning of time. All the answers lie within you. This is the gift of life—the treasured essence and clarity of your being. You will find it and use it through inner exploration, meditation, quiet walks in nature and being still with the Self. That is the answer for these times we live in.

We cannot count on the outer world to give us what we seek. Our charge then is to realize our oneness with all of life and the peace and harmony that comes from that awareness.

In these Guides, I will spend the next 29 days saying what I've said here in a multitude of different ways, but this is the truth of it: "Ye are the light of the world."

AFFIRMATION

I am here for the healing body, mind and spirit of everyone on this planet and for the healing of Mother Earth.

Times, They're Changing

Pilgrimage to the place of the wise is to find escape from the flame of separation.

— Rumi

If we think of ourselves as being separated from the Universe, we shall be limited by this thought, for it is a belief in separation from God which binds and limits.

— Ernest Holmes, "The Science of Mind," page 128

The planet used to seem so big, so spread out. Not anymore. As much as some of us would like to isolate, that no longer works on Mother Earth. What happens somewhere on the planet winds up affecting another part somewhere else. This is a fact we are going to have to get used to, but I think just as we've done our spiritual work on the microcosmic level, we can begin to do our spiritual work in the macrocosmic realm.

Jesus provided a way forward. We cannot live in separation and isolation anymore. We are now being called as never before to remember our oneness with God and with all life everywhere. We are to find that place within us, individually and collectively, of forgiveness, peace and love.

As we raise the consciousness individually and collectively on this planet, we can overcome any obstacle and begin to create a world that works for everyone. I'm choosing to lift my sights that high for planetary peace.

If we could but realize the depth of God's love for us, we would be able to release and let go of the fear that has been running amok in our world of late. The enemy uses fear to gain power, decrease our hope and limit our victories.

A new day is coming. I see it and declare it so.

AFFIRMATION

I release any sense of fear and separation within myself now.

Awakening

... one thing I know, that whereas I was blind, now I see.

— St. John 9:25

I give thanks that I am Divine and that I know my Divinity.

— Ernest Holmes, "The Science of Mind," page 251

Who knew that life could be so beautiful by just changing the lens through which we see. What if we could just let go of our preconceived notions — our judgments, our fears, our resistance to what is?

By a certain age, we are already programmed to perceive the world in a certain way, and, I'm afraid, for most of us it is not through rose-colored glasses. We've never questioned where or when we developed our perceptions, and from there we made decisions about the world and all the people in it. For some of us, maybe that's the way we were trained to think, and we've never examined our belief system in any real way. Interestingly though, the more we do our internal healing work, the more we begin to ask ourselves, "Where did that idea come from? Is it true or do I need to reexamine it?"

If you trace all your beliefs back to the beginning, you begin to see that many of your perceptions about the world are unfounded and perhaps even based in fear or some other negative way of thinking. Then one day, if you've done your internal work well, you open your eyes and begin to see as you've never seen before. Where there was guilt, there is now innocence. Where there was anger, there is now forgiveness. Where there was intolerance, there is now acceptance.

This is the deep internal work we do that frees us from our belief in separation and enables us to love as never before.

AFFIRMATION

I look for the good everywhere — and there it is.

Resurrection Into the Light

Behold, I make all things new.

— Rev. 21:5

The resurrection is the death of the belief that we are separated from God. For death is to the illusion alone and not to Reality.

— Ernest Holmes, "The Science of Mind," page 413

Easter: a celebration of life! What a joyous time of year to claim your freedom. Freedom from what, you ask? Freedom from all your doubts and fears. Freedom from your own limiting illusions about who you are and what you are here to do. Freedom from the blocks around your heart that keep you from giving and receiving all the love you've come in physical form to experience. Now is the perfect time to relinquish it all.

All the thoughts and beliefs you've held about yourself — that you are not good enough or worthy of a great life — can be dissolved in an instant. "Behold, I make all things new."

How much longer do you want to keep telling the same negative story about your life? How much more time do you want to waste bemoaning your situation instead of experiencing the heaven on earth you came here to experience?

In the letting go of all the negativity, a new and glorious life awaits you. You deserve to be happy and filled with joy. When, in faith and trust, you move into the flow of the Divine, It supports and sustains you in ways unimagined.

We did not come here in physical form to suffer. We are here to experience joy, peace and love. Don't waste another day. A great example has already been set by the greatest teacher of all. It is time to resurrect yourself from the darkness into the light.

Happy Easter!

AFFIRMATION

I freely release all negative beliefs that no longer serve me. In great joy, I accept and receive my good.

Out of Control? Good News!

The greater the obstacle, the more glory in overcoming it.

— Molière

The Light Eternal is my guide and my protection. In that Light there is no darkness at all. It is a Perfect Light shining from the altar of a perfect Love.

— Ernest Holmes, "The Science of Mind," page 526

Some of us grow up in such scary, dysfunctional and unpredictable environments that as we mature, we become extremely controlling in our lives. We feel if we control everything, we will be safe. It's a great coping mechanism that often helps us function successfully, at least for a limited time and in a limited way.

Somewhere along the road on your spiritual journey, however, you will discover that you must finally surrender your need to control, including your need to know. In your yielding into the great Love Intelligence that governs this universe, you will discover all your plans and schemes pale in comparison to what God has in store for you. You will discover the Love of God inside you is more powerful than anything you could imagine.

The great plan for your life surpasses any idea you may have orchestrated in your limited notion of life. We think we have all the answers — and we are pretty arrogant about that. In your great surrender, you will discover, surprisingly, that you know nothing.

It is difficult to trust the unknown, but if you can truly surrender your willfulness, you will know a love and joy that surpasses anything you have known in this human experience. You will begin to see miracles in your daily life. You will be in the Divine flow and will be guided to the perfect solutions to all your problems. Your capacity to love will grow in ways that will surprise you.

AFFIRMATION

I surrender my life into the life of God and I am set free.

Discovering the "Who" That Is You

There is something in every one of you that awaits and listens for the sound of the genuine in yourself. It is the only true guide you will ever have. And if you cannot hear it, you will, all of your life, spend your days on the ends of strings that somebody else pulls.

— Howard Thurman

So man must be created with the possibility of limitless freedom and let alone to discover himself.

— Ernest Holmes, "The Science of Mind," page 109

If I asked you the question, "Who are you?" you would probably give me an answer like mother, father, sister, teacher, mechanic, seamstress, wife, banker, waitress or some other identification having to do with how you see yourself in relation to the outer world.

When my grandson was born, I called him the Baby Buddha because I could see his innocence. He would sit quietly with his big, wide eyes, curious about everything, shining his innocence and radiance into the world for all to see. As I recognized his perfection, I felt that we all begin that way: undamaged and innocent, radiant and filled with light.

For our sake and the sake of others around us, we need to go back to the beginning. We can do so by asking the questions: Who am I? Who am I beyond all the false beliefs and stories I've held about myself? Who am I beyond the distractions I create? Who am I beyond my fear? Who am I beyond what you want me to be?

Finding out who we are on a deeper level brings us freedom and personal integrity beyond anything we've ever experienced. We find the desire to forgive others and ourselves for our own sake and for peace of mind. We can see we are lovable and worthy of all the happiness we have desired. We begin to live a glorious life of integrity and truth. We no longer spend our days on the ends of strings that somebody else pulls.

AFFIRMATION

I am perfect. I am whole. I am complete.

At the present time, the dysfunction of the old consciousness and the arising of the new are both accelerating. Paradoxically, things are getting worse and better at the same time. Although the worse is more apparent because it makes so much "noise."

— Eckhart Tolle

To the soul that knows its own divinity, all else must gravitate.

— Ernest Holmes, "The Science of Mind," page 142

Recently I was playing a doubles tennis match and one of my opponents became upset with himself over the way he was playing. He began pummeling himself with negative self-talk. As expected, the more he railed against himself, the more his game deteriorated. As I watched him, I realized he was really in a tennis match with his ego, not us, and his ego was winning. He told me later that he's often used his ego as a defense mechanism, while inside himself, he's felt weak and vulnerable.

As we have seen, feeling out of control can be a dangerous thing. When the ego is allowed to take charge, we often discover a scared being out of control. The ego is run by fear. And the greater the fear, the greater the need to control everything. Sometimes we think a huge ego is a great power but that is never the case. It is in the letting go of our need to be seen and heard that we find our true power.

So we check in with ourselves. What are we saying and doing that is real? How much of it is a lie trying to cover up a false sense of self? Inside each of us, whether we know it or not, is the most beautiful essence of divine life. We are meant to live from that place defenseless, for in that place, there is nothing to defend against.

AFFIRMATION

I choose to live in highest integrity with myself. I know who I am.

Our inner worlds interact with outer conditions to shape the world around us. We respond to external circumstances but we also create them.

— Karmapa Ogyen Trinley Dorje

If we allow the world's opinion to control our thinking, then that will be our demonstration! If, on the other hand, we rise superior to the world, we shall create a new pattern.

— Ernest Holmes, "The Science of Mind," pages 301-2

Listening to the news some evenings makes it clear that we, as individuals, have great work to do on the planet. We like to point fingers at the guilty ones. We are sure it is they, not we, who are to blame, as we move into greater and greater separation. We would like to say it's not our problem. It's them. If only they could see the "right" point of view.

We don't like to admit we've been a part of creating the circumstances we witness in the outer world. We don't like to acknowledge in the deepest part of ourselves our own dishonesty, our own manipulation and our own racism.

These dark aspects of ourselves surface so we can see clearly where we have been dishonest with ourselves. We now look closely at ourselves. Where have I withheld my love in the name of a difference of opinion? Where have I judged someone based on the way they look, talk or dress? Why do I lie to myself or others to get what I want?

Our inner world and the outer world are intimately connected and interdependent. Through our inner work, we create a great shift in the outer world we all share. It is not about fighting against anything. It is about doing your own healing work within to such a degree that you bring healing light to the outer world.

Can one person make a difference? It has been shown over eons that, yes, one person can make a difference. Let it be you.

AFFIRMATION

The transformation and healing of my outer world begins within me.

You Are a Field of Conscious Presence

Whenever you interact with people, don't be there primarily as a function or a role, but as a field of conscious Presence.

— Eckhart Tolle

To learn how to think is to learn how to live, for our thoughts go into a medium that is Infinite in Its ability to do and to be.

— Ernest Holmes, "The Science of Mind," page 29

The question before us is not what a person in the role of mom or dad would say or do here, or what a senator or representative in Congress in the role of politician would say or do, but rather what is the conscious, awakened action to take? And this applies to all the roles we assume in life.

In the above quote, Eckhart Tolle is basically saying that the roles we play are ego-based. There are parents who want their children to succeed but more for their own ego gratification rather than for the sake of their children. Or we see in politics where decisions are based on a "what's in it for me?" philosophy rather than asking what is for the moral good of all.

No matter what role we have in this world, we are here to function from the deeper core of our being. We are here to learn how to do what is required of us without it becoming about the role with which we identify. Otherwise, we become unconscious players in an egoic game, always looking for some kind of ego gratification.

You are most powerful, most effective when you are completely yourself, tapped into the core of your being, where whatever you do is in alignment with the purpose and well-being of the whole. You are then without a secondary agenda, no greater motive than what is for the highest good for everyone.

AFFIRMATION

I live, move and have my being in the truth of my divine identity.

Inexhaustible Supply

When we enter the spiritual life we gain every quality that is required in making life full and complete in our own state of being; and we gain the power to produce and create in the external world whatever we may need or desire.

— Christian D. Larson

This is a beautiful thought: that we are fed from the table of the Universe, Whose board is ever spread with blessedness and peace; Whose loving-kindness has never been fathomed; Whose grace and truth are the cornerstones of Reality.

— Ernest Holmes, "The Science of Mind," page 496

If you only knew how much you are loved and cared for, you would fear nothing, acting as though this whole universe is here to love and support you. And yet we suffer. We suffer because we don't believe it; and in our lack of belief, we push away the very things we so desire in the deepest part of our being. Faith is a tricky thing, isn't it? Believing in what you cannot see. But faith in what you cannot see is everything.

Socrates said, "Know thyself." In the knowing of self, we come to realize our divine essence. We begin to see that we are more than just these flesh and bone bodies. We begin to see that we can tap into the divine nature of the universe. We realize we are never alone. We realize we are loved unconditionally and that we are creators of our own universe. No matter what is going on in the outer world — the craziness, the confusion, the fear — we rise above all that into the light. We do so because there is a divine light within us, which transcends all things. We rise above the din and confusion. We are in the flow and moving in life with ease and grace. Everything is going our way because we resist nothing; instead we are part of the All.

We are fed at the inexhaustible table of the Divine, and ultimately our greatest expression is one of gratitude and thanksgiving. We are willing *now* to transcend this world of appearances into true reality.

AFFIRMATION

I release my fear and sense of separation. All is good because all is God.

You are as young as your faith, as old as your fear; as young as your hope, as old as your despair.

— Ernest Holmes, "Help for Today"

Man is birthless, deathless, ageless Spirit; and this should be the consciousness of our work. This leaves nothing to be born, mature, decay and die.

— Ernest Holmes, "The Science of Mind," page 239

There is a part of our being that is beyond the personal self. You can consciously choose to identify with that part, rather than with the psyche or the body. When you do this, a natural transformation begins to take place within you.

— Michael A. Singer

We are to look for God in each other and love this God, forgetting all else.

— Ernest Holmes, "The Science of Mind," page 459

Ernest Holmes said, "Nobody grows old by merely living a number of years; people grow old only by deserting their ideals. Years may wrinkle the skin, but to give up interest wrinkles the soul." How you choose to see your life and the world around you is everything. Some young people look old and some old people look young. The story is told in your face and the way you carry yourself.

As bodies of energy, we reveal everything — and not just in the words we speak. Our enthusiasm for life is like a beacon of light that attracts like a moth to a flame. We have within our power to create that light, but we cannot do it by dwelling on worry, doubt, fear, self-judgment and despair. These are the ways of being that bend the back and bow the head.

No matter how old you are, there is in every heart that child-like delight, that love of wonder and that joy of experiencing something brand new and fresh. While it's been said a million times, it bears repeating: The thoughts you think are what determine the world you live in. If you don't like the world you live in, now is a great time to change.

Life is so joyous, so beautiful, so profoundly magnificent in its complexity and opportunity. You did not come into your physical body for pain and suffering. You came for love and beauty and divine expression. Now is the time of your great becoming, to live the rapturous journey of your magnificent joy-filled life.

I always thought I knew what love is. What a surprise to find out it is so much more than I thought. Most of the love I identified with was of a conditional kind: "I'll love you if you do what I say or behave in the way I think you should."

What a surprise to find another, deeper level of what we call love. This deeper love surfaces when we become so aligned with our core being that we just exist as love without an agenda of getting anything. It requires becoming connected to that part of us that Michael Singer talks about in the quote above. Through that connection, we find self-love, self-respect and self-esteem, but not the arrogant, narcissistic kind.

When you recognize that you are love, there is no urgency to seek it from outside yourself. Yet ironically, it then comes to you easily because you are no longer trying to get anything. You are just being love, marinating in it, not seeking anything outside yourself.

It is painful to always be seeking something from the outer world, no matter what it is. As long as what you seek is coming from the outer world, there will never be enough. You will always hunger for more. This is a perfect time to fall in love with the Self as never before. You are filled to overflowing with all the love and innate wisdom you need. Don't waste any more time looking outside for what is already present. You are love.

AFFIRMATION

I declare myself a powerful, loving light, overjoyed at my new becoming.

AFFIRMATION

I am the love I seek.

Always For, Never Against You

It is your destiny to see as God sees, to know as God knows, to feel as God feels.

— Meister Eckhart

The self we see is what man has thought about himself, the form he has molded by his thought.

— Ernest Holmes, "The Science of Mind," page 624

Your good is not in someone else's driveway, in someone else's home or on someone else's arm. Furthermore, there is enough to go around. There is not a scarcity. It is given to you as you believe. What do you honestly believe about your life and what is possible for you? You either believe you can have a great life filled with the peace, love and joy you've imagined, or you don't.

We are great at kidding ourselves, creating lists of what we'd like to have in our lives while, at the same time, living in fear that we'll never have them. Ask yourself: Who am I beneath all this fear that I'll never realize my dreams? Where have I bought into the notion that I am not deserving, that someone else is smarter, more attractive or more capable than I am?

Beneath all your fears that you are not worthy is a consciousness within you that knows your connection to Spirit, that knows you can live the life of your dreams. That part of you knows exactly what to do and how to do it for your self-realization.

This earthly experience is exciting because you get to feel and sense the material world, but there is nothing better than to experience it from a consciousness of knowing and truly realizing the Christ Presence within. Love, peace and joy are the instruments through which you taste the thrill of living in this material world. Life is thrilling and safe and beautiful. And it is for you, never against you.

AFFIRMATION

Today I release my fear, knowing the Universal Presence supports me completely.

All Is Within You

Without going outside one can know the whole world / Without looking out the window one can see the ways of Heaven / The farther one goes the less one knows / Thus the Sage does not go, yet he knows.

— Lao Tzu

To the illumined has ever come self-realization and I-AM-NESS.

— Ernest Holmes, "The Science of Mind," page 367

Lao Tzu further states, "He does not look, yet he sees; He does not do, yet all is done." We are here to align ourselves with the infinite good of the universe. I call it Spirit. Yet we live in a world of effects. We are bombarded with information from the world around us. We are distracted trying to understand it all, and much of the information is fear-based.

Lao Tzu reminds us that the more we get caught up in the outer world of distraction, the less dominion we have over our lives. The more we get caught up in the fear, the less access we have to the eternal good that is ours for the living of it.

We have access within to greatness and revelation. We have access to divine right action, what it is and how to align with it. We have access to great love and the knowledge of how to express it without the ego's agenda. We have access to divine inspiration wherein the realm of creativity is expanded and unlimited. We have access to the joy and happiness that comes with living life fearlessly. We have access to divine intelligence that knows without knowing how it knows.

This is what Lao Tzu and so many great teachers tell us. All you seek is within you. Quit looking outside yourself for what is already present. As you accept these truths about yourself, you become a light unto the world. You elevate the consciousness on this planet as you allow the Spirit to live itself through you.

AFFIRMATION

I live the truth of my divine being.

The ego creates separation, and separation creates suffering.

— Eckhart Tolle

We all have the ability to transcend previous experiences and rise triumphant above them; but we shall never triumph over them while we persist in going through the old mental reactions.

— Ernest Holmes, "The Science of Mind," page 147

Every man is a doorway through which the infinite passes into the finite, through which God becomes man, through which the Universal becomes individual.

— Ralph Waldo Emerson

We comprehend the Infinite only to the degree that It expresses Itself through us, becoming to us that which we believe It to be.

— Ernest Holmes, "The Science of Mind," page 625

I was there and now I'm here. I knew it was important because the tears came in such a flood. A new and subtle discovery about myself has come to light during an intense conversation with another. I didn't understand at the time what was making me so upset. I could have blamed the other and found fault over there, but fortunately at this stage of my life, I knew that the upset was about me. So instead I just stopped, became quiet within myself, took a hot shower and waited to see what would emerge. "What was that all about anyway?" I wondered.

Surprise: another subtle layer of my ego to dissolve into nothing. What is amazing about the discovery is that I could look back over my life and see how things might have worked out differently if my ego had not been involved in the way it was. It is, of course, not about looking in the past and regretting or chastising myself. In all cases, I did the best that I could do at the time. It is more about getting it right now so I might do things differently in the future.

As we evolve in this human experience, there is a constant refining in our understanding of who we truly are. Sometimes it's quite subtle as we continue to transcend our former selves. It is getting to know ourselves at an even deeper level, finding an opening to love ourselves (and others) even more. It can be a sweet rite of passage, joyously allowing us to experience even more love and peace within.

You can make the choice today to create the life of your dreams. The first step is to believe it's possible. It necessitates dissolving a lifetime of false ideas and beliefs. You have to remove the mental blocks that stand between you and your divine destiny.

What a relief it is to let go of the mental striving. We are constantly pinching off our good. The good we seek has been here and available all the time, but we have been too caught up in following our ego's recipe for success to recognize it.

You are here to develop a real relationship with the Love Intelligence that governs the universe. It is falling in love with that which you cannot see, knowing without question that It is always for you, never against you. There is a place within you that aligns with It, is fueled by It, informed by It, sourced by It, sustained by It. It is that place within you of pure joy, pure love, perfect peace and perfect harmony. It is the way in which God enters your very being. It is the Christ Presence within you. The kingdom of heaven literally comes to Earth through you.

You are in constant companionship with the greatest lover of all. In your beautiful surrender, you have never known such love, such beauty, such clarity, such peace, such power and such freedom. This is your divine destiny, that which you came to Earth to experience. It is alike to all, for the great God of our existence plays no favorites.

AFFIRMATION

I am forever willing to discover and embrace all that I am.

AFFIRMATION

I am willing to experience heaven on earth. I surrender everything.

Finding a Deeper Love

Yea, I have loved thee with an everlasting love: therefore with loving kindness have I drawn thee. — Jeremiah 31:3

God loves all alike and causes Its rain to fall and Its sun to shine alike upon all. In arms that are all inclusive, Divine love encompasses everything.

— Ernest Holmes, “The Science of Mind,” page 28

Whatever level of consciousness you believe you’ve achieved, there’s more, and you cannot think your way into it. In fact, it requires you to actually disengage from your thinking mind, which seems to be the most difficult challenge, since we think a million thoughts a minute.

You have to stop the “monkey mind” and leave the outer world behind. As you settle into the silence of your own soul, therein lie the answers to all your questions. You find the peace and clarity you’ve been seeking and the love that is unmatched by any experience you’ve ever had in the outer world.

Everything you’ve ever desired can be found within, even the great lover you’ve been waiting for or the abundance and prosperity you think you can’t be happy without. It’s all within you, awaiting your realization of it.

In that quiet stillness we access the Divine. In our yielding to it, we are transformed. In the flame of Spirit’s love for us, we willingly surrender our ego and all its manipulations and strivings. We let go of all our resistance, all our worries and concerns about survival, and all the ways in which we withhold love.

In that awareness, the love within us magnifies and all goodness is drawn to us like a moth to a flame. This, my beloveds, is true liberation, and it is what we’ve come into physical form to realize and experience. I call it heaven on earth. From now on and forever, regardless of what goes on around me, therein will I reside.

AFFIRMATION

The deeper I go, the more holy my life.

One for All and All for One

There is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female: for ye are all one in Christ Jesus. — Galatians 3:28

Jesus prayed that all might come to see the Unity of Life. “That they may be One even as we are One,” was his prayer as he neared the completion of his great work.

— Ernest Holmes, “The Science of Mind,” page 332

Emmet Fox said, “In a much more literal sense than people are aware, we are limbs of one Body.” Crazy as it goes on in this world, much of it in the name of God. If we really felt we were “limbs of one Body,” would we cut off one of those limbs?

In the quote above from Galatians, Jesus was saying there is no person, race, class, color or nation that is superior to any other in the sight of God. There must be a purpose to all this madness. Perhaps the gravity of a situation is what wakes us up in a big way. We cannot possibly stay asleep while the limbs are being cut off. We begin to see as never before how much we have damaged our mass psyche — and the door is opened to the opportunity for redemption, healing and forgiveness within and without.

We pray not just for ourselves but also for all mankind. We lay down our arms and stop the war inside us. We let go of our sense of separation, our need to be right, our judgments and our anger. Little by little, we correct the wrongs we’ve been committing inside ourselves, no matter how small, no matter how clever we’ve been about it.

When we are free from our own internal war, our own bondage, we see differently and we can become catalysts for change. So we pray for peace, love and joy inside ourselves and all across this precious planet of ours, and our prayers shall be heard.

AFFIRMATION

I see a new world. It begins with me.

God is with every soul that loves much; because it is love, the deep, pure, spiritual love, that gives man the power to know that My Father and I are One. — Christian D. Larson

The Love of the All-Good is within me and through me. That Love goes out to meet all who come into my atmosphere. It radiates to all and is flowing through all. My Love within me is Perfect. — Ernest Holmes, "The Science of Mind," page 522

The unbounded love I experience today I have never known before. It sets me free. I strive for nothing because all is here now. This is the way I choose to be. Grace has fallen upon me. I am in constant appreciation and thanksgiving for even the smallest things. I choose to conform to divine spirit. In the quiet of my own soul, I am inspired and blessed. It's a way of life, practiced daily.

I begin my day with, "Thank you, God, for my presence here on this Earth. Let me release all blocks to my loving. Let me accept where I would otherwise judge."

Love is the perfect recipe for success. There is strength in love. There is power in love. Love invites us into peace. We did not come into physical form to wage war. We came to dance, play, create and enhance the beauty all around us. We did not come to suffer, though many of us do. Our suffering lasts as long as our belief in it. We can choose higher ground. From that vantage point, what seemed impossible becomes possible.

This Love Intelligence, of which we are a part, loves us and will care for us and sustain us in ways unimagined. We can trust it implicitly.

Decide today that you want to experience heaven on earth. Be vigilant and faithful in your practice and it will come to you. That is how much you are loved by the creator of all things.

AFFIRMATION

I open my mind and heart to receive the blessings of the Kingdom.
God is good and so am I.

Know Thyself.

— One of the Delphic maxims inscribed in the forecourt of the Temple of Apollo at Delphi

To realize within oneself a divine Presence, a perfect Person, is to recognize the Christ.

— Ernest Holmes, "The Science of Mind," page 369

If ever there were a time for you to create or deepen the relationship you have with yourself, this is it. We can't count on the outer world for the answers to the most important questions we have in life. There is only one place now to find the answers you seek, and that is in the center of your own being.

The great gift we've been given by God is a sacred temple within us that knows only oneness, unconditional love and eternal life. We are here to get to know and trust our own inner being. This world we are living in is filled with ups and downs, things and events we call good or bad. That within us will always show us the way to peace and love in troubled times. It will provide answers to our toughest questions and comfort in our greatest need and biggest challenges.

Our job is to become so aligned with the spirit within that we are the beacons of light for others who are lost and cannot see. We become the visionaries, the instrument through which a great transformation takes place. We are not at the effect of the coronavirus or the economy or separation of any kind. We are the change-makers of our time.

"Know Thyself" — great words for an important time in our history. There is a great healing in body, mind and spirit happening individually and collectively on the planet. Our job is to keep our eye singly on the great vision for oneness, inclusivity and unconditional love throughout the land.

AFFIRMATION

I am an instrument through which God's love reveals itself.

A New Day Is Coming

*If you can keep your head when all about you /
Are losing theirs and blaming it on you.*

— Rudyard Kipling

*It is quite a burden lifted when we realize that we do not
have to move the world — it is going to move anyway.*

— Ernest Holmes, “The Science of Mind,” page 270

Sometimes when I tune into the news, it seems like the whole world has gone mad. And honestly, I feel a little fearful. Then I say to myself, “Well, it’s clear you need to meditate a little more, maybe even actually during the news hour.”

Then I have to remind myself that this is the world of appearances and there is a whole rich, amazing life within me that has nothing to do with that. I remind myself that I live in paradise, that my needs are continually being met even before I ask. I remind myself that I have powerful, unseen resources that provide for me and keep me safe. I remind myself how much God loves me (and all of us) and that a great healing is taking place that we are all part of because we were born in this time and place. I remind myself how important it is for me to keep my consciousness high, no matter the degree of insanity that shows up in the outer world.

Then I am soothed and once again I feel the empowerment that is so vitally alive within me. I feel my strength, my clarity, my focus and my conviction. I realize how very much I’m loved, and I remember the power of that love.

Nothing and no one can take from me the joy and happiness I felt yesterday morning as I watched the sun rising over the mountain into the red blazing sky. I believe a new day is coming, filled with light and promise. I choose to hang my hat on that.

AFFIRMATION

Today, I’m empowered in my understanding that I live in a friendly universe always providing for me.

Forgiveness

Transforming yourself is a means of giving light to the whole world.

— Ramana Maharshi

The mind that condemns understands not the truth of being, and the heart that would shut the door of its bosom to one who is mistaken, strangles its own life, closing its eyes to a greater vision.

— Ernest Holmes, “The Science of Mind,” pages 457-8

There is a reason Jesus spoke of the need for forgiveness so often. He understood we are held captive to all that we would not forgive. No matter what it is or what has been done to you, you must be willing to forgive the person or event. Until you do, your heart is blocked to loving fully, to knowing your essential nature as divine love.

It feels to us like we might get some satisfaction in blaming someone else for the fact that our life is not going as we would like, but that satisfaction is limited compared to the joy we would experience in setting ourselves free. Sometimes we think we can shut our heart over there to just one person or event, but that’s not the way it works. When you block loving anywhere, you block it everywhere. We are not meant to live with half a heart. We are meant to live with our whole heart.

In the end, our job in this human incarnation is to fearlessly hold nothing back. When you begin to see that the one whom you think betrayed you has no hold over you or power over you (which they do until you forgive them), you feel and sense a power like none you’ve ever experienced before. You realize for the first time that you are in charge of your life, and the world opens up before you. You are finally free and open to the magnificence that is your true loving nature.

I say, “Welcome home, beloved.”

AFFIRMATION

I forgive and forget. I open my heart to love fully.

Waking Up to a New Reality

Everyone sees the unseen in proportion to the clarity of his heart, and that depends upon how much he has polished it. Whoever has polished it sees more — more unseen forms become manifest to him.

— Rumi

Spirit is never bound by the form It takes and is not affected by any apparent cause or condition, but is forever free.

— Ernest Holmes, "The Science of Mind," page 184

Over the past months, as I was sitting in my coronavirus-sheltered world, I began to wonder, from a higher spiritual perspective, what this pandemic was all about. Something was happening on a macrocosmic level, which we usually only encounter on the microcosmic level in our own personal lives. When we start getting off track in our personal lives, perhaps not living from the highest and best values within us, everything goes wrong and we suffer the consequences.

So I began to ask myself how we, as a human race, have been doing on this planet. What have our priorities been, particularly in the United States? How sincerely have we been interested in loving our neighbors as ourselves? What do we consider the most important things in life? What do we place as significant above all else? How has that affected our choices?

Could it be that we have not been the greatest stewards of this planet and of its assets? Perhaps we have not cared enough about each other. Perhaps we have managed to ignore and not be too concerned about others in our own city or on the other side of the planet who don't have enough food to eat or a roof over their heads.

It amazes me now that this virus played no favorites. What happens on one side of the world also happens on the other side. Who knew? Maybe there is only One Life after all. We are left with the great question of life. When this is all over, will we go back to living the same way, or will we wake up to a greater truth about who we are as a people on planet Earth?

AFFIRMATION

Today is a new day and I choose to wake up to a new reality.

My Own Shall Come to Me

The ego always wants something from other people or situations. There is always a hidden agenda, always a sense of "not enough yet," of insufficiency and lack that needs to be filled.

— Eckhart Tolle

My own shall find me. No matter where I go, it will follow and claim me.

— Ernest Holmes, "The Science of Mind," page 535

Suffer not, my beloveds. As you dive deep into your own soul, your own shall come to you. Life is not about struggle and trying to make something happen. The promise is that your good is already here, awaiting your willingness to receive it. Your work is internal — in fact, it is a willingness to surrender your egoic strivings. The ego gets in the way of your perfect surrender, your relinquishment into Spirit.

Your good was prepared for you from the beginning. You hold it off in your striving to see it. By moving inward into the sweetness of your own divine self, you come to a clear realization of your connection and oneness with that which created everything. Through your complete willingness to take that inward journey, to "be still and know that I am God in the midst of you," something shifts. Then, and only then, you realize everything you've always desired is already present.

You cannot think yourself into this experience. It is necessary that you be willing to surrender control, which for many of us is not easy because we have used control as a mechanism to keep ourselves safe in what we perceived to be an unsafe world. In the quiet, as you disengage from the mind, you bask in a love you have never known before. You release the resistance created by your own striving.

You give up trying to make something happen — and right then, heaven appears on Earth and you have come home to freedom. This is a promise.

AFFIRMATION

I let go of my resistance, my need to get it right. I dive deep into the holy presence where unconditional love awaits me and I am reborn.

The Greatest Gift You Can Give

The flute of the Infinite is played without ceasing, and its sound is love.

— Kabir

Learn to be at home in the universe. No more loneliness. No more sense of isolation. See God in everyone — the same God with a different face, the same animating principle with a different form, the same Divine Presence clothed in individual expression.

— Ernest Holmes, "This Thing Called You"

How about showing up as love itself? To do that, you may have to let go of some pretty clear boundaries you've created to keep yourself from being hurt or disappointed. We can always think of a good reason to withhold our love.

Maybe your new motto could be "I'm going to lead with love." What's the worst that can happen? You give it and you feel you don't get anything back. You give it and it is unappreciated. You will survive.

Love is the last outpost of great living. Love heals everything, including your own heart. Love opens up avenues to forgiveness and understanding. We think we are loving beings, but I think many of us are living with hearts blocked by the pain and suffering of the past. That limits our ability to see the world as a safe and loving place. We begin to define our outer world and its parameters based on our inner pain.

We can live in limitation until we die or we can choose to take a chance on love. We can decide that we don't want to live the rest of our lives hiding out from ourselves.

So without regard for what you are receiving, decide from now on to be a giver of life. Decide that you will be the one who brings the love, beauty and grace to every situation. You will be the one to shine the light wherever you are. You will be the instrument through which great healing happens.

AFFIRMATION

I live my life from the love that I am.

Tapping Into the Eternal You

The collective disease of humanity is that people are so engrossed in what happens, ... so absorbed in the content of their lives, they have forgotten the essence, that which is beyond content, beyond form, beyond thought.

— Eckhart Tolle

There is something Divine about us that we have overlooked. There is more to us than we realize. Man is an eternal destiny, a forever-expanding principle of conscious intelligence.

— Ernest Holmes, "The Science of Mind," page 388

Our suffering would be over if we understood our formless reality. Most of us live in the belief that our things define us. Our ego identifies with all we have gathered up around us. Our lives are cluttered up with things: material things, things to do, things to think about. This keeps us so busy we don't have time to stop and smell the roses. But that is precisely what we are looking for — the self-awareness that comes to us when we stop to smell the roses.

We are looking for peace and we are trying to figure out what is beyond the struggle. We ask, "What is the point of all this?" Yet all that we are looking for has been right here all the time. It is the precious you that is beyond the form-filled dimension you live in. It is the eternal you that is your true essence.

The eternal you needs nothing to enhance it. It lives in the dynamic flow of love, peace and prosperity. It sees love where others see fear and anger. It is not caught up in the struggle and strife of this world.

You can only find this precious aspect of yourself by sitting in the quiet of your own soul. In the quiet, you begin to fall in love with yourself, but not from the ego's point of view. You discover you have nothing to prove because you are the proof. Through becoming less (in the ego's perception), you in fact become so much more. You become the light that lights up the world.

AFFIRMATION

I awaken to my true identity as Eternal Life.

Silence is a source of great strength.

— Lao Tzu

If day by day we have a greater understanding and a clearer concept, if daily we are realizing more of Truth and applying it in our actions, then we are on the right path and eventually we shall be made free.

— Ernest Holmes, “The Science of Mind,” page 271

I realize how difficult it is to believe there is a power within which is the answer to living a great life. We read and study spiritual principles, and yet we do not practice or embody them. How do we find our way out of the darkness of our own creation into the light?

I would like to say there is some magic formula that will set you free; yet that is not the case. It is through developing a spiritual practice, however, that you will finally come home to yourself.

It is not easy to be disciplined about anything and certainly not at all about sitting in the silence of your own soul. Some of us are afraid to be alone; we don’t even like ourselves enough to be with ourselves for any length of time. The truth is, though, that sitting in the silence is where you begin to develop a relationship with yourself, where you will learn how to love and forgive yourself and others.

You will discover that the love and peace you find within will be what sustains you, no matter what chaos shows up in the outer world. It is just the opposite of what we were taught in the beginning, that we should rely on, accommodate to and seek fortune and fame outside of ourselves. What a surprise to discover that the greatest riches are found within. In the stillness, you receive divine inspiration. You calm your troubled mind and find a perfect peace. Best of all, what you find within is lasting, life affirming and forever.

The greatest habit you will ever break is the habit of being yourself, and the greatest habit you will ever create is the habit of expressing the divine through you. — Dr. Joe Dispenza

There is that within us which partakes of the nature of the Divine Being, and since it partakes of the nature of the Divine Being, we are divine.

— Ernest Holmes, “The Science of Mind,” page 34

Today, I realize I’ve been born again and again. Each birth made me a little wiser. Each rebirth has been an evolution of spirit, mind and body. Over the years, I’ve been more than willing to see where this evolution would take me. It has taken me to a beautiful place in life, a place of peace, love and joy unlike anything I ever thought possible. Because I was willing, I have been carried by Spirit, guided and directed and loved unconditionally.

Each rebirth brought me closer to dissolving all the shame, blame, fears and doubts I harbored in mind for a lifetime. All that was never real to begin with, just a story I made up in my confusion to make sense of my world.

I would have called myself a victim in the early part of my life, but I no longer see it that way. All events brought me to the preciousness of this moment.

Because I am only human, I know that what has been possible for me in this life’s journey is possible for others who are willing as well. We can spend a lifetime recounting and reliving our suffering or we can decide that we want to know what it’s like to experience heaven on earth. What I know with certainty is that God loves us unconditionally, and God supports and sustains us in ways unimagined.

Living heaven on earth is my choice for the rest of my life. I look to the mountaintop in faith and trust.

AFFIRMATION

All I need is within me.

AFFIRMATION

I live to express my divine nature in everything I do.

I learned that courage was not the absence of fear but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.

— Nelson Mandela

To overcome fear is the greatest adventure of the mind of man.

— Ernest Holmes, "The Science of Mind," page 404

I am in love or I am in fear. Fear shows up and is called by many names: judgment, anger, jealousy, doubt, envy, hopelessness, to name just a few. Our ego is more often on the side of fear rather than love.

The kind of love I'm talking about is not attached to anything. It is simply love, and it is unconditional in its nature. It loves for love's sake alone. It is what arises within when you let go of your need to be seen and heard, your need to get something from another.

Love is your very essence and it can transform any of its opposites — that is, any way fear shows up in its many forms. Many of us can't get past fear to even begin to realize the essence of our true nature. We would rather be right than loving. We would rather separate ourselves in judgment than to witness the love in another. We would rather justify our unkind actions than to see the part we played in the separation we feel.

Most of us have experienced love as conditional rather than unconditional: "I'm happy if you do what I say and behave the way I want you to." It's time to wake up now to a more profound way of being. Everything around us seems to be pushing us in that direction. What if we decide to be more conscious in our interactions with others? What if we decide to be happy and loving no matter what our outer circumstances? There is nothing stopping us from choosing that kind of high living.

If you choose it, you will discover it is a most glorious way to walk in this world.

A kind of light spread out from her. And everything changed color. And the world opened out. And a day was good to awaken to. And there were no limits to anything. And the people of the world were good and handsome. And I was not afraid any more.

— John Steinbeck

The son of man, who is also the son of God, is already in heaven and knows it not.

— Ernest Holmes, "The Science of Mind," page 472

It is time, beloveds, to forgive yourselves for all your transgressions and for all the mistakes you believe you have made, for truly you are the beloved in whom God is so well pleased. Wherever you think you've arrived spiritually, you are now being asked to go to the next level of your understanding, to the next level of your love of self and all others. You are here at this time in history for the great awakening on the planet.

You are supported in this by unknown forces for good. No matter where you are in your comprehension, there is more to know. We are all being asked at this time to be spiritual midwives to the spiritual evolution taking place on the planet.

Our only job is to continue to look past appearances, not in denial of what is but in knowing that more goodness is yet to be revealed. We keep our eye singly on the empyrean heights of love and profound peace, joy and prosperity for everyone. We are not swayed by negativity and fear; rather, we are buoyed up by the divine forces for good.

Knowing all this, we can rest in peace, spread the good news far and wide, and be trailblazers for a new world order where no one is left behind. Yes, a tall order, but one we can fulfill through our own faith and trust in the Love Intelligence that created this universe. Together may we make this time the most blessed of all.

AFFIRMATION

I choose to let love lead the way.

AFFIRMATION

I allow the love of God to have its way with me.