

DAILY GUIDES

JULY 2017 BY KAREN S. WYLIE

Love
IS A
fire;
I AM WOOD.
— Rumi

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REV. KAREN S. WYLIE

Welcome to the Daily Guides for July 2017. The theme for this month's issue is "The Freedom of Choice." Life is a great journey, and we constantly have choices to make along the way. Over the years, as I dealt with various issues in my own life or struggled with some personal challenge, with meditation and contemplation came answers to me as timely revelations that would always bring peace into my own heart. If there is a desire in your heart to know anything, the answer will be revealed. This inner wisdom is part of our innate nature, and we can trust it. What I now believe with certainty is that we live in a loving, supportive universe. We are here to experience unbounded joy and love and to accept ourselves completely. May you experience much joy and happiness on your own soul journey.

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Freedom of Choice

You are becoming a conscious spiritual midwife to the next stage of your evolution and to the evolution of love on the planet.

— Rev. Michael Bernard Beckwith

If man is endowed with the attributes of self-choice and free will, he must be allowed to make this great discovery for himself.

— “The Science of Mind,” page 71

In each and every moment, you are becoming. What you are becoming is your choice and your choice alone. Your life experience is not up to someone else; it is up to you. This may seem like a big responsibility, and some of us would perhaps like to turn it over to someone else rather than take personal responsibility, but whether you are conscious of it or not, your life is in your hands.

It's time to stop blaming someone else for why our life isn't working. It's time to let go of our self-destructive patterns and wake up to who we truly are as powerful, creative geniuses. We cannot continue to hide out and deny our power and perfection. It is time to step into our greatness in a whole new way — unafraid to be seen and heard or to reveal who we truly are. We are a creation of God! How can that not be good enough? How can we deny the world the opportunity to meet and savor the wisdom, joy, love, compassion and peace that is our true essence? The truth is, our life is not determined by our history. It is determined by the choices we make in each moment. We can change everything by simply making a different choice — a choice that promotes love on the planet.

Are you willing to choose differently? Are you willing to be big for God? I am grateful for I see a new day ahead — a day filled to overflowing with peace, joy and love on the planet.

AFFIRMATION

I celebrate the freedom from my own self-inflicted bondage. I'm willing to become big enough to receive the blessing I've been asking for.

Divine Perfect Being

Spiritual progress is when one becomes free not only of the knowledge which is inevitably from the past, but also from the need to know.

— Ravi Ravindra

We may pass through good fortune and bad, but if we can come to the point where we are not disturbed by “things,” we have found the secret.

— “The Science of Mind,” page 187

As the Buddha said, all beings are given 10,000 joys and 10,000 sorrows. People we love will die. Some dreams will come true and some will not. Some things we hold as precious will get broken. It is our inevitable inheritance in a human life. It is not about us; it is not something we need take personally.

We will experience pain, but it is our choice how much we suffer. If we did not want to experience the ups and downs and the ins and outs of life, we would not have entered these physical bodies. It is true exhilaration to live full out, understanding along the way that there will be good times and bad.

As we develop our spiritual practices and our skills at self-mastery, we find, however, that we experience fewer times of pain and suffering and more love and joy as we become conscious creators of all that is grand and glorious. We listen and become tuned into the inner language of the soul. We begin to see that we are not victims of anything, that we have the power to change and create a whole new experience more in alignment with our true nature and purpose for being.

We did not come here to suffer; we came to experience the joy and delight of full-out living. As we are willing to surrender our small thinking mind, we access Infinite Mind. We finally see that we are part of the Infinite, which is everything and everywhere.

AFFIRMATION

In peace and love, I listen to the inner voice, in trust and faith that I am the Beloved. Everything is working together for my good.

Living in the Absolute

All power is given unto me in heaven and in earth.

— Matthew 28:18

Never look at that which you do not wish to experience. No matter what the false condition may be, it must be refuted.

— “The Science of Mind,” page 186

I could choose to stay small and believe that I live in a world filled with suffering and pain, but I have chosen instead to become consciously aware of the Divine Presence and the Divine Power, the wholeness of Truth, of Love, of Wisdom — the eternal Good which is my nature. I have chosen God and life everlasting. I have chosen to be forgiving and loving in my heart. I have chosen to be present with myself and others in each and every moment. I have chosen peace over anger and warfare. I have chosen light over darkness and an inner knowing that my needs will be fulfilled by the Infinite Source of all supply.

As I stand resolute in my knowing of God as my life, divine harmony and peace flow in and through me. Beauty is everywhere. My eyes can see the blessings. I see beyond the illusion of fear and separation. My life is filled with happiness, good health and joy. I commune daily with the Invisible Presence which peoples the world with the manifestation of Its Life, Its Light and Its Love.

It is from this place that the miracles begin to happen — the perfect persons, situations and experiences come into my life. I am guided onto a path that leads me to where I’m supposed to be. I am in the right place doing the right thing! The universe is working on my behalf.

I joyfully surrender in perfect faith and trust. I am living in the absolute. My heart overflows with gratitude.

AFFIRMATION

God is my source and supply. I know that good alone has power in my life.

The Fire Inside — Let Freedom Ring!

The light of the body is the eye: therefore when thine eye is single, thy whole body also is full of light.

— Luke 11:34

The light cannot be borrowed from another. Each has been furnished with a divine torch whose wick burns from the oil of the eternal and ever-renewing substance of faith in oneself and in others.

— “The Science of Mind,” page 415

There is a fire inside of us. It is a flame of creativity and infinite possibility seeking to ignite. Once it ignites, you are set free in a way impossible to imagine in our moderate life of living and dying. Most of us exist under a blanket of fear.

If we willingly keep our eye single upon God, we step into a life that is uniquely ours. No one else is here to do our life the way we came here in physical form to do it. Only we can do it the way our destiny has proclaimed. It is our natural state of being — so easy, so effortless, so perfect in every way. Once we accept and love ourselves, our heart softens and we can see differently. We are no longer fighting against being big or being small. The shoe fits so we wear it.

The flame is pure passion. It is pure joy. It is pure love. It is accepting and allowing. The flame is the unspoken within us that is no longer afraid to speak and to love. It is the creator of miracles. It is the real you, unencumbered by the fear of living and loving and even dying. It is compassion and beauty of all kinds, wisdom and truth, and joy unbounded.

That is the nature of the flame within you. It has been there since the beginning of time. It is seeking all that you have desired, and it is ready now to be fully ignited, to be seen and heard. Happy Independence Day!

AFFIRMATION

I am set aflame with love, joy and happiness. I have everything I need.

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

The Unity of Good is a revelation of the greatest importance, for it teaches us that we are One with the Whole and One with each other.

— “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 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?

Jesus was saying in Galatians that 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 the 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 for all mankind. We lay down our arms and stop the war inside of 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 that 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 a 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.

Coming Home

Do not spill thy soul; do not all descend; keep thy state; stay at home in thine own heaven.

— Ralph Waldo Emerson

The Universe will never deny us anything, unless we conceive that it is possible for us to think of something that is impossible for the Universe to produce! Everyone who asks receives, according to his belief.

— “The Science of Mind,” page 175

We are constantly expanding into a greater version of ourselves. The problem we face sometimes is that we are not yet up to speed with who and what we have become, so physically we appear to be going through darkness. It can feel very uncomfortable because negative feelings and thoughts arise as though we’ve gone backward instead of forward. The new idea or dream for your life is born within you, and immediately your inner being accepts and moves into that new idea of who you’ve become. The law of attraction responds to the new you and brings all that you need to you easily and effortlessly. It is a stream of well-being. The difficulty is our ability to get out of our own way. We often resist what we have already internally become by our negative thoughts and doubts about ourselves — either hashing over our past failures or asking whether we are enough. Can I really do this life I’ve dreamed of? Can I really be that great? When you resist, you experience the negative emotions. When you don’t, you thrive.

If you stay in the present moment and quit resisting, you will thrive. Your inner being will bring you, through the law of attraction, all that you’ve asked for. It’s your job to keep up with your expansion by thinking thoughts that are positive and uplifting. Make peace with where you are. The expanded version of you is always calling, so let go and let the swift current bring you home.

AFFIRMATION

I willingly let go of all resistance, and I come joyously home to myself.

If God said, "Rumi, pay homage to everything that has helped you enter my arms," there would not be one experience of my life, not one thought, not one feeling, not any act I would not bow to.

— Rumi

All is Infinite Being and all is eternally becoming.

— "The Science of Mind," page 102

The true self includes the inner and higher self, which is always in immediate touch with the Great Divine Mind.

— Thomas Troward

We are to believe that God indwells our own life, that this Divine Presence is sufficient for all needs.

— "The Science of Mind," page 431

In truth, I think we are destined to be opened by the living of our days. We live our joys and we live our sorrows, and hopefully, through it all, we come into the full awareness of who we are as authentic beings.

Sometimes we are called further into experience than we'd like to go, but it is such times that allow us to discover what it means to be truly alive. Our darkest moments can bring us into our most brilliant authenticity.

Through the good times and the bad, we are sustained by an indomitable Spirit within us — the fire of our inner essence. No matter what we are facing, there is something within us that is resilient and solid. In our joys and in our sorrows, we live from this inner strength and fortitude. No matter what shows up in our lives, we can know that there is a part of us that will never be defeated.

It is this Spirit within that makes life worth living, that allows us to realize the blessing of life itself. It assures us that we'll be all right. We can be fearless, no matter what, and know completely and forever that we are tuned in and tapped into a great and mighty power that wants only our joy and happiness.

What we realize is that there is more to this business of living than we can possibly know — maybe even in one lifetime. Once the crisis that opens us passes, our only job is to continue such authentic living.

For many of us, it is easy to believe in something outside of ourselves, but not so easy to believe in the one whose face we see when we look in the mirror. Yet we are told that at core we are spiritual beings — that God works through us, as us. If that is true, then we must behold and love the one whose image we see in the looking glass. I'm not talking about that kind of self-centered adoration of the ego. I'm talking about waking up to the worthiness, the preciousness and lovability of our own sacred Self.

There in the center of us we find a deep resilience of Being. There in the midst of us is the fortitude and strength to hold everything together no matter what's going on in the outer world. We transcend the small self, the fear-filled self. We wake up to who we truly are. This takes great surrender in great humility.

Finally, we must leave behind any notion that we are not good enough or big enough to step into such a vital and important role. I understand who I am beyond what you think of me or even what I have, in the past, thought of myself.

In our complete yielding to God, we become. There it is, so simple, really. It's not about the outer world's opinion any more, yet it is the outer world we are here to serve in our becoming. We are always supported by the Kingdom of God.

AFFIRMATION

I behold the Divine Light within me. I'm grateful and thankful for who I've become.

AFFIRMATION

My power lives within me. Things come, things go, but the power of God in me loves, secures and supports me always.

In one atom are found all the elements of the earth; in one motion of the mind are found all the motions of existence; in one drop of water are found all the secrets of the endless oceans; in one aspect of you are found all the aspects of life.

— Kahlil Gibran

Love is at the center of man's being, and the calm, continuous, pulsations of life are governed by Love.

— "The Science of Mind," page 238

Sometimes you think you have separate issues going on simultaneously, whether it's a situation at work, something going on in your relationship at home, the diminishment of your finances or a threat to your health — you name it. I have finally embodied a simple truth. There are no separate issues to deal with out there in life. It is all one issue: How deeply can I love? Am I willing to take a deep, personal, penetrating inner look at my life and who I am and do some healing work, most of it coming down to one thing — am I willing to become love completely?

I'm not talking about the limited and conditional kind of love we experience at the personal level. I'm talking about the kind of love that allows one to say, "I am the way, the truth and the life."

When you become love like that, you realize that all issues in the outer world are the same issue and are solved by, dare I say it, becoming love. When issues arise (and they do) and I am upset by something, I sit still until the presence of love is all I feel inside of me and all is resolved. My way is made clear, and I am then able to speak and take all action from a loving place.

Life becomes easier and filled with grace, love and joy. Everything can be resolved at once by the love that is anchored so deeply within.

I have learned silence from the talkative, tolerance from the intolerant, and kindness from the unkind. Yet, strange, I am ungrateful to these teachers.

— Kahlil Gibran

Love overcomes everything and neutralizes all that is unlike itself. Love is God.

— "The Science of Mind," page 504

Wouldn't it be nice if everyone thought just like us and agreed with our opinions? That would make life easier, and we wouldn't have to work our judgment muscle so much. That's not the way it is, though, and there are those people in our lives who really push our buttons. Sometimes we can get away from them, and sometimes, at least for now, it appears they are here to stay. I've learned to call them my current and best teachers, and I'm discovering the power of love if I can pay undistracted attention to staying in it no matter what.

I've watched anger and upset dissolve in an instant when there is nothing to push against. When I stay in my loving, anything unlike it dissolves. Jesus called this nonresistance. That is the secret weapon: love with nonresistance. We have heard so often that "what you resist persists." Resist not. Be still in your loving. When others are angry and upset, they can't hear you anyway. Be still. Listen. Do not engage energetically. This all sounds so good, yet, we are human, and it isn't always so easy to do. We all want to be loved, but we have not been taught how to love others well. I think it is time for the great suffering from lack of love to end on the planet. The more we practice living in love and ask, "What would love do here?", the easier it becomes. It is the perfect tool to have in your conscious living tool kit. When we become love and cease having anything to prove, we are finally and exquisitely free.

AFFIRMATION

All my concerns are dissolved in my willingness to know only love as my life.

AFFIRMATION

Today, I reach out with love. I send love to people everywhere. I know that as I love, I am loved.

Authenticity

God said, "I am made whole by your life. Each soul, each soul completes me."

— Hafiz

Man is a center of God-Consciousness in the Great Whole. He cannot deface his real being, but may hinder the Whole from coming into a complete expression through his life.

— "The Science of Mind," page 323

Authenticity — what a valued commodity. Sometimes as we move up the ladder of successful living it becomes more and more important that we be liked and admired. Our ego finds it advantageous to say and do what pleases others — at the sacrifice of our own authenticity. We become people pleasers and, let's face it, this behavior does seem to have its rewards.

If I agree with you and do what you like, I've convinced myself that you will love me and accept me. I don't even notice that I've lost myself so completely to the outside world that I don't know who I am any more. I can't answer the question, "Who am I?" because I have lost contact with my true essence, that part of me that makes me unique and special.

I've come to see that people appreciate the truth when it is delivered lovingly. Truth is so refreshing in a world filled with people pleasers, subterfuge and manipulation. To live what is true for you is important for your own peace of mind and harmony, and it is the doorway to your own self-love and Being.

We are here to know our Loving Essence, to be authentic in what we say and do. We don't have to be someone else to be loved. We are made in the image and likeness of God and that is quite enough.

Reconciliation

A sense of separation from God is the only lack you really need correct.

— "A Course in Miracles"

Nothing can hinder the man who knows that he is dealing with the One Power that creates all from Itself, moves all within Itself and yet holds everything in its place.

— "The Science of Mind," page 296

I was meeting with two strong-willed individuals, and I wanted them to be able to work together and appreciate one another. The Dalai Lama says the greatest challenge facing the world now is to realize our oneness. It doesn't matter whether we are two major factions in conflict in the Middle East or two strong-willed individuals destined to work together in the little town of Ojai, California. What can we focus on that will open the hearts? It will surely not be our differences. It will be the place inside of us that can recognize each other and realize our sameness. No matter how far apart our egos have taken us, in the end, there is that within us that never separates itself from the other. How do we come together in that place?

That is the place where all things are possible. The walls of defense come down, there is nothing to push against and the heart opens. We no longer feel threatened and we don't have to protect ourselves. Now we can build on what we know about each other that reminds us of ourselves. I see you, but most importantly, I see myself in you. The hearts expand in harmony and remembrance.

That's the answer for reconciliation on all levels. How can I become quiet enough to listen to my own heart? When I do that, I am guided and directed in the most perfect way.

AFFIRMATION

I declare myself Loving Essence. I am Authentic Being and Light of the World.

AFFIRMATION

I surrender completely to the power and presence of God within me.

Behold the Christ Presence in You

Love is a fire; I am wood.

— Rumi

The essence of love, while elusive, pervades everything, fires the heart, stimulates the emotions, renews the soul and proclaims the Spirit. A universal sense alone bears witness to the divine fact: God is Love and Love is God.

— “The Science of Mind,” page 478

We may think we suffer because of lack of love from others, but that is never the case. Our suffering actually comes from not loving ourselves. Nothing is more painful than that.

I read somewhere that self-love is like food for the starving. As you begin to feel your own love, you realize how much energy you've put into trying to get love on the outside and how, no matter how much of that you've received from someone else, it's never been enough. That's because it doesn't change your inner beliefs. If others say you're wonderful and on a core level you don't believe it, their love will only be a temporary fix. Soon enough, you will be looking for more from them or someone else. Only self-love will fill up the emptiness inside of you that stems from your false belief that you are unlovable.

Everything in your life is going to reflect back to you this lack of love for yourself. If you are wounded inside and haven't addressed those wounded places, they will reflect in those around you. Life is like a mirror.

Self-love is vital to our well-being. If I say I am Spirit in the flesh, how can I not love God as me? How can I not have compassion for my God-self? When we realize who we are as Divine Beings, loving the Self is not a selfish act. It is action, which assures our walk in the world as a beneficial presence.

AFFIRMATION

I look in the mirror to behold the face of God. My loving is assured.

The Divine Miracle

Every person, all the events of your life are there because you have drawn them there. What you choose to do with them is up to you.

— Richard Bach

We shall cease to suffer as we more and more comply with the Laws of the Universe; all suffering is the result of some infringement of these Laws.

— “The Science of Mind,” page 109

There is nothing that happens in your life that is not an opportunity for great learning. There is life happening and then there is the spiritual truth in each and every situation. In that perfection is the process of our inner evolution. When you can begin to see your life from that spiritual perspective, you will experience heaven on earth. In that, you will find your joy and your salvation. We are given opportunity after opportunity to reveal the truth of our being.

It is for you to understand that nothing happens as a punishment but rather as a lesson. It is our birthright that we should learn and grow from life. It doesn't matter what the circumstance; look for the spiritual truth. Look for the light behind every bit of darkness. We are here to learn and grow and become. There are no accidents. When we realize that everything is happening for our spiritual growth, we can ask, “What am I to learn from this?” “What possible good is in this situation?”

To remember our true identity as Divine Spirit, this is the human walk, the human experience — to find God in all things. How grateful I am to be on this sacred journey of self-discovery with you.

Let us thank God and joyfully welcome our own becoming.

AFFIRMATION

Today, I move to a new place in consciousness. I release old limiting ideas and turn to new ways of being. I allow the great revelation to begin.

Life 101: The Learning Laboratory

When you realize that everything springs only from yourself, you will learn both peace and joy.

— The Dalai Lama

Our work is done in mind alone, and our entire equipment is thought and a knowledge of the Power which it utilizes.

— “The Science of Mind,” page 414

Staying Calm When the River’s Rising

Mastering others is strength. Mastering yourself is true power.

— Lao Tzu

Our mind must be steady in its conviction that our life is some part of God, and that the Spirit is incarnated in us.

— “The Science of Mind,” page 178

Many of us have thought that life was about getting the goods — the job, the money, the man or woman, the home, the fame, the glory. I realize that life was never and is never about the “stuff.” Life is about learning along the way, and learning is what finally gets us to the peace, joy, freedom, love and abundance that we always thought the “stuff” would provide.

Now that’s something to think about, isn’t it? It’s kind of backward to the way we were taught. In other words, it’s what happens to you in your experience during the ups and downs of life, the information gleaned, the new awareness derived and the choices you make that have the potential to bring you what you’ve always wanted. It’s what you learn along the way and what you then choose to do with what you learn.

We are all on a spiritual soul journey whether we know it or not. The more we learn about understanding, forgiveness, compassion and love, the freer we become. We begin to see it was never about the “stuff.” We can be happy even before we have the goods. Once we are living from the fullness of our divine essence, it’s that very fullness we desire more of, and then the goods flow to us with ease and grace.

It’s never too late to give serious thought about our priorities in life. We can open up instantly to our divine potential and set ourselves free from worry and fear.

Staying calm when the river’s rising — that’s the key. We live in a world of ups and downs and inside outs: births, deaths, illnesses and miracle healings, all happening simultaneously. This is the human condition. Our spiritual work does not make us immune from that. What it does do is make the living easier. It enables us to see the greater Truth when those around us cannot see it. It provides an inner strength and resilience that can and will weather any storm. It enables us to see infinite possibility when others see despair. It fortifies us in clear knowing when others are ready to give up. It reminds us of our loving, compassionate nature when we are ready to give up. It calms us in the storm and sustains us in the peace.

Relying on Divine Spirit, we can stay calm when the river’s rising — that’s how we become a beneficial presence. It’s not about fighting against anything. It’s not about resisting anything. It’s about living from the inside out. If I can see the good, I can help someone else see it.

That’s our main job — to stay in our loving — and it is not easy when we get triggered by someone who does something or says something that touches an unhealed place inside of us. We do our spiritual work to heal those places so that we may stay anchored in truth no matter what is coming our way. The river may rise, but I shall not be moved. I remember who I am and whose I am.

AFFIRMATION

I am the creator of my good, and I am fearless in my living.

AFFIRMATION

I trust myself completely to say and do the right thing. My heart is pure.

Love, the Great Equalizer

That they all may be one; as Thou, Father, art in me, and I in Thee, that they also may be one in us.

— St. John 17:21

All the power of the universe is with you. Feel it, know it and then act as though it were true.

— “The Science of Mind,” page 302

To see the soul of another is an amazing gift. To look into someone’s eyes and see the perfection there is a sacred experience. That is transcendent love; it’s not the conditional love we are so used to experiencing in this human realm. It is the realization that I am you and you are me. Something great has transpired between us — a liberation of consciousness that allows me to see how completely interconnected we all are. That I can experience this in myself is the beginning of the healing of the world.

Once I can truly see you and understand you from the place of our similarities, my compassion grows. I can forgive you and ask for your forgiveness. Until all this happens, we are living on the very surface of life. We are not diving in deep. We are skirting the edge of infinite possibility.

Conditional relationships are not easy. They require lots of intense navigation and manipulation. “I will be happy if you just change and do what I say.” My happiness becomes dependent on your cooperation with me. What would it feel like for me to be responsible for my own happiness?

We are here to discover the beautiful, radiant love and light that is within all of us. It is the Christ Presence — Love Itself. It is the road to true freedom and liberation. It is awaiting your recognition of it.

AFFIRMATION

I celebrate the Christ Presence within me. It is the radiant wholeness and perfection that is my life. I walk in love and joy.

The Undefended Heart

As God’s beloved, I live in bliss knowing that my soul is never separated from Him, for I learn to know Him in all that I see. God dissolved my mind, my separation. I cannot describe now my intimacy with Him.

— Saint Teresa of Avila

There are no enemies external to our own mind.

— “The Science of Mind,” page 441

Whatever the question, *love* is the answer. How can I see this situation beyond fear? How can I live fearlessly? How can I take the action I need to take and still stay in my loving? The truth is you can.

It is in loving and honoring the Self that we become clear about how to love and honor another. It is not a place of weakness or selfishness, but rather a place of great power, clarity, integrity and intention. It is you deciding you are tired of living with half a heart, tired of half-hearted actions and half-hearted words. It is you stripped from the illusions of the story you’ve been telling about your life. It is the magnificent you that has always been worthy and been enough. It is you deciding to remove the blocks around your heart so you can actually breathe. It is you in that very breath discovering that you have set yourself free in your willingness to live with an undefended heart.

Ah, the freedom! It’s so simple. I am here. I am open and available. I am clear. I am undefended in my heart, yet ironically, I am the most powerful and fearless I’ve ever been.

So where are you? Still protecting yourself from what? Give it up. It was never you. It was never real. No matter the question, love is the only answer. I love me and I love you (there is only one), and in that is my greatest power. In that is my greatest freedom. In that is my greatest joy.

AFFIRMATION

I AM. I AM all I need to be.

I Am the Truth, the Way and the Life

You shall be free indeed when your days are not without a care nor your nights without a want and a grief, but rather when these things girdle your life and yet you rise above them naked and unbound.

— Kahlil Gibran

Right here, through our own nature, is the gateway and the path which leads to illumination, to realization, to inspiration, to the intuitive perception of everything. The highest faculty in man is intuition.

— “The Science of Mind,” page 358–359

The unconditional love of God is flowing through and as us in every moment of every day. It is we who put the conditions on it. We do that by judging ourselves or others, by resisting the very thing we say we want, by ideas of lack and limitation, by focusing on the negatives rather than the positives in our lives. Our active minds get in the way of experiencing this incredible love seeking to express fully through and as us.

To experience the great power that is sourcing through and as us in every moment, we must yield and surrender into it. We must turn off the negative mind chatter and feed our minds a steady flow of beautiful declarations of peace, love, joy, abundance, light and all good things. We must reprogram our minds to see only good and infinite possibility. Then we must be in a constant state of gratitude, which will not be hard because the more we program our minds to see only good, the more good we will experience.

This is successful, joyous living. This is the recipe for having what you want in life. Is it easy? No, not for those of us who have spent a great deal of time living in doubt, fear, worry and confusion. But it is the formula for success in this physical world. We chose this incarnation to practice this truth. In doing so, you will be supported in ways unimaginable by the Source that created you.

AFFIRMATION

I am the unconditional love of God. I allow that love to flow through and as me.

In the Flow

I'm not afraid of storms for I'm learning how to sail my ship.

— Louisa May Alcott

It is only as we allow the Divine current to flow through us on and out, that we really express life.

— “The Science of Mind,” page 440

Most of us are adrift. We are not using our God-given talents. We are not allowing the wind to fill our sails. Have you ever seen a sailboat going at full speed? It is surging ahead in the dynamic flow of nature. If you are not sure whether you want to go right or left, you just lie there in the doldrums, your sail luffing, going nowhere fast.

We are like the sailboat. We need to get on course, head for our dreams and desires, and quit getting in our own way with all our mind chatter about why it won't work out. We need to trust the dynamic flow. Life is filled with course corrections, just as it is in sailing. Too much to the left and we stall; too much to the right and we may even turn completely around, going backward instead of forward. But when you trim those sails just right, you move through the water, nothing stopping you, having access to all the innate, unlimited power of the universe.

It's exhilarating getting out of your own way.

What's exhausting is sitting there in the doldrums with your sails flapping as you are trying to figure everything out, to make something happen because you are pretty sure you have to do it all yourself — you think you have to know the “how,” not just the “what.”

Just know the “what,” set your sails and get your mind out of the way. Look around you, enjoy the beauty everywhere and see your goal in the distance. You are soon flying and you get there before you know it.

AFFIRMATION

I set my sails for love, peace, joy, freedom and prosperity, and I ride, baby, ride!

Let Me Reveal Myself

Divine Union

The greatest gift is to give people your enlightenment, to share it.

— Buddha

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

— “The Science of Mind,” page 142

I am the Alpha and the Omega, the First and the Last, the Beginning and the End.

— Revelation 22:13

Through spiritual discernment, we see that we have within us a power which is greater than anything we shall ever contact; a power that can overcome every obstacle in our experience and set us safe, satisfied and at peace, healed and prosperous in a new light and a new life.

— “The Science of Mind,” page 146

Sometimes we carry the burden of a past so thick with shame and remorse that we think no one could possibly love us if they knew the truth about us. We are imprisoned in a sense by our guilt and shame. Outwardly we carry ourselves as if everything is all right, but it seems like a great masquerade. We say to ourselves, if they only knew the truth about me, I would never be accepted by them.

The truth of the matter is that our story is rarely so unique that it hasn't been heard a hundred times before. The truth is that you are not your story, no matter how awful it seems to you and how much you feel it marks you for life. The rich fiber of your being is perfection and wholeness. We often project the guilt and shame of another onto ourselves, or we make some bad choices before we know better. We are not bound forever by our history. We can consider it part of our learning. In other words, while it may be hard to believe, perhaps it was all a gift. Your excuse for poor living is gone. The choice for great living is yours to make. The question becomes, are you going to make that choice or continue to bemoan your fate until the end of your time on the planet?

Let me reveal myself — the truth of me as the divine emanation of God. I release my story, my faulty thinking, my disbelief. I am enraptured by the great God who loves me so unconditionally!

During my first trip to Egypt, I had an experience of the deep and powerful unconditional love that resides within me. It lasted only a short while — fleeting in terms of a lifetime — but it was so profound. It was what I later called a “Jesus moment” as I walked around embracing and loving everyone near me. The giving of the love was the receiving of the love. The love that I describe is in the midst of every one of us. So much of the time, however, our love is really quite conditional, even with the ones closest to us. We love them if they do what we say, agree with us or fulfill our needs in some way. We can turn off the love, though, just like a faucet if they disappoint us. Oftentimes, we choose to argue our point and be “right” rather than to be love. We choose separation.

I have come to see that if we don't love ourselves, our ability to love others is limited and qualified. We project onto others those unlovable aspects of ourselves that we have not made peace with. The more we come into full acceptance of ourselves and begin to love every aspect of who we are, the richer our relationships will be with others. We begin to love not from a place of need but from a place of peace and contentment. Finally, we find the love we've been seeking and discover that it has been here all the time.

AFFIRMATION

I release any idea of myself as less than perfect. I accept the truth of my divine and holy nature.

AFFIRMATION

I open my heart and allow my love to expand. I let go of judgment and my need to be right.

Seeing Through the Eyes of God

It's NOW!

The light of the body is the eye; if, therefore, thine eye be single, thy whole body shall be full of light. But if thine eye be evil, thy whole body shall be full of darkness.

— Matthew 6:22, 23

But the eyes, of themselves, cannot see. The mind within does the real seeing, the real interpreting of what the eyes look upon. The eyes can truly be called "the windows of the soul."

— "The Science of Mind," page 230

This is love: to fly toward a secret sky, to cause a hundred veils to fall each moment. First to let go of life. Finally, to step a step without feet.

— Rumi

The mystics have taught that there is but One Ultimate Reality; and that this Ultimate Reality is here NOW, if we could but see it.

— "The Science of Mind," page 334–335

Who is looking through these eyes of mine? Who is living in this body? Who am I? Who am I really? I do believe that I have transcended the simple answers to those questions. I choose to see beyond seeing. I can see the suffering, yet I see something beyond that. I can read the newspaper and recognize a world in conflict and turmoil, yet within me, I hold the promise of something better.

This is a new day. We cannot dwell on or solve the problem at the level of the problem. We must focus on what we want to see. We have to focus on the beauty and perfection — even on what does not seem so humanly perfect. On some level, it is all as it should be for our learning and the next level of our development. In our willingness to behold the perfection (even in the imperfection), the door opens for more light to reveal itself. We are not here to fight against what is. In our ability to see beyond the world of appearances, miracles happen.

This is my formula for living in peace and joy on a daily basis. I look for the good everywhere, and more good shows up. I cannot fall into the pit of woe-is-me thinking about anything. I stay conscious — so heightened in my awareness, looking for what brings me joy. It's not a Pollyanna existence. I have discovered that worrying and fear never fixed anything. We are to hold a heightened vibration of well-being, seeing the light even where none appears.

So much of the time we think our good is somewhere down the line, that we will be "living our purpose" at some time in the future. Well, surprise. You are living your purpose right now — each word out of your mouth, each action you take.

I heard someone say recently that all the qualities of God that you so aspire to are verbs, not nouns. If you want to experience peace in your life, you must be peace. If you want abundance, you must live abundance. Abundance is all around you, awaiting your recognition of it. You begin to live the qualities of God, moment by moment, day by day.

You say, "When my ship comes in, I'll be happy." No, be happy NOW! Find things to be happy about now. The Love Intelligence that is everywhere present is constantly flowing. You are to learn to flow with it — not against it.

You live in a loving, giving universe. When you get in harmony with it and let go of all your tales of woe and reasons why you can't have it all, you will see that it is here now. You are the creator of your experience.

That may be hard to hear if your life doesn't look so good to you right now. Be love and experience it everywhere. Be joy and watch how much fun shows up in your life. Quit with the pity party and your old story. Dance yourself into a new way of being. The world is waiting for you to shine. Do it NOW.

AFFIRMATION

My life is a never-ending kaleidoscope of light, love and joy.

AFFIRMATION

My life is filled to overflowing with love, peace, joy, abundance and all good things. I live it NOW.

In my soul there is a temple, a shrine, a mosque, a church that dissolve, that dissolve in God.

— Rabia al Basri

Within myself is that which is perfect, that which is complete, that which is divine; that which was never born and cannot die; that which lives, which is God — the Eternal Reality.

— “The Science of Mind,” page 555

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

— Philippians 4:8

Conscious thought is the starting point of every new creation.

— “The Science of Mind,” page 400

I am here in the midst of you, though you may never have felt My presence. I am the beginning, the middle and the end of your life’s story. The sooner you acquaint yourself with Me, the sooner you will find the joy, peace and harmony you seek, the sooner you will tap into your own deep, dynamic creative power.

We often look for our good outside of ourselves, thinking that changing our job, our mate or where we live will bring us the happiness we seek. In fact, some of us become great manifesters without any real connection to the Love of God within. We create good things in our lives but they are not lasting — they are temporary fixes. We can’t understand why we always find ourselves dissatisfied and unfulfilled. Instead of playing on the surface of life, playing games with relationships, money and other material things, why not devote this time to getting real, to discovering who you truly are as Love Itself. Sit in the stillness long enough to develop a relationship with yourself, and decide to have a loving relationship with your own Inner Being. Discover the God within. Discover that what you’ve been seeking has been here all along. You’ve just been too busy looking elsewhere to realize it.

The greatest Love you’ve ever known is not on Facebook or on your favorite dating site; it’s right where you are. All that you desire is within — so close, so near — just waiting for you to realize Its presence.

Before the house is built, the architect draws the plans. There is an idea in mind of what will be. We begin right there in the same way imagining the life we want to live. There is power in your vision. It is the beginning. We don’t realize that we are powerfully creating all the time with the thoughts we think and the choices we make as a result. We underestimate our own creative potential. Somehow, we can often see it in others but never believe ourselves capable of such overwhelming greatness.

What if it were possible to create the life of your dreams? Oh, granted, you would have to give up your complaining and negative outlook on life. You would have to suspend your own critical judgment about who you are and your capabilities. It would be like walking down a path you’ve never walked before.

When you give your attention to anything, you are building that thing into your consciousness, for good or evil. Free your mind of negativity. Rather build into your consciousness what you wish to see in your life. Recognize that you’ve been unconsciously creating all along and decide now that you will create only love, joy, prosperity, health, happiness and all the good things readily available to all of us. Build in mind the house you want to live in joyously ever after. It is your choice. Nothing is stopping you except your excuses for why it’s not possible.

AFFIRMATION

I let go of my resistance and dive deep into the Love that I am.

AFFIRMATION

I step into my power, my greatness, my love and my joy.

Seeds of Love

Love is like a soft, warm light, warming the heart and glowing in every atom of being, radiating out into the farthest corners of our experience.

— Jack Addington

Heaven is within man. This is why Jesus prayed to this indwelling “I am” and said: “Our Father which art in Heaven,” and again he said: “The Kingdom of Heaven is within you.”

— “The Science of Mind,” page 365

Sometimes we get so caught up in our negative thinking that we forget all about that which brings us such joy. We forget who we are and all the opportunities we have to express our complete joy. Then we read something inspiring or have a loving encounter that reminds us of all that is joyful and wonder-filled in our lives and, once again, we experience heaven on earth.

Heaven is here now. Frankly, you can change your mind instantly and begin to see beauty and love everywhere. You can recapture the moments of ecstatic living that have so enriched your life. You can begin to savor all the splendid times when you had a complete sense of well-being even when there was nothing in particular that made a day special. For me, it can be recalling the smell of freshly mowed grass on a warm summer evening or the smell of something delicious being cooked for me or the moments of laughter and joy on an outing with a good friend or lover.

How quickly our minds can change from fear and hopelessness to peace and beauty unbounded — the tension of worry gone and in an instant replaced with a sense of gratitude and well-being. Seeds of love have been planted everywhere. Only good comes to us when we are focusing in gratitude on the good that has been planted throughout time in receptive, fertile soil. The Kingdom of Heaven is within you; your joy and freedom are only a thought away.

The Crucifixion and Resurrection

For God so loved the world that He even gave His only begotten Son, that whoever believes in Him should not perish, but have eternal life.

— John 3:16

To practice the Presence of God is to awaken within us the Christ Consciousness. Christ is God in the soul of man. 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. God did not die. What happened was that man awoke to Life.

— “The Science of Mind,” page 413

The love within you is greater than any loss, any diagnosis, and greater than death itself. How many times have I died only to be born again out of the ashes of my unbelief? How many times has my precious God loved me through the tempests of my own doubt, fear and feelings of unworthiness?

Yes, here I am cleansed and standing once again at the beginning of my life — more powerful, more loving, more giving, more aware of who I am and more aligned with the truth of my being. Here I am resurrected once again. This is the story of our human incarnation on the planet. We continue to die daily and to be reborn again. Surprisingly, yes, there is more to forgive, more to embrace about our own humanity and the humanity of our brothers and sisters who have chosen to walk with us. Our human incarnation is a holy walk when we choose to see it as such. It is a deliverance from the fears and doubts that may plague us in the beginning but which cannot withstand the onslaught of the all-encompassing love of God.

How grateful I am for my divine walk. How grateful I am for the love-beauty that has taken over my life. How grateful I am that throughout all of it, I have been so loved, so guided and so cared for. This is the promise for those who are courageous enough to stay the course. The expanded love you embrace with each resurrection never dies, and you are in love for the rest of your life.

AFFIRMATION

I remember all that is beautiful and loving in my life. I cultivate thoughts that enrich my existence.

AFFIRMATION

I choose love and life everlasting.

God Is a State of Being

Giving Thanks

How long will grown men and women in this world keep drawing in their coloring books an image of God that makes them sad?

— Meister Eckhart

All that we are is God, yet God is more than all we are.

— “The Science of Mind,” page 362

Every good gift and every perfect gift is from above.

— James 1:17

If we wish to come to the Spirit for the healing of our wounds, let us come in peace and with spontaneous joy, for the Spirit is joy; let us come with thanksgiving also, for a thankful heart is in harmony with life.

— “The Science of Mind,” page 447

How do you describe the indescribable in this three-dimensional world? It's not easy. It seems the best we can do is to make God in our own image and likeness, having beautiful human qualities of love, compassion and forgiveness or the human frailties of anger, jealousy and spitefulness.

As our consciousness grows, we come to see in time that God cannot be reduced to an anthropomorphic being like us. As the Christ consciousness expands within us, all limitations fall away. We begin to see that we are in this world but not of it. We are no longer defined by our little self but rather live in the vastness that is unlimited and everywhere present. God, as we know it, is a state of being. We rise above the words to describe it. God is everything — all we would call good and all we would call bad.

In 1980, Mount St. Helens erupted, spewing ash, rock and hot gases into the air, devastating the surrounding landscape. It blew down or scorched 230 square miles of forest. When I visited, it looked like a barren scene from another planet. Yet as I looked around, I saw one little green shoot already coming out of the soil. I'll never forget it — new birth! That is the nature of God: renewal. Out of the darkness comes the light.

So we rise into a state of being of acceptance and allowing, of love and joy, past the need to judge right and wrong, seeing the infinite possibility in all things.

I thank you, Dear Spirit, for loving me even when I cannot love myself. I thank you for guiding me when I've lost my way. I thank you for all the miracles, seen and unseen, that have brought me back into alignment with my true nature. I thank you for placing before me so many opportunities to learn love for myself so that I could learn to love others.

I thank you, Dear Creator, for the outstanding beauty of nature that makes me so appreciate life. I thank you for the wisdom to make the right choices for my good. I thank you, Dear God, for the vigor and health of my body that allows me to experience such a joyful, active life. I thank you for the sunrises and sunsets, for the vastness of the ocean and the beauty of its many moods and colors. I thank you for my food and the roof over my head.

I thank you for the quiet moments of self-reflection, for the peace in my heart when I realize how much I am loved. Thank you for the clothes on my back and my faithful car. Thank you for the people and books that inspire me, for roses that smell heavenly, for kindred spirits that understand me and support me on my life's journey.

Thank you for the way my vibration is lifted when I speak of my blessings, and mostly, thank you for the fact that more blessings come to me when I appreciate the ones I have.

AFFIRMATION

In each moment, I welcome new beginning, new life.

AFFIRMATION

I shall remember to make every day a day to give thanks.

You, the Perfect Creation

Thou hast made us for Thyself, and our hearts are restless until they find themselves in Thee.

— Saint Augustine

Generic man must be held in the Mind of God as a complete and perfect manifestation of the Divine.

— “The Science of Mind,” page 408

So, here is the truth: You are a perfect creation of an Intelligent Universe. You have been given a unique set of gifts and talents that only you can express. Further, there is a power within you that is unstoppable once it is activated. It is activated by your realization of it, your surrender to it and your belief and trust in it.

Beautifully, you are never alone — that creative force is always with you and loving you as Its very own. This is your time. You have come onto the planet to express your unique gifts and talents and only you can express them.

It is never about comparing yourself to another because you are incomparable. For some of you, it may be difficult to imagine yourself as so important to the full expression of the whole, but indeed that is the truth of you.

We can waste time in focusing on our past mistakes and failures, or we can pick ourselves up, dust ourselves off, forgive ourselves and get on with the business of truly living. The world is waiting for your unique offering. The Universal Intelligence is constant in Its love for you and Its guidance and sourcing.

It loves us unconditionally. We only have to believe and trust and then receive and allow Its full expression as our life. The time is now, not next week or next year. Begin to love yourself, and set yourself free to soar!

AFFIRMATION

I rise in the supreme expression of all that I am! I delight in my life!