

RELIGIOUS SCIENCE QuickStart

An Introduction to the
Background and Basic Principles
of the Religious Science Philosophy

By Rev. Lloyd Strom



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PURPOSE: Spiritual Awakening

VISION: To awaken and nurture my own divinity by embracing the 'Principles of Universal Truth.'

I AM HERE:

1. To have an experience of '*Spiritual Community.*'
In other words, to feel comfortable in sharing my personal thoughts and beliefs with others.
2. To gain an understanding of Religious Science. Of what it is , where it comes from, and what it teaches.
3. To clarify my own concept of God in relationship to what is taught in Religious Science.
4. To identify some object, condition or circumstance that I would like to create in my life.
5. To leave with the spiritual tools to begin creating the desired outcome I have identified above.

6. To

Myself

7. To

Class

8. To

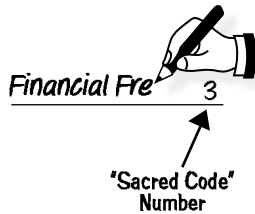
World

Signed

Date

This manual of instruction was developed to provide a brief overview and explanation of the underlying Principles that are incorporated into the overall 'class program.' It contains a collection of interactive essays called 'Wisdom Worksheets,' which provide a 'whole-brain/whole-body' learning experience. Following are descriptions of each of the unique elements of these Worksheets.

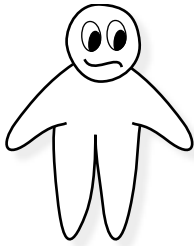
'Filling In' the Blanks



Whenever our mind encounters a 'blank' in a sentence, it immediately begins to search for the words that will complete the phrase. In effect, the presence of a 'blank' will activate our curiosity and 'open our mind to receive.' Throughout this Section of the Manual you will frequently encounter 'blank lines' at the beginning of most paragraphs or sections of text. These headings are intended to be 'filled in' by you in either of the following ways:

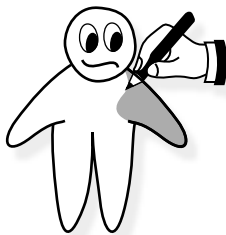
1. Fill them in as you are instructed during the class.
2. Complete them by correlating the little 'code numbers' on the right hand side of the blanks to the 'Sacred Code' located at the back of this booklet.

Viewing the Symbols, Icons and Illustrations



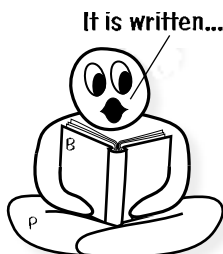
Each section of text is accompanied by an icon, symbol or illustration that will help convey the information contained in the written dialogue. Generally, these images are placed on the left-hand side of the page in order to be more accessible to the 'right-brain.' The text is on the right-hand side in order to be accessed by the 'left-brain.' Together these two elements work in combination to provide a 'whole brain information package.'

Coloring the 'Wisdom Worksheets'



The third important element of this workbook is the coloring of the symbols, icons and diagrams. It is **highly recommended** that the coloring be done **within 48 to 72 hours** after each class. This will cause the information that has been received to be powerfully reinforced and retained. Or, if you are using this document on your own, you may wish to do the coloring as you read through the material. Detailed instructions about the coloring process are given on the next page entitled 'The Spectrum of Life.'

Reading the 'Wisdom Worksheets' Aloud



Silently reading the Truth will change your *attitude* about the physical conditions of your life. However, speaking the Truth will actually *change* those physical conditions. Consequently, reading the written words of these 'Wisdom Worksheets' aloud to yourself will fully activate the transmission of Truth within them. This is equally true for any spiritual book or Sacred Scripture that inspires you when you read it. **"What you hear you forget. What you see you remember. What you say you become."**

Religious Science Quickstart

The various icons and illustrations throughout this Booklet are designed to be colored by you. If this is done in the manner described below, you will learn from the actual process of coloring. This is because the colors selected are esoterically significant. Following is a brief summary of the meaning of each color:

The Cosmic Palette



White is the sum of all colors. It contains all colors, yet is other than all colors. It represents **Wholeness**.



Violet [Pink+Blue] represents the quality of **Love**, or the coming together of heaven (blue) and earth (pink).



Blue represents the **Spiritual or Heavenly** aspect of our being. This realm is sometimes referred to as the *supernatural*.



Green [Blue+Yellow] denotes the higher wisdom faculties. It represents the realm of **intuition**.



Yellow represents the ordinary human conceptual mind. It is the realm of the **intellect**.



Orange [Yellow+Pink] denotes the realm of **emotions**. This is the area where mind and body interact.



Pink represents **embodiment** in the physical realm of the senses. This includes our personal '*flesh body*' as well as the '*body of our affairs*.'



Gray represents the condition of light being partially obstructed and/or obscured. It signifies the hidden or **subconscious** aspect of our being.



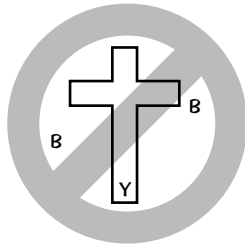
Black is the absence of all color. The darkness defines the light and gives it meaning. Also, the darkness holds all that has yet to "*come to light*." It represents the **mystery** of God.

Instructions

Color each of the figures and illustrations in accordance with the little code letters contained within them. They correspond to the colors coded above. The figures can be colored using any number of media from pencils to crayons. An excellent recommendation is the use of '*Highlighter Pens*' available in any stationery store. The entire manual can be colored with just three pens: *pink, yellow and blue*. The other colors of violet, green and orange can be created by mixing the three primary colors as indicated above. Actually, you will learn more by blending the colors yourself than by using several separate pens.

Religious Science is NOT a

1

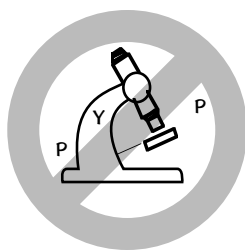


*Religion is what we
'think' about heaven.*

Religious Science is a spiritual philosophy for the modern man and woman. It is based on the Truth which arises in every culture in the form of science, philosophy and religion. However, it is not a religion in the usual sense of the word. The traditional response of humanity has been to rely upon religion to supply them with a set of dogmatic beliefs in order to console their fears and relieve them of the responsibility of understanding the true nature of reality. Religious Science, on the other hand, views religion as a source of wisdom for revealing the Truth about the seemingly unknown forces that shape our universe. This enables us to participate in our own life as a *co-creator* with the Divine.

Religious Science is NOT a

2

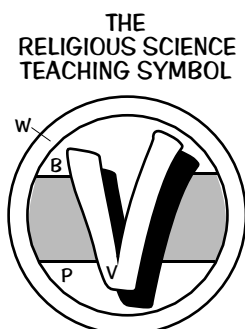


*Science is what we
'think' about the earth.*

Religious Science is not a true science, yet it is very *scientific* in its approach to revealing the Truth about the nature of our lives. One of the basic principles of Religious Science is that we believe only what we *demonstrate* to be true in our own experience of life. This simple principle sets us free from the dogmas and rigid doctrines of many traditional religions. It also turns our lives into a great experiment through which we can personally discover the grand design of the universe and our relationship to its unfoldment.

Religious Science is a

3



*Religious Science is
what we do with our
'thinking' to create
heaven on earth.*

Religious Science is a new design for living based on the *creative process* of Life itself. It correlates the laws of science, the opinions of philosophy and the revelations of religion into a set of simple principles that can be practiced in all areas of our life on a daily basis. In *Religious Science*, health, wealth and happiness are considered to be our natural state of being. It is only through the holding of false beliefs and opinions about the true nature of our life that we obstruct our own well being and experience conditions of discord, disharmony and disease. Through the practice of *Religious Science* we learn to identify and release these false beliefs and thereby reveal the true perfection of our nature.

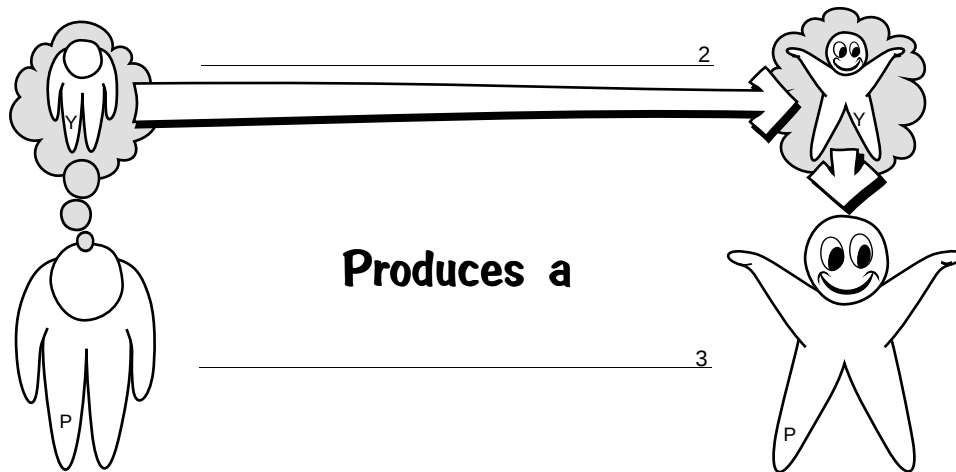
Religious Science is part of a loosely formed affiliation of religious organizations collectively known as “*New Thought*”. Along with *Unity*, *Divine Science* and other independent *New Thought* churches, *Religious Science* participates in the “*International New Thought Alliance*,” which was formed to further these teachings.

As You Think...

1

As a spiritual philosophy, *New Thought* had its beginning in the latter part of the nineteenth century. Actually, there is nothing *new* about *New Thought*. It derives its name from an ancient principle that “***a new thought produces a new condition.***” Even though the philosophy is only about 100 years old, the principle on which it is based is ageless. It is contained within the body of all sacred teachings, both eastern and western. For much of recorded history this simple principle was considered a *secret teaching*. However, it was eventually revealed to humanity in simple terms by Jesus of Nazareth in his often repeated saying “***as you believe so you shall receive***”.

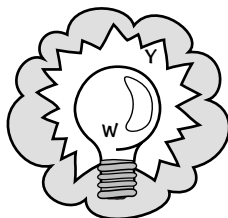
This simple proposition, that what we *think* directly affects our physical experience of life, is indeed profound. It creates an opportunity for us to change any, and every, aspect of our life for the better if we so desire. It puts us in control of our lives and no longer at the effect of conditions outside of ourselves. It also requires us to be *responsible* for our lives. What we take responsibility for, we have dominion over.



Everything Begins With an

4

2



“In the Beginning...”

The reason that humanity has never before embraced the application of this simple principle is that the human mind had simply not evolved to the point to which it could directly apply this knowledge. It has only been in the last couple of decades that this simple idea has finally become acceptable to the mainstream of our culture. Its first application outside the spiritual arena was in the world of sports in the form of visualization and other mental training techniques. It is now beginning to be embraced by the business and medical worlds as well. It’s the world’s greatest success secret, **‘everything begins with an idea.’**



*"As you believe...
so you will receive."*

Although *Religious Science* is not generally considered to be a Christian denomination, its foundations rely quite heavily on the teachings of Jesus Christ. Owing to our modern knowledge of consciousness, his teachings are better understood and far more relevant today than when they were originally given. In addition to the many splendid examples which he gave us for practical living, his often repeated principle that "*as you believe, so you shall receive*" forms a most important cornerstone for the practice of the Religious Science philosophy.

2 [1688 - 1772]



*"Life is Love expressed
through Wisdom"*

Emanuel Swedenborg was a Swedish engineer and scientist who developed a highly refined spiritual clairvoyance in his later life. He used this ability to record an extremely detailed account of the spiritual realms. Of particular importance was his explanation of the relationship of *Spirit, mind and body*. He saw these three seemingly separate aspects of our being as one continuous spectrum, much the same way as a rainbow is made up of individual colors arranged in a continuous and interconnected array. He was also responsible for dispelling many of the rigid dogmas of the early Christian Church.

3 [1802-1866]



*"Our minds mingle
like atmospheres"*

Phineas Parkhurst Quimby is often considered to be the "*Founder of New Thought*". He was a New England clock maker and inventor who developed a clairvoyant sensitivity that enabled him to directly perceive the thought patterns of others. It was through this ability that he discovered that deeply held beliefs were related to specific illnesses and maladies, and that by changing those beliefs the individuals would be restored to good health. The record of his life's work and teaching is contained within the metaphysical classic "*The Quimby Manuscripts*."

4 [1803-1882]



"Nature is the incarnation of thought"

Sometimes referred to as the "*Brahman of New England*", philosopher and poet Ralph Waldo Emerson is considered to be one of America's premiere transcendentalists. His insightful works have influenced many of the modern *New Thought* philosophers, especially *Religious Science* founder Ernest Holmes. A most notable aspect of his philosophy was his emphasis on self reliance and personal responsibility. These qualities are also an important aspect of the principles taught in *Religious Science*.

5 [1847-1916]



"The mind is a center of Divine operation"

Thomas Troward was a British judge who spent most of his professional life in India. He was an avid student of world religions, and upon retirement he returned to England and proceeded to write extensively about the "*Creative Process of Life*" based upon his understanding of the laws of science and the revelations of religion. His teachings were constructed in the form of the precise, logical and detailed arguments that you would expect from an accomplished jurist. The emphasis of his brilliant work was placed on "*How it works*" rather than "*How to use it*". Therefore, little was given in the way of practical applications and techniques.

6 [1886-1951]



"Whatever your problem, think about God instead"

British born Emmet Fox was a successful electrical engineer until later in life when he turned his attention towards the study of spiritual philosophy. He then went on to become one of the principal *New Thought* pioneers. He lectured and taught extensively in both Great Britain and the United States. He is best known for his "*down to earth*" practical application of *New Thought* principles. In one of his best known essays, entitled "*The Golden Key*," he revealed that the secret to solving any human difficulty is to simply forget about the problem and think about God instead.

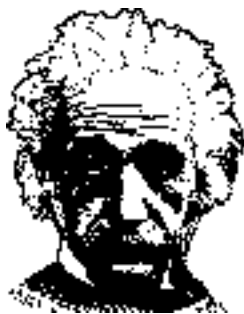
7 [1855-1925]



"There is no evil!
Everything is Spirit"

A natural born mystic, Emma Curtis Hopkins was originally a student of Mary Baker Eddy, the founder of *Christian Science*. She later began her own ministry and came to be known as the "*teacher's teacher*". She numbers among her students *Religious Science* founder Ernest Holmes and *Unity* founders Charles and Myrtle Fillmore. Her works have influenced every major *New Thought* denomination. She was known to be an *absolutist* when it came to considering every aspect of Life as an activity of Spirit. Therefore, because everything is Spirit, and Spirit is *perfect*, there can be no sin, no sickness, no death!

8 [1879-1955]



$E = mc^2$
"Everything is energy"

Known primarily as one of the world's greatest scientists, Albert Einstein is seldom considered a spiritual figure. Yet, his simple little equation, $E=mc^2$ has changed the way we view the world. Furthermore, the scientific breakthrough that:

Energy = matter x speed of light²

has spiritual implications which have yet to be fully grasped by humanity. This equation could just as easily be written ***Spirit=mc²***. Note the similarity of his scientific revelation to the mystical view expressed by Emma Curtis Hopkins above.

9 [1887-1960]

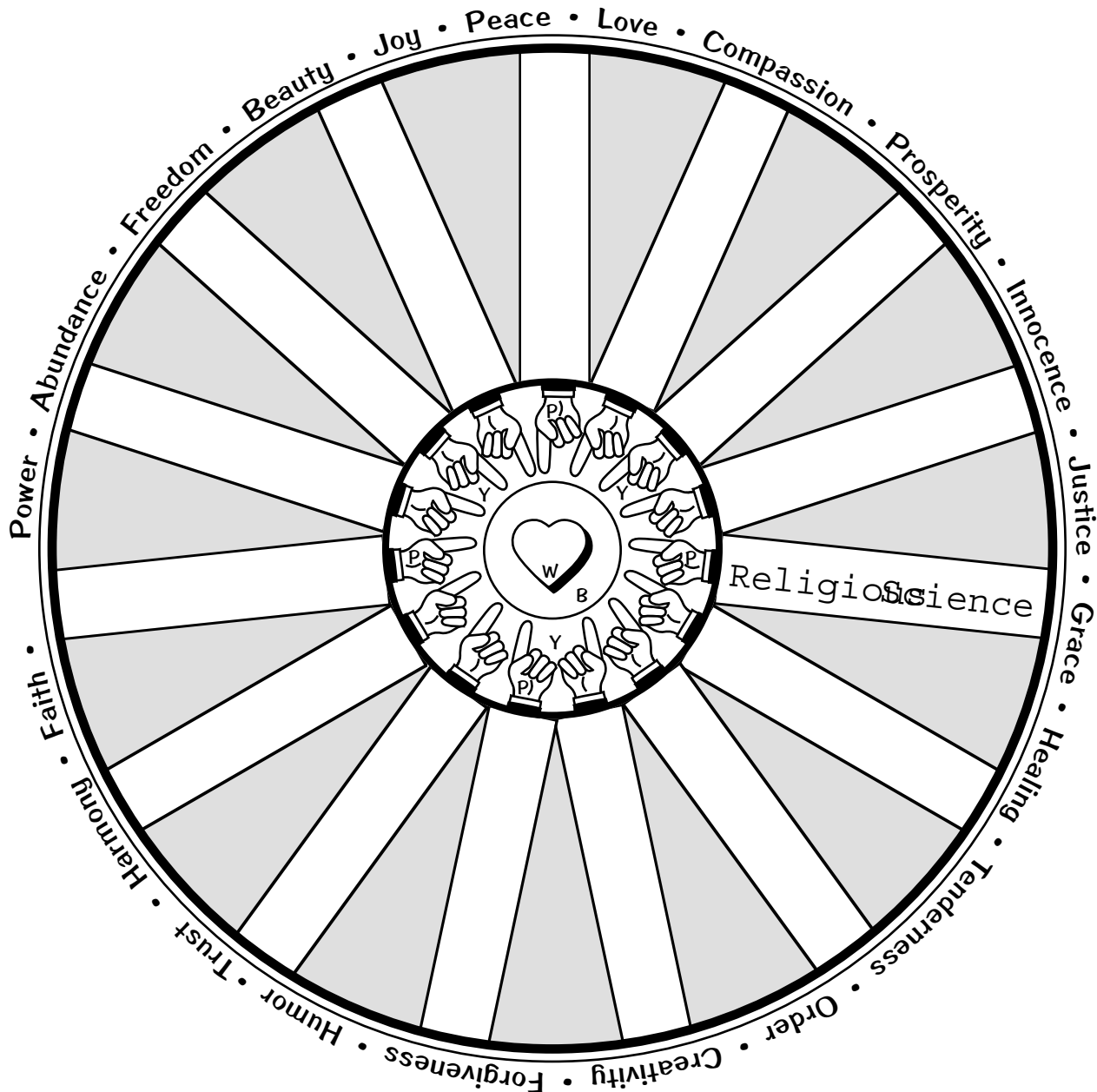


"Change your thinking;
change your life."

The founder of *Religious Science*, Ernest Holmes, was a natural born spiritual philosopher. Although he worked in early years as a stage performer, his quest for spiritual Truth was a life long pursuit. As an avid student, he studied all of the world's religions and great philosophies. He also kept himself abreast of the latest discoveries in the world of science. His life's dream was to develop one single philosophy, devoid of all cultural dogmas, that would contain the common teaching of Truth that he discovered running through all of the great traditions of humanity. This desire led to the development of *Religious Science*.

In the Buddhist tradition, the moon is revered as a symbol for enlightenment, and the teaching of the Master is considered to be the “finger that points to the moon.” Just as there is only one moon, there is also only “*One God*,” and the teachings of all great masters are merely different fingers that point to the same God. Unfortunately, humanity has always confused God with the many “*fingers that point to God*.” This is why so much bitterness has always existed between various religious factions throughout recorded history. The truth is that there is only “*One God*” that lies at the heart of all religions, philosophies, arts and sciences. It is this One Ultimate Truth that expresses itself as the “*Great Heritage of Humanity*” that we all share. *Religious Science* recognizes and honors this Heritage based on the expression of Universal Truth.

In the diagram below, write in as many arts, sciences, religions, philosophies and cultural activities that you can think of that have served humanity in gaining a greater experience of the nature of God. See how your answers relate to the many qualities of the Divine that circle the chart. (See the Sacred Code for additional suggestions)



Five Easy Questions About God 10

Answer the following questions and jot down any thoughts or reactions that occur while contemplating your responses.

- ☐ YES ☐ NO 1. I believe that there is only '*One God*,' regardless of what it might be called by anyone, and that the blessings of this God are bestowed equally upon all beings, regardless of their sex, race, creed or religion. Furthermore, this God is the life and true nature of all things.

Comments:

- ☐ YES ☐ NO 2. I believe that God is Love; and that God's unconditional Love is freely available to all beings.

Comments:

- ☐ YES ☐ NO 3. I believe that God is '*all knowing*;' and that God is a source of supreme intelligence and perfect wisdom that is available to all beings.

Comments:

- ☐ YES ☐ NO 4. I believe that God can only do for me, what God can do through me; and that I am an individualized center through which God can express its own true nature.

Comments:

- ☐ YES ☐ NO 5. I believe that the nature of God is infinite; and that I can never ultimately know all there is to know about God; yet I believe that my quest to *know* God will enrich my life.

Comments:

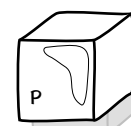
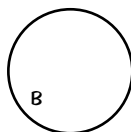
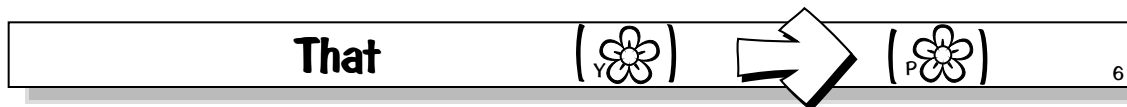
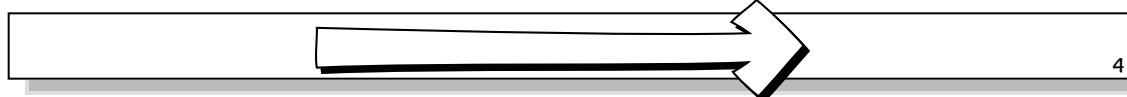
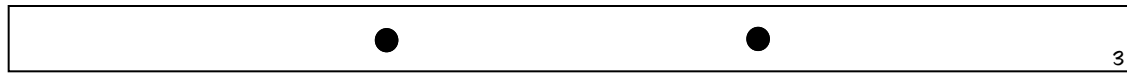
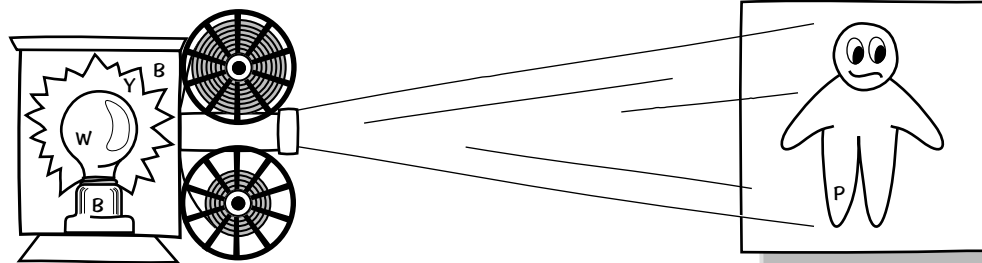
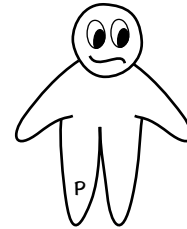
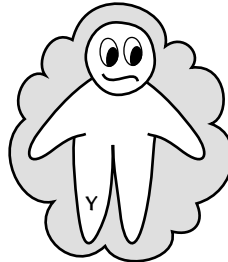
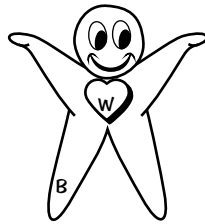
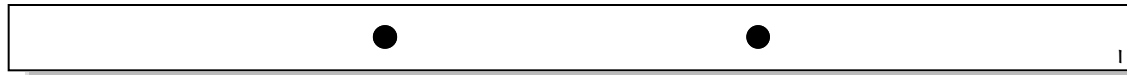
Personal Concept Of God

Briefly describe your personal concept of God, as it presently exists:

The Cinema of the Self

II

An important part of *Religious Science* is the recognition of our multi-dimensional nature. The chart below will provide you with an indication of how the different aspects of our overall being relate and interact with each other. Each of the components of this diagram are discussed in greater detail in the following section entitled: "*Aspects of the Self*."



✿ Insert whatever quality you wish to experience (i.e. Peace, Joy etc.)

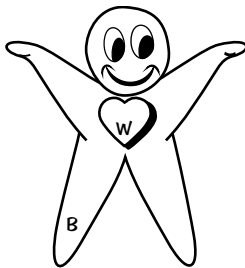
The Great _____ of Life



The Universal Heart

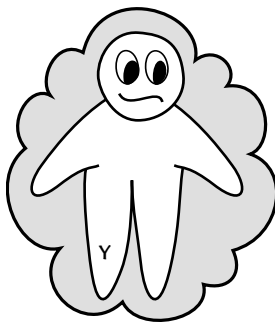
In order to utilize the creative principles of *Religious Science* we must first understand the aspects of the Self embodied by the Trinity of spirit, mind and body. The Universal Heart represents the transcendental state of this Trinity. The individual aspects are explained below, and the relationship of these aspects is shown on the illustration entitled '*Cinema of the Self*' on the preceding page.

The _____ Self



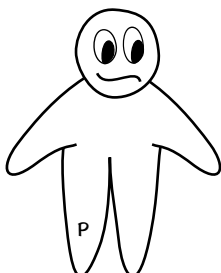
The *Infinite Self* is the Spiritual aspect of our being. It contains the *Transcendental Heart* which is the source of all Being. It is the "*I Am*" principle which serves as the *First Cause* of all Life. The Infinite Self embodies all of the inherent qualities of Spirit such as Love, Life, Light, Joy, Beauty, Peace and Power. In the "*Cinema of the Self*" illustration it serves as the lamp, or light source, and projector of the *Life Force*.

The _____ Self



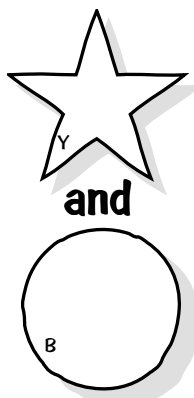
The *Invisible Self* represents the realm of mind which embodies the mental and emotional states of being. It is through the activity of the mind that the "*I Am*" principle becomes qualified or imbued with the various personal qualities that are uniquely human. The *Invisible Self*, or personal consciousness, serves as the vehicle through which Spirit expresses itself into form. It has no power of its own, it can only qualify the expression of Spirit through its ability to *obstruct*. For example, *hatred* is not a power in opposition to Love. Rather, it is the effect of obstructing the expression of Love. In the "*Cinema of the Self*" illustration it acts as the film through which the light of Life is projected.

The _____ Self



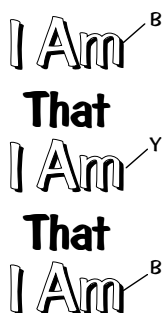
The Physical Self is the Body of Life. It is not only our physical flesh body, but also our entire physical experience of Life, which includes the "body of our affairs." The Physical Self is the realm of appearances where the qualities attributed to the First Cause of Spirit are manifested into form. This is the aspect of our being that is recognized by our physical senses. In the "*Cinema of the Self*" illustration, it is like the images that are projected upon the screen.

5



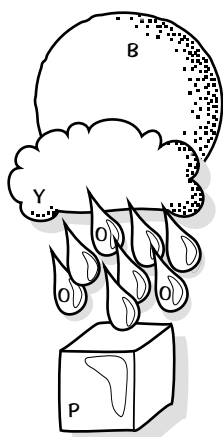
“Order is the first Law of Heaven.” Everything begins in Spirit which is always in a state of perfect Peace, Order and Balance. It expresses itself through *Mind* which operates in accordance with a body or system of rules which we call the *“Law of Mind”*, also known as the *“Law of Cause and Effect”*. It then projects itself into the physical realm in the form of various types of activity. Although this activity may often seem chaotic to us, from the perspective of Spirit it is always in perfect Order as established by the *Law of Mind*. (Notice that the symbol for the Law of Mind is the same symbol that is commonly worn by representatives of the law in the form of a badge.)

6



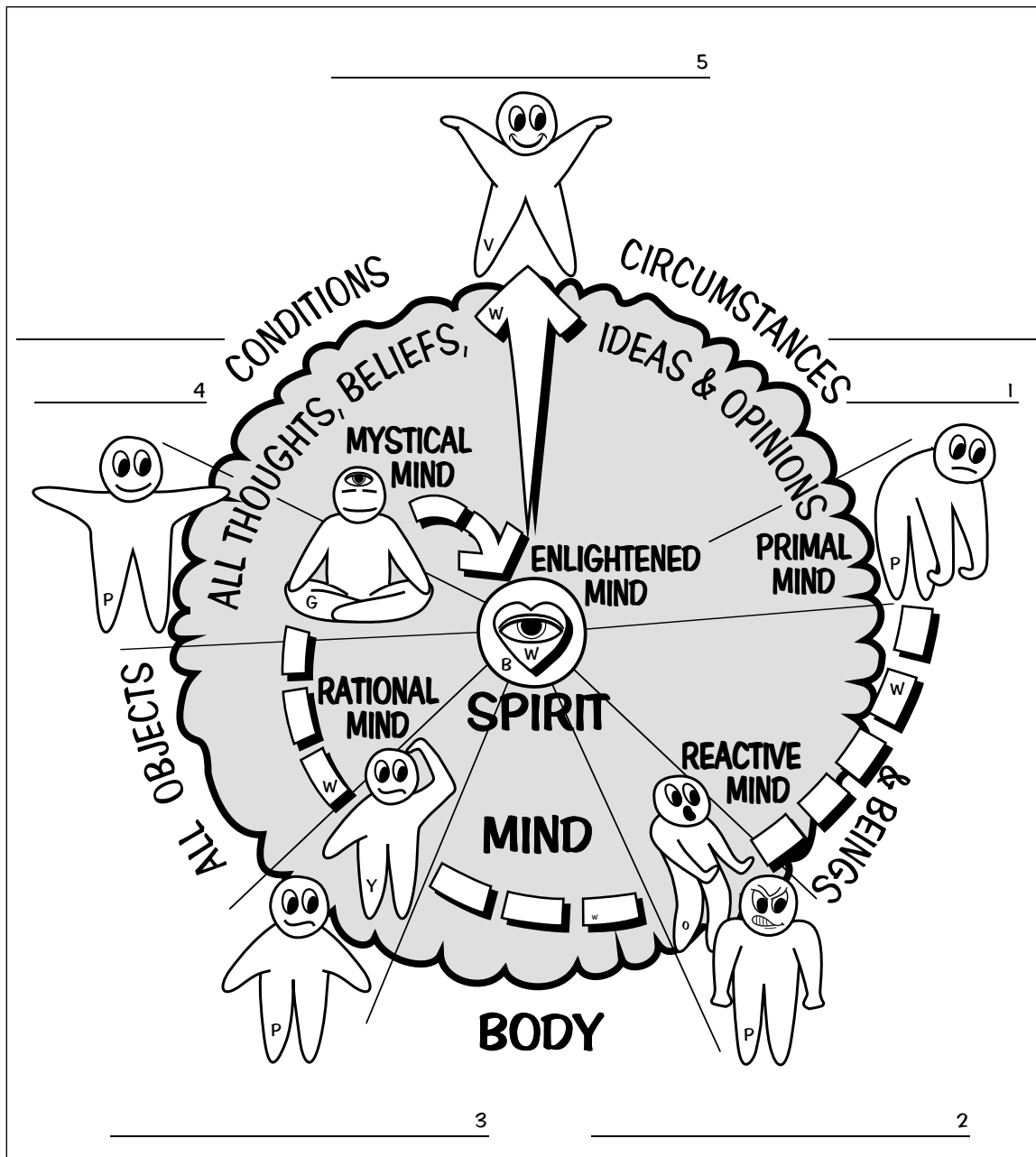
In the Bible, Moses asked God *“What shall I say you are called?”* The response was *“I Am that I Am.”* This means that God is whatever we are, and we are whatever God is. In the *“Cinema of the Self”* diagram you can see that Spirit becomes whatever we proclaim ourselves to be. When we say *“I am Joyful”*, Spirit says *“I Am that I Am that is joyful.”* It then produces conditions that express that joy. Therefore, when we hold in our mind that which we know to be true about Spirit, it recognizes itself in us and produces its own nature through us.

7

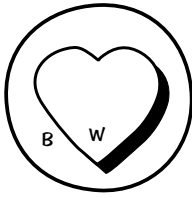


The entire universe is made up of one *Universal Substance* that expresses itself in many forms. The revelation of modern physics is that this substance is *light*, or “free energy.” In the *“Cinema of the Self”* illustration, the Lamp, Projector, Film, Screen and Image are all modifications, or versions, of the one *Universal Substance* which is Light, or Consciousness. How one substance can present itself in a variety of forms is clearly illustrated by the example of water. At its highest state as *steam* it is totally invisible as a *hidden power* which correlates to Spirit. It then condenses into a *cloud* which approximates the nature of our conceptual minds. As it further condenses into *water*, it corresponds to the fluid feeling nature of our emotions. Finally, it solidifies into solid form, or physical existence, as *ice*.

In order to improve the quality of our lives, it is helpful to understand how the relationship between Spirit, mind and body projects itself into the world. The illustration below, called the “*Great Humandala*,” demonstrates how we can change the circumstances of our lives by changing our state of mind. On the following page the “*Cast of Characters*” shown on this chart is more fully explained.



1

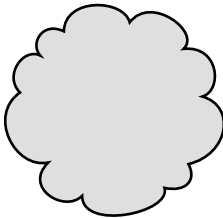


There is only
One!

The individualized characters on the outer edge of the *Great Humandala* represent the billions of beings alive in the world. As you can see, they all stem from *One Life* at the center of their common being. However, it is important to note that this is a *transcendental center* which exists in all places, at all times and in all beings. Therefore, each individual being is an expression of *One Life* that is everywhere. How this can be is the *Great Mystery* of God.

The principle of *One Life* is the very cornerstone of the *Religious Science* philosophy. If there is only *One Life*, then it stands to reason that this *Life* would not be against itself. Therefore, it can only be for a fuller and greater expression of its own true nature which is Love, Wisdom, Peace, Beauty, Joy and Freedom; and since each of us is an individualized expression of that *One Life*, these qualities must also be the true and inherent nature of our own being.

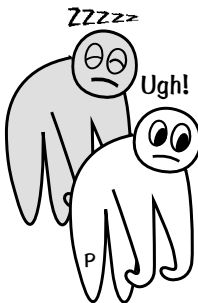
2



There is only
One!

Within the *Humandala*, the *One Life*, or Spirit, begins to take on its individualized nature through the activity of Mind. However, just as there is only *One Life* there is also only *One Mind*. As an example of this principle, consider that there is only one atmosphere on this planet. Yet, that atmosphere has many separate characteristics or individualized activities. Therefore, at any given time it might be raining in New York and sunny in San Francisco. In much the same manner, our individual minds are merely separate activities within the *One Mind* of God. In other words, our individual mind is simply the time and place where we are using the *One Mind* that we all share.

3



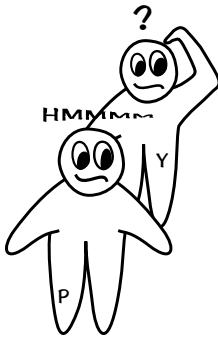
The *Primal Mind* expresses itself as the basic human animal. You will note that there is no individual mind within the *One Mind*. This is because the Primal being operates primarily from the subconscious, or *instinctual*, nature of their body. Consequently, there is very little awareness of thoughts and feelings. An individual with a *Primal Mind* lives primarily in reaction to the physical events that surround them. Initiating change is difficult for them because they live by inertia, rather than intention. Their main motivation in life is survival, seeking pleasure and avoiding pain.

4



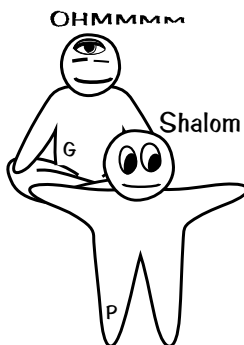
The individual with a Reactive Mind is controlled primarily by their emotions. Therefore, they tend to continually dramatize, or emote, their reaction to the circumstances of life. They also react to an uncontrolled imagination which causes them to brood over past events and worry about the future. Because the reactive individual's attention is always directed outwardly toward the world of appearances, their thinking simply reflects the nature of that constantly changing world. Therefore, they find themselves on an "emotional rollercoaster" powered by outside events. The individual with a Reactive Mind has a primary motivation in life to stabilize their emotions in order to feel safe, secure and accepted. Unfortunately, they futilely try to accomplish this by controlling outer circumstances.

5



The individual with a *Rational Mind* tends to perceive life as an ongoing series of problems, and then relies solely on the logic of their *intellect* to solve them. Even though the *rational* individual is aware of the indwelling presence of Spirit in the form of their thoughts and feelings, they usually attribute them to biological causes. Therefore, they depend primarily on their senses for input into the decisions they make in their life. The individual with a *Rational Mind* deals with troublesome emotions by suppressing them, only to have them running their life subconsciously. Their primary motivation in life is to achieve success through their own efforts.

6



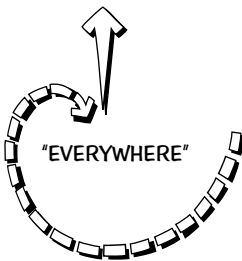
The individual with a holistic, or *Mystical Mind*, has awakened to the greater possibilities of human existence. As their higher mental faculties begin to develop, they experience an ever increasing awareness of the unity of all Life. Additionally, they begin to develop a direct *intuition* of their oneness with the source of all Life which is the *Transcendental Heart* within the center of their own being. It is this intuition of wholeness that allows them to remain calm and peaceful, even in the midst of upsetting conditions. The primary motivation of the individual with a *Mystical Mind* is to develop an ever increasing realization of their unity with all of Life. Their greatest challenge is to remember to keep their "*feet on the ground*" and not become overly fascinated with their own internal states of ecstasy.

7



The *Enlightened Mind* is the fulfillment of the creative process in the individual human being. You will notice that this *illuminated* being has no individual mind within the *One Mind*. That is because they have realized their true nature, and their awareness is now centered in the *Transcendental Heart*, or spiritual center of their being. Therefore, their mind is the *One Mind*, which is infinite. At this point, the human personality gives way to the *Divine Personality*, as this *Cosmic Consciousness* expresses itself into the world. Hence, we have the birth of a *new species* beyond humanity. This is known as the “*Kingdom of Heaven*”. It is the state that all great adepts, avatars and messiahs have achieved. It is also the state that every human can, and will ultimately, achieve.

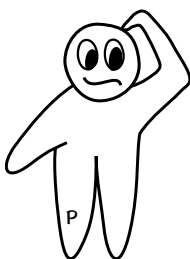
8



The “*Road to Everywhere*” is the evolutionary spiral that takes humanity from the survival state of the *Primal Mind* to the transcendent state of the *Enlightened Mind*. It is important to notice that evolution does not take place in the physical realm, but in consciousness, or the realm of Mind. These changes are then *outpictured* into the physical realm. Notice the evolution of the bodily shapes on the outer ring of the *Humandala*. As we proceed more deeply into the source of our being, our expression in the physical world begins to duplicate the nature of Spirit and becomes evermore joyous. *Religious Science* is a method which allows each of us to consciously initiate our own evolution and thereby participate in the journey along the *Path to Everywhere*.

Who Are You?

Who am I?



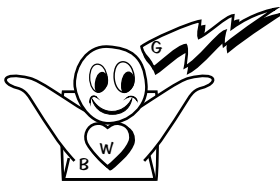
It is important to recognize that each one of us, at one time or another, exhibits all of the tendencies expressed by the *characters* described above. However, one of these *states of mind* probably best describes your predominant characteristics and manner of relating to the world. See if you can identify where you are on the *Path to Everywhere*. Having this understanding can assist you in developing a plan for your own evolution. *Religious Science* provides the tools for implementing that plan.

The vehicle that we use to travel along the evolutionary path to happiness is the “*Coach to Everywhere*” shown below. Each element of this graphic metaphor corresponds to an aspect of our being that is explained in more detail in the next section which is entitled: “*The Components of the Coach.*”



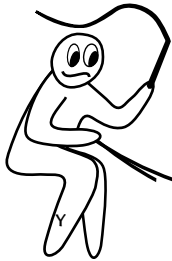
Following is a brief description of the various aspects of our being that comprise “The Coach to Everywhere” shown in the previous section. By understanding how these various components interact, we can insure a safe, speedy and harmonious journey.

1



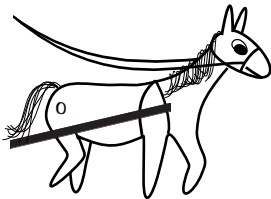
The Master of the Coach is the “*Creative Spirit*” within us all. The purpose of Religious Science is to assist us in becoming more aware of this indwelling *Presence*, and to put it in charge of the Coach. It should be noted that the guidance of the Master is communicated to the Driver with the “*still small voice*” of *intuition*, which is often drowned out or obscured by the noise of the moving Coach.

2



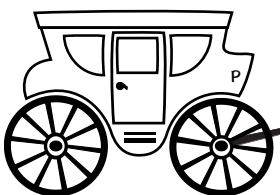
The *Driver* of the Coach represents our *mind*, which is an aspect of our Invisible Self. In the absence of direction from the Master, the *Driver* doesn’t really know where he is going. He only knows that he wants to get there fast so he whips the Horse (emotions) into a frenzy. Note that the *Driver* directs the Horse with the reigns of *imagination* which are a more positive form of communication than the voice.

3



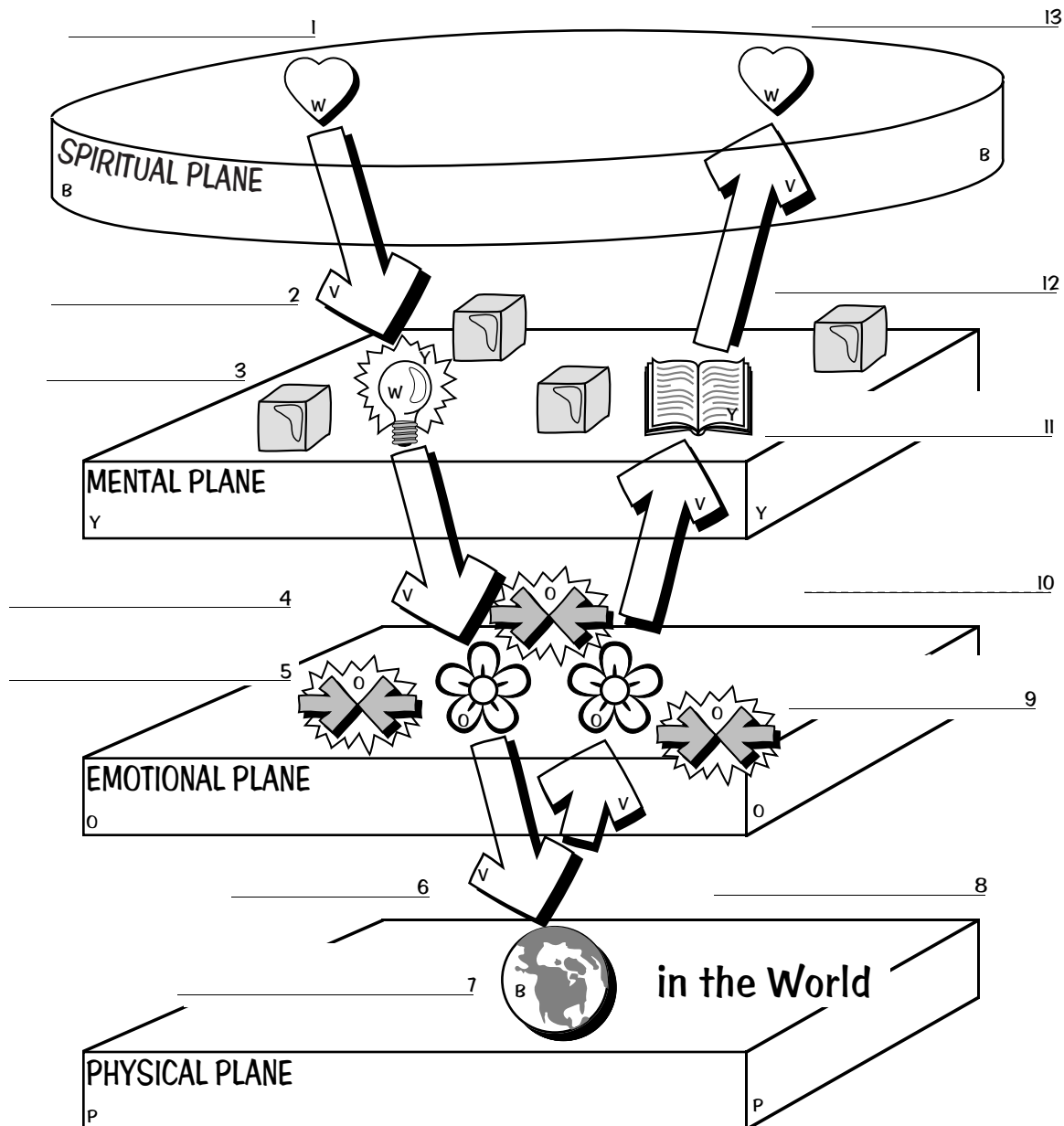
The *Horse* represents our *emotions* which is the motive force behind our whole being. The word *emotion* literally means “energy in motion.” The secret to using the *Horse* correctly is to guide or direct it without holding it back or suppressing its energy. Note that the harness makes a very direct and solid connection between the *Horse* and the Coach. In like fashion, our actions in the world are closely linked to our emotions.

4



The *Coach* represents the physical *body*, which is our “vehicle of expression.” It is through our bodies that we express and experience the manifestation of the indwelling Spirit. In order for our bodies to endure, they must be properly used and maintained. If the Horse is always out of control and the Driver is constantly heading off the path across rough terrain, the “*wear and tear*” will soon destroy the *Coach*.

The various elements from the “*Coach to Everywhere*” are depicted below in an abstract form that enables us to examine how they interact to create an experience in our lives. The various steps of this process are described in the section entitled: “*Exploring the Creative Process.*”



LEGEND:

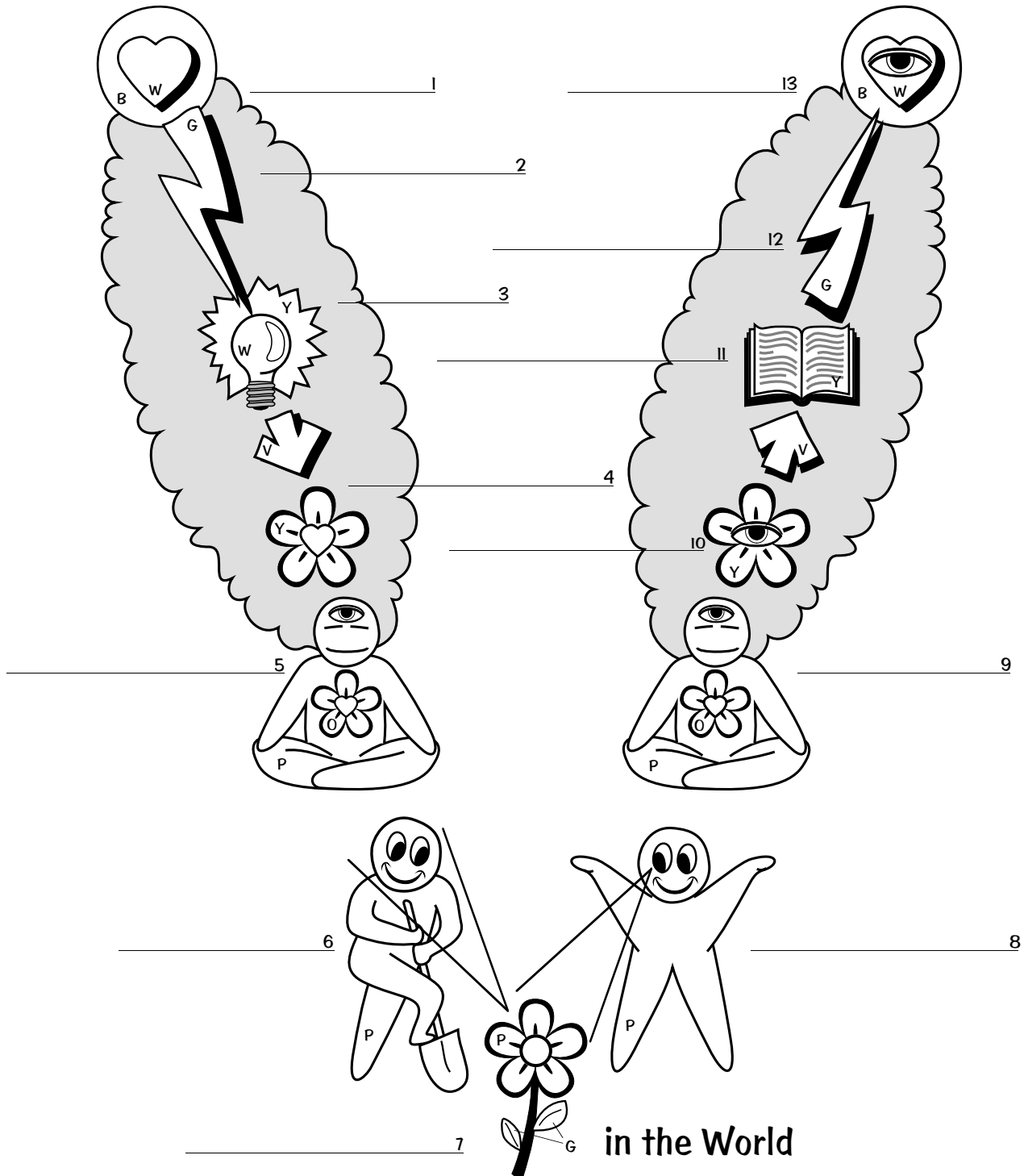


14



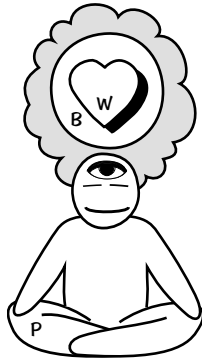
15

In order to make the Creative Process more personal, it is depicted below in the form of a series of icons that demonstrate how it operates through an individual. All of the the steps are described in the following section "Exploring the Creative Process." (See if you can remember the steps from the preceding page without looking back)



The basic steps of the *Creative Process* shown on the preceding pages are explained below. Beneath a number of the sections there is a brief example of how this process might work in a real life situation. These explanations are preceded by a little flower symbol (✿). After reading through all of the steps you should read through *just* the examples to get a feel for the continuity and flow of the process.

1 - A conception of something in its perfection



An ideal is an idea that has been taken to its highest, or most transcendent, level. Therefore, everything begins on the Spiritual plane as a Divine Ideal. These ideals are unchangeable principles such as Love, Beauty, Peace, Joy, Freedom, etc. There is never a suggestion of form or appearance at this level of being, only the abstract qualities of God. In *Religious Science* these ideals are often referred to as Principles of Truth. It could be said that God is the “*good that we can all agree on*,” since we can all agree that it would be good for there to be more Love, Peace, Beauty and Joy in the world.

✿ An example of a “Divine Ideal” being expressed might be Beauty.

2 - A direct perception of truth, independent of reason



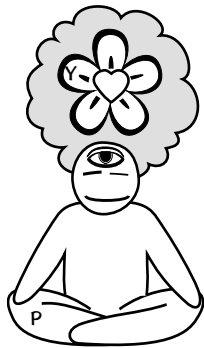
Through the power of our *intuition* we are able to contact the Divine. Although *intuition* is perceived in the head, it emanates from the heart. Therefore, it produces a felt sense of *knowingness* associated with some thought or idea that you hold within your mind. This kind of an experience is often called *faith*, which is a direct *intuition* of Spirit. It is the “*substance of things hoped for, the evidence of things not seen*.” It is important to recognize that the source of this experience is within us.

3 - A conception existing within the mind

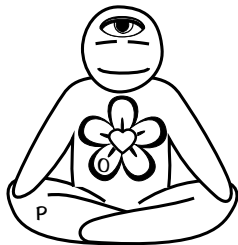


As a result of our intuition, we formulate an idea, or concept, within our mind at the mental level. It is at this level that we begin to individualize, or give form to universal ideals. In other words, we personalize that which is universal. It is said that “*everything begins with an idea*.” This is because an idea is the prelude to the pictures and feelings that develop within our imagination. It is the seed of our inspiration and ultimate experience in the world. An idea is the “*mental equivalent*” of the objects, conditions and circumstances that we create in our lives.

✿ Through the process of intuition, the ideal of Beauty might be conceptualized as the idea of a rose. Here the universal principle of Beauty is personalized in a particular form meaningful to us as individuals.

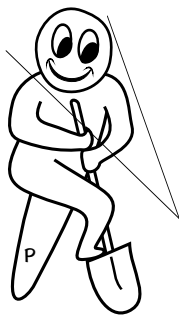
4 - The action of forming mental images or concepts.


Imagination is the activity of our minds by which we create mental pictures. As we hold these images within our mind, they become cloaked with feelings. They develop a *felt sense* of reality as though they were an actual experience. In fact, our mind cannot distinguish between a real and an imagined experience. Therefore, our imagination responds to whatever idea we put into it as a seed. Consequently, positive ideas produce positive feelings that enrich our lives. Negative ideas produce negative feelings that disturb us.

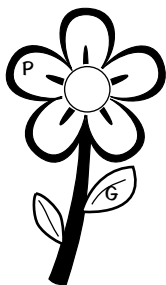
5 - A divine influence exerted upon the mind or soul.


Inspiration results from the imagination stimulating the mind and emotions into a high level of activity. Inspiration is closely related to the emotional experience of desire. However, the subtle difference is, “*we desire to possess... and we are inspired to express.*” Based on its old Latin root “*spirare*,” inspiration literally means to “*breathe in Spirit.*”

✿ As the idea of a rose is held within our imagination, it will begin to develop and expand until we feel the inspiration to plant a rose garden.

6 - A consciously willed act or activity.


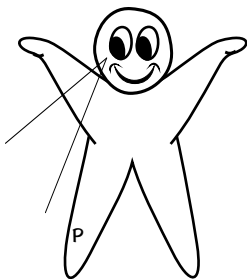
In response to our inspiration, we become filled with initiative and are moved to take some form of *action*. Because our *actions* will be in alignment with our feelings, they will seem to be effortless. Often, we will do things to bring our idea into expression without even realizing it. Such as, going to a party and unexpectedly meeting someone who can assist us in achieving some goal we have set for ourselves. Remember that old Biblical passage: “*Faith without works is dead.*”

7 - Something personally lived through or encountered


The physical outcome of the Creative Process will always be some form of *experience* in the world. Through our senses we will perceive *objects, conditions and circumstances* that reflect the intentions of our original idea. *Experience* is the motive force behind the return stage of the process. This is because our perceptions will now begin to extend back into the realms of our thoughts and feelings, leading us to the accumulation of knowledge, skills and wisdom.

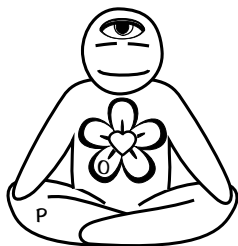
✿ In response to our inspiration, we take action and actually plant a rose garden. This activity produces an experience for us in the physical world. As the rose garden grows, it produces an object in the form of a rose, that resembles the idea that was originally conceived through our intuition of the ideal of Beauty.

8 - An action in response to some influence or event



One of the basic laws of the Universe is that *“for every action there will always be an equal and opposite reaction.”* Having created a physical experience in the world, we will now begin to respond, or *react*, to our creation through a variety of internal experiences. Life positive actions will produce positive reactions, and life negative actions will produce negative reactions. *“As you sow, so shall you reap.”*

9 - An emotional perception or attitude.



The first and most immediate response to our experience of the world, will always be awareness of an emotional state or *feeling*. When we have created some desirable experience we will be emotionally uplifted and feel joyful. This is very important because human beings are highly sensitive *feeling* creatures. Ultimately, we must realize that the only reason we ever want anything, is to make us feel a certain way; and the way we always want to *feel* is peaceful, happy and fulfilled.

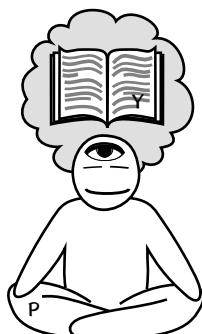
✿ When we finally see the rose, we have an emotional reaction to its Beauty that produces a feeling within us. In this case it might be a feeling of joy or gratitude.

10 - The act or process of knowing.



Cognition is the mental process or faculty by which we extract knowledge from experience. As the result of having had a physical and emotional experience in the world we can now learn something about its nature. All of our beliefs about life are based on the knowledge that we have extracted from our past experiences. Obviously, the quality of our past experiences has much to do with our present attitudes toward life. Unfortunately, we are often deceived by appearances and frequently extract false information from our experiences.

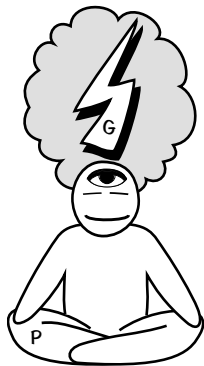
11 - The state of knowing; clear mental apprehension.



As a result of your experience, you will now gain specific knowledge about the world. It might just be information that will serve you in the future. Additionally, it might be some skill that will allow you to function more effectively. The greatest knowledge will always relate to self discovery and the development of personal qualities such as patience, compassion, self confidence, etc. Often, our most challenging and difficult experiences will produce the greatest knowledge.

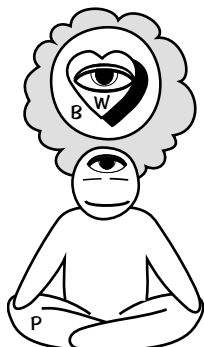
✿ As the result of planting a rose garden, we are able to cognize, or extract some useful knowledge from the experience. This is especially true if we had never planted a rose garden before.

12 - Perception of something as existing, true, or valid.



Recognition is simply an awareness that something which you now perceive has been experienced before. This is the process by which we look deeply into our experiences in order to discover their true cause, or source. When we perceive the life positive qualities within an experience, we can then remember back to, or recognize, when they were first received from Spirit through the intuition that lead to the conception of our original idea. *Recognition* could be considered to be a process of “re-intuition.”

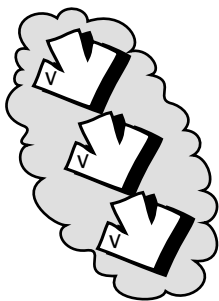
13 - The state of discerning what is right or true.



Wisdom is simply a deep understanding of what is universally true and eternal. Whereas, information is perceived in the head and constitutes “*shared knowledge*,” wisdom is the understanding of the heart and is actually “*Self-knowledge*.” There is a deeply felt knowingness associated with wisdom that will always guide us into right action. When our life experiences have been fully and rightly understood, *wisdom* will result, and it alone will transform us.

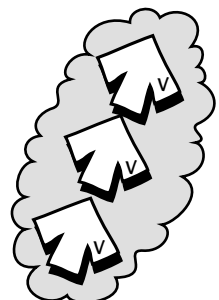
✿ If we are willing to look even more deeply into the knowledge that we have gained, we will see that it contains a universal understanding, or wisdom. It's through this deeper inquiry that we recognize that the creative process is the mechanism through which Divine Ideals come into form and expression. This is the ultimate Wisdom.

14 - The act of drawing in as a participant



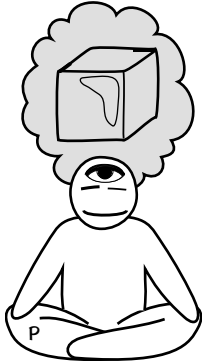
Spirit expresses itself into form through the mechanism of our *attention*, which is the free activity of *mental concentration*. Through this process we mold the *Universal Substance* into the form of our ideas in order to produce experiences in the world. It is through our *attention* that we *involve* ourselves with the physical realm. In order to evolve, we must first be willing to get involved.

15 - Gradual growth or development of something



Spirit expresses itself into form in order to contemplate its own nature. *Awareness* is the mental mechanism through which Spirit performs this contemplation. Because of our *awareness*, we are able to cognize our experiences and expand our knowledge and wisdom. It is through this gradual process of expanding awareness that *evolution* takes place within our consciousness, and we are thereby transfigured and ultimately transformed into increasingly enlightened beings.

16



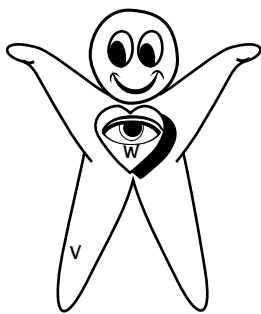
The *Creative Process* operating through us would be a swift, simple and very pleasant experience if it were not for the various obstructions that it encounters. At the mental level of our being, we encounter a wide variety of *mental blocks* such as doubts, delusions, distortions, judgements, opinions, prejudices and a wide variety of false beliefs about life. These obstructions were born out of the ignorance of our past experiences. They are *dark spots* in our consciousness which have not been fully *cognized* and understood to produce *wisdom*.

17



As a result of our mental blocks we constantly produce undesired *emotional conflicts* and reactions such as anger, fear, sorrow, resentment, guilt, etc. These emotional disturbances come from two sources. The first is our reaction to the events of the world. The second is our reaction to the activity of an uncontrolled imagination which broods over past events and worries about the future. Whenever there is *emotional conflict*, it is always an argument between the logic of the head and the wisdom of the heart.

The Fulfillment of the Creative Process



"The Word made Flesh"

The purpose of the *Creative Process* within the individual is to produce an *enlightened* being that is both wise and loving. This process performs a mystical marriage between our inner Spirit and our outer human personality.

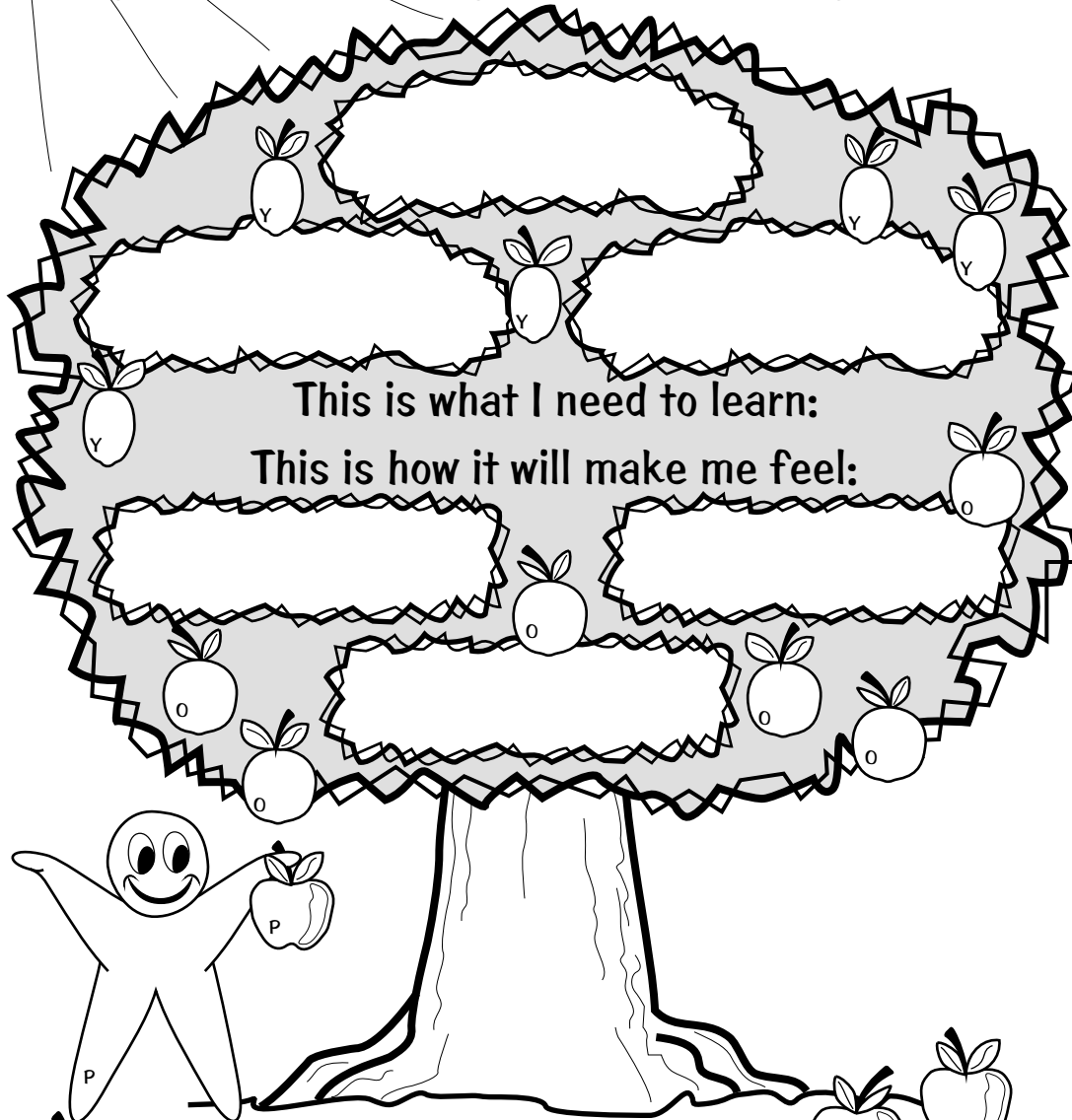
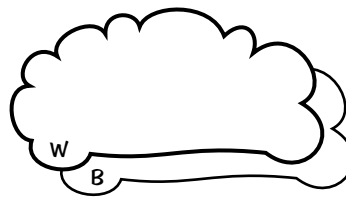
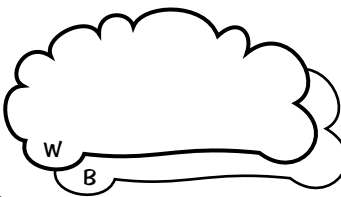
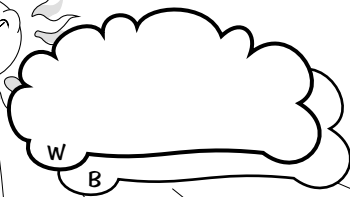
The *Creative Process* does not involve adding anything to ourselves, it requires only the releasing of the obstructions to our fullest creative expression. *Religious Science* provides the tools and the programs necessary to enable us to engage in this process as a co-creator with Spirit.

Can you recall an experience in your own life, even an unpleasant one, that has served to make you wiser and more loving? Can you determine the *mental blocks* that had to be released? Can you now see how the experience was actually the *Creative Spirit* within you, seeking a greater expression through you?

Abundance • Balance • Beauty • Freedom • Joy • Love • Order • Peace • Power • Unity • Wholeness • Wisdom



The Principles I'll be expressing are:



This is what I need to learn:

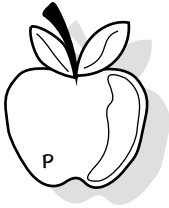
This is how it will make me feel:

This is what I want:

DATE:

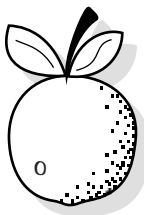
Following are the steps to be used in completing the “*Wisdom Tree*” diagram shown on the preceding page. Please note how the levels and colors correspond to the various planes of the “*Creative Process*” diagram shown on Page 20.

1. Set Your Goal



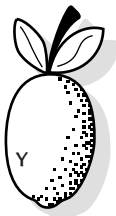
In the large box surrounded by apples at the foot of the tree, describe some object, condition or circumstance that you would like to experience in your life. In addition to a written description, you might also wish to draw a little picture or symbol of what you want to create. Your goal does not always have to be physical in nature. However, it should be something that can be experienced in the world, such as, “*To develop self confidence.*”

2. Explore Your Feelings



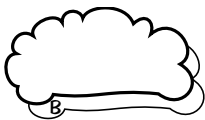
At the level of the oranges, try to imagine how you would *feel* if you had already achieved your goal. You may wish to close your eyes, roll them upward and then visualize what it would be like if your goal were already a reality. Next, still keeping your eyes closed, roll them downward and notice how you are *feeling*. As you identify and name these feelings, enter them into the slightly rounded boxes on the “*Wisdom Tree*” where it says: “*It will make me feel*”

3. Look At What You'll Learn



This is probably one of the more difficult benefits to identify. Try to identify what you would learn as the result of achieving your goal. The easiest way to do this, is to ask yourself the question, “*What do I need to know to take the next step in achieving my goal?*” Enter this information in the fully rounded boxes at the level of the lemons where it says: “*This is what I need to learn*”. What you need to learn can vary from a skill, such as accounting, to a personal quality, such as *patience*.

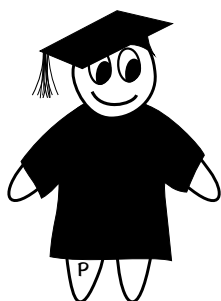
4. Identify the Principles



This is the most important part of the exercise. Try to identify the Divine Ideals, or *Principles* that are associated with the achievement of your goal. To assist you, there is a partial listing of some of these *Principles* across the top of the page. You will also find that the appropriate principles may be closely related to the feelings that you previously identified. Enter the *Principles* in the *clouds* at the top of the page.

It is absolutely essential to have effective tools for bringing about orderly change in our lives. Following are a number of the techniques that are utilized in *Religious Science* for accomplishing this purpose. You will notice that all of these practices are time honored tools for transformation that have been embraced down through the ages by all of the great sacred traditions.

1



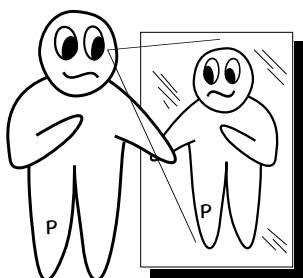
“Inspiration without education leads to frustration.” There-fore, an important part of *Religious Science* is *educa-tion*. Each individual must become responsible for learning the principles of Truth and how to apply them in their lives. *Religious Science* responds to this need by providing struc-tured and accredited classes to take the student from an in-troductory stage all the way through to the status of licensed Practitioner. Most churches also offer a number of work-shops, seminars and special events to supplement official classes. *“Inspiration plus education leads to illumination”*

2



The term *affirmation* is normally associated with a verbal statement that is made about some goal that we are trying to achieve, or some experience we desire to have. However, the act of *affirmation* is really much more than that. It is an act of *faith*. It is the ability to put aside your doubt and fear in order to act as if your desired goal were already a reality. In this sense, an *affirmation* can be any statement, act or sym-bolic gesture that *affirms* the reality of your intentions. Through the process of *affirmation* we “*act as if*” our highest aspirations were already a reality.

3



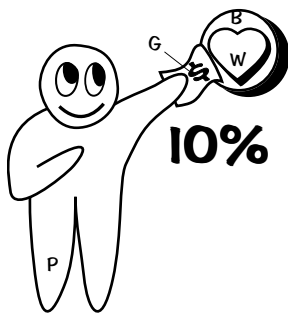
“Awareness is curative.” One of the primary tools for developing greater awareness is *self observation*. It is important to recognize that most of the problems that we experience in our lives are the result of our own misguided actions. By developing the capacity for *self observation* we begin to *wake up* to our self defeating behaviors. Once realized they can then be released and no longer repeated. In the practice of *Religious Science* the primary tool for *self observation* is the use of a journal. When we make a com-mitment to record our experiences we tend to approach them with a greater sense of awareness.

4



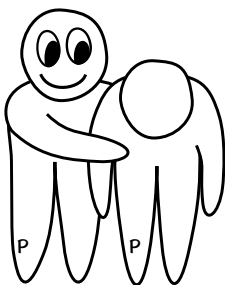
In *Religious Science* the purpose of setting and attaining goals involves more than the mere acquisition of physical objects and experiences. The true purpose of *goals* is to draw us into participation with the creative process of Life itself. Furthermore, the commitment necessary to achieve our goals develops self discipline and increases our awareness of limiting behaviors. The true *gift of goals* is the knowledge, skill and wisdom that we develop in the process of achieving our “*Heart’s Desires*.”

5



The practice of *tithing* is not required in *Religious Science*. However, it is highly recommended and encouraged. Unfortunately, this ancient observance of returning 10% of your income to the source of your spiritual inspiration is generally misunderstood. First we must realize that money is a form of energy, and for energy to be of any value or use, it must move and circulate. When we *tithe* we develop an expanded awareness of whether or not we are letting money (or life energy) circulate freely through us. It is the expansion of awareness (or consciousness) that in turn produces a greater experience of prosperity and abundance in our lives.

6



One of the most important, and least understood, aspects of our spiritual growth is the concept of *service*. It is far more than just being a volunteer, or “*pitching in*” to help out. True *service* is a form of spiritual practice. It is the way that we honor and serve the highest part of our self, which is Spirit. Wherever, and whenever, we *serve* we are always blessed and served in return. The more consciously and graciously we enter into the practice of serving others, the greater the blessings that will be received. This is why Jesus told his disciples to “*go forth and heal the sick*.” He simply knew that this activity would do more for them than all the teaching in the world. *Service* is where we put the principles of *Religious Science* into action.

7



Meditation is the time honored technique for taming, training and transforming the mind. *Religious Science* endorses all forms of meditation, from playful creative visualization to the more traditional *mind stilling* techniques. It is through the practice of meditation that we come into a state of God communion and thereby experience a greater sense of unity with all of Life. In the words of *Religious Science* founder Ernest Holmes:

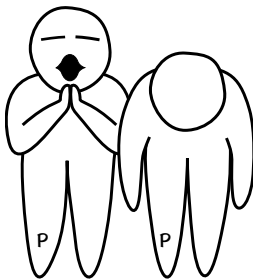
“Meditation is truly the recognition of the Father within, the certainty of our Oneness with the Whole, the immediate availability of the Power and Wisdom resulting from this Oneness. Such communion with God brings harmony into our lives and affairs; establishes the law of health and prosperity, and makes us a light to all who cross our pathway.”

8



Religious Science honors and endorses all forms of sincere prayer. In addition, it teaches a unique and scientific form of prayer called *Spiritual Mind Treatment*. This is a powerful, affirmative method of prayer that was developed by Ernest Holmes the founder of *Religious Science*. It involves a five step process that embodies all of the elements of the creative process of Life itself. A more detailed explanation of *Spiritual Mind Treatment* is given in the next section.

9

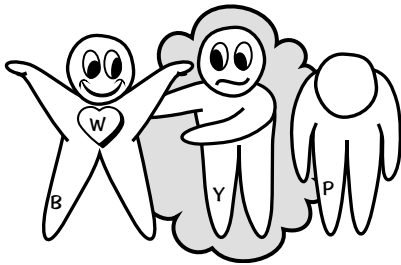


Another unique aspect of *Religious Science* is the institution of licensed *Practitioners*. Unlike counselors, a *Practitioner* does not give advice. A *Practitioner* has received at least three years of training in order to assist individuals in healing conditions in their lives only by applying the principles of Truth. Their primary purpose is to first educate their clients about these principles. Then through the process of skilled inquiry, they seek to expose and remove the hidden mental causation of the client's condition. With these causes removed, the wholeness and perfection of the individual is then revealed. Finally, the session is concluded with a *Spiritual Mind Treatment* performed by the *Practitioner*. A reasonable consultation fee is normally charged for individual *Practitioner* services.

Spiritual Mind Treatment is a form of affirmative prayer that is unique to *Religious Science*. The effectiveness of this technique lies in the fact that it is comprised of five steps which duplicate the creative process of Life itself. The purpose of *Spiritual Mind Treatment* is to heal or transform the mind of the person performing the prayer, even if it is for someone else. Because we all share *One Mind*, when we heal or transform our own mind, we also heal the minds of others. Following is an explanation of the five steps in *Spiritual Mind Treatment* :

1

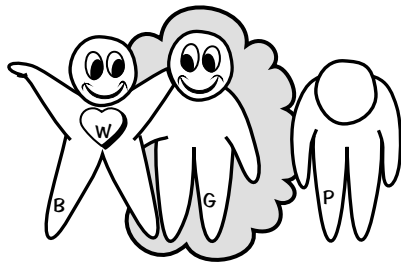
"God is my good!"



The term *recognition* means to "*know again*" or remember. In any healing we must first turn away from the appearances of the condition and then try to remember a greater good that can be experienced. The greater the good we can remember the more powerful the Treatment will be. Since the greatest good that exists is God, we always strive to remember again, or *recognize*, the highest concept of God that we can.

2

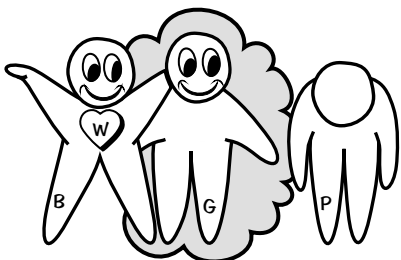
"I am one with God!"



The second step utilizes the power of Love, which is the force that draws us towards *unity*. Here we seek to *unify* ourselves with the concept of God, that we have recognized and declared in the first step. This becomes the realization that we are what God is, and God is all that we are. This condition was expressed by Jesus in the statement "*the Father and I are One!*" From this exalted position we speak on behalf of the indwelling Spirit.

3

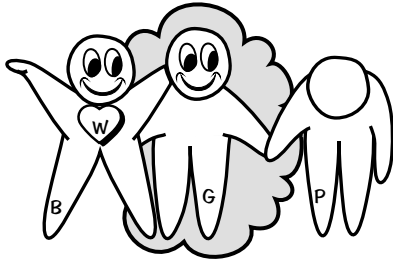
"There is good for me!"



In this step we *declare* what we have *realized* to be true about our relationship with God. We positively *affirm* that what is true about Spirit is also true about ourselves, or another. This is where we put into the *Universal Mind* a greater Truth about ourselves than we are currently experiencing. Then through the activity of the *Law of Mind* that Truth will come forth to be made manifest in our lives.

4

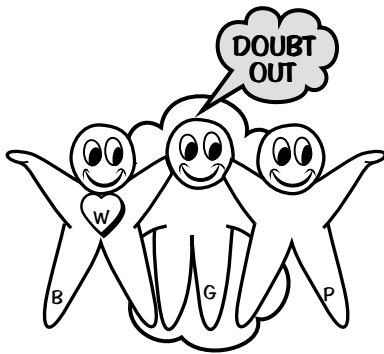
"I graciously accept my good!"



Nothing can be accepted into our individual minds against our *free will*. Therefore, we must make a conscious and willful *acceptance* that a greater Truth and Good exists for us. This may seem easy, yet it is often the most difficult part of the Treatment for many people. Feelings of guilt and unworthiness very often undermine our ability to *accept* our Good. The surest way to overcome this resistance is to accept your good in a mood of gratitude and *thanksgiving*.

5

"I let go and I let God!"



Throughout most of our lives we have accepted many false beliefs and opinions which must now be eliminated from our minds in order to be replaced by a greater Truth. These old attitudes are often stubborn and unwilling to let go easily. However, they must be released. We can always detect their presence in the form of fear which creates a *doubt* in our minds that the Treatment will not work. So the final step is to *release* all doubt and to conclude the Treatment with an expression of thanksgiving and assurance that the *Law of Mind* will produce the desired outcome that has been described within the prayer.

A Spiritual Mind Treatment for Good Health

- 1 *There is only One Life. This Life is Good. This Life is God.*
- 2 *This Life is my life, right here and right now!*
- 3 *Because I know that I am One with this Life that is God, I therefore, know that I am One with the Wholeness and the Perfection inherent within it. I know that this Wholeness now expresses itself through me in the form of "perfect health" within my physical body.*
- 4 *With an open, gracious and joyous heart, I accept this Good, right here and now!*
- 5 *I release any thought, belief, idea or attitude that I might hold that does not conform with this Truth. In knowing that this is so, I let go, and I let God be the only presence acting now in my experience of life. Amen!*

My Spiritual Mind Treatment

There is only one Life. This Life is good, this Life is God, this Life is my Life now! I know that I am one, with this great and wondrous Life. Therefore, I know that I am one with all that this Life is. And because I know that this Life is a source of infinite _____ and

_____ and _____ ,

I know that these great and wondrous qualities are also an expression of my very own being.

So here and now I choose to express these qualities into my experience of Life in the form of :

As I accept this good into my Life, I give thanks with an open, joyous and loving heart. I know that as I release these words into the "*Mind of God*", then so indeed shall they return to me fulfilled. I am grateful God is gracious.

So be it now! Amen!

INSTRUCTIONS: In the first three blanks, enter the *principles* that were placed in the clouds of your "*Wishing Wisdom Tree*." In the larger space provided, write a description of your goal.

Write a *Spiritual Mind Treatment* for the goal that you set under the “*Wisdom Tree*” on page 27. Be sure to include the *principles* you identified in that exercise.

Spiritual Mind Treatment For: _____

1. RECOGNITION: _____

2. UNIFICATION: _____

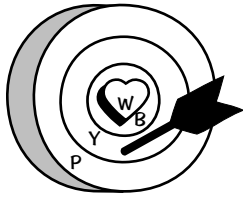
3. DECLARATION / REALIZATION: _____

4. ACCEPTANCE / THANKSGIVING: _____

5. RELEASE: _____

AMEN!

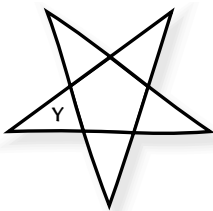
1



"Missing the Mark"

The original meaning of sin was simply to fall short or "*miss the mark*" of spiritual perfection. Furthermore, a sin is not a *thing*, it is merely an activity that produces an undesirable effect in our lives. In other words, we are punished by our sins, not for them. As soon as we stop the so called *sinful* activity its effects will cease as well. For example, as the result of gluttony we would eventually experience obesity and its related health problems. As soon as we return to normal eating patterns our body will respond by once again becoming fit and healthy.

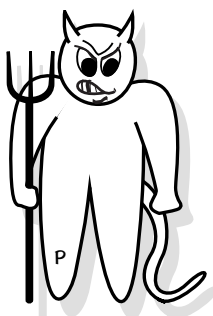
2



"The Great Inversion"

Religious Science does not deny the *appearance* of evil. However, it teaches that evil does not exist as a force or power in the world. That which is called evil is merely the obstruction, or inversion, of the *only* power acting which is Spirit. The obstruction of Spirit's expression always occurs in the Mind through the holding of *false beliefs*. Therefore, you will note that the icon to the left is that of the inverted star which is the symbol for Mind which has been turned upside down, or reversed. According to *Religious Science*, the only presence acting in the universe is God, which is always Good. Evil is merely the way that we withhold our expression and experience of that good by accepting *false beliefs* into our Mind.

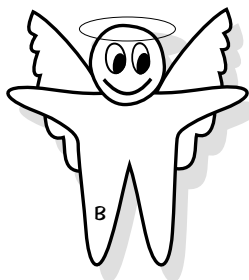
3



"The Devil made me do it!"

Disturbing conditions in our lives are merely the physical effects which are *outpictured* when Spirit's expression is obstructed by *false beliefs* held in the Mind. Humanity has historically blamed these effects on the actions of a mysterious being called the *devil*. However, since the only power acting anywhere is God, the devil simply can not exist as a force acting in opposition to God's expression through Spirit. Therefore, there really is no devil. There is only the manifestation of falsely held beliefs within our Mind, which produces the *appearance* of some sinister invisible force, or being, acting in our lives. To blame unpleasant conditions and circumstances on the devil, or anyone else, is a way of avoiding personal responsibility for our own experience of life.

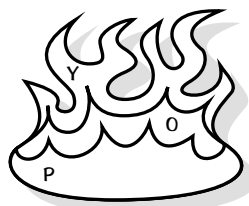
4



"Made to Order"

Heaven is not a place, it is a *state of mind* that we experience when we are in harmony with the Life that surrounds us. It has been said that "*order is the first law of heaven*". Therefore, when we establish order in our life, it produces an experience of peace that is *heavenly*. The manner in which we can produce that order is by coming to understand the way that the universe works, and then live in accordance with that wisdom. The purpose of *Religious Science* is to provide us with that knowledge.

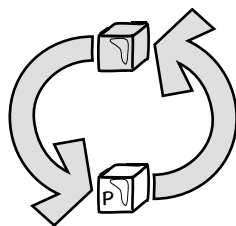
5



"Out of Order"

"Hell is a place where there is no reason". Like Heaven, *hell* is viewed as a *state of mind* that we experience when we don't understand why something unpleasant is happening to us. The experience is further intensified when we cannot see any way of changing or improving the situation through our own actions. *Religious Science* provides us with a way to understand every situation and the means to change our experience of it. The only thing that can keep us in an unpleasant or *hellish* situation is our ignorance about it.

6

"As you sow,
so shall you reap."

Karma is an ancient eastern concept that literally means to "*come back*" and could more appropriately be called the Law of Cause and Effect. Emerson called it the "Law of Compensation" and described its action as follows: "*Within every action lies the seed of some future consequence.*" The seeds of which he speaks are the thoughts, beliefs and attitudes that we unconsciously retain within our minds as the results of our actions. At some future date these seeds sprout within our mind, and then outpicture themselves into our experience of Life. However, we do not always have to live out the fruits of our past actions if we are willing to change the nature of our minds. The purpose of *Religious Science* is to assist us in weeding out the "*garden of our mind*" and thereby transcend the effects of our past actions.

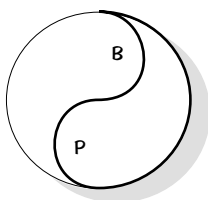
7



"Death cancels everything but Truth."
...William Hazlitt

Religious Science teaches the eternality of life. It accepts that our physical bodies operate within a natural cycle of birth and *death*. However, even though we may have a body, we are not *just* our body. What we *really* are is the Life that animates our body, and that Life is infinite and immortal. As we become increasingly identified with our divine and eternal nature, our underlying fear of death begins to dissolve and our experience of life becomes increasingly joyous.

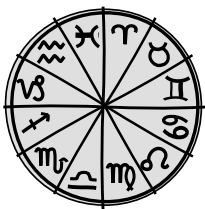
8



"It's dejavue all over again"
...Yogi Berra

Religious Science neither endorses nor rejects any particular theory or concept of *reincarnation*. Since life is eternal, there are an unlimited number of possibilities for its evolvement after the experience of physical death. Also, it should be kept in mind that within the *eternal moment* of spiritual reality, conventional time does not exist as a perception. Therefore, all concepts of past and future lives are meaningless. In *Religious Science* we merely accept the *ongoingness* of life and we deal with what is before us in the *present moment*. Anything else is subject to speculation and fantasy.

9



"What's your sign?"

Religious Science recognizes the validity of many of the ancient divinatory practices such as astrology, the Tarot, I Ching, etc. However, it neither teaches nor endorses their practice. Furthermore, any psychic or occult practice which undermines an individual's *free will* or right of self-determination is discouraged. It should be understood that all forms of prophecy are based on the assumption that an individual will make little or no change in their present beliefs and attitudes. Therefore, they will produce a *future* outpicturing of their current state of mind. However, since in the practice of *Religious Science* we are always in the process of changing or expanding our minds to produce desired results, these predictive *fortune telling* methods are of diminished value.

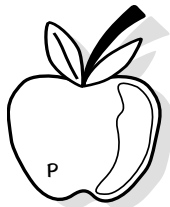
10



"Poverty is the
root of all evil."
... George Bernard Shaw

The concept of *money* is probably one of the most misunderstood of all spiritual principles. It is neither good nor evil. Therefore, it is only our attitudes towards it that are of any concern. In *Religious Science* money is viewed as a form of energy. Like every other form of energy it must move, or *circulate*, to be of any value and perform any useful purpose. The more of it we can circulate the more useful we can become. The idea of hoarding *money* is akin to the holding back of the energy or *life force* that is seeking expression through us. In this sense money can almost be viewed as a *bio-feedback device* to reveal to us how we are utilizing our life energy. In *Religious Science* we accept that we are a part of a Life that is infinitely abundant, and we merely seek to express that abundant nature in whatever way will serve the highest good for all. *Money* is merely *one* of the forms of that this expression can take.

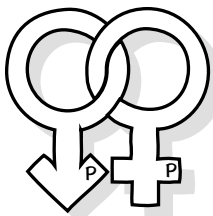
11



"Even the best of food,
eaten in anger, turns
to poison."
...Mahatma Ghandi

There is no diet that can make you more spiritual! Therefore, *Religious Science* does not advocate any particular dietary program as a means towards spiritual growth and development. However, it should be kept in mind that unhealthy eating habits can produce conditions that will distract your attention from your spiritual pursuits. It should also be recognized that every individual is unique and has their own special needs. Therefore, by allowing ourselves to be intuitively guided and applying a little intelligent evaluation, each person should be able to decide what's the appropriate thing for them to eat.

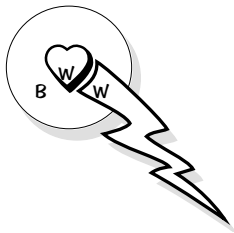
12



"Lord give me chastity
- but not yet."
...St. Augustine

Religious Science advocates no particular practice in regard to sex. *Sex* is viewed as being neither good nor evil. It just is what it is, and the result that it produces in our lives is dependent upon our own intelligent use of it. If *sex* is used as a vehicle for expressing greater love and intimacy in a relationship, it is viewed as a life positive activity. However, if it is used as a form of self indulgence or a means of manipulation it is viewed as being life negative. As in all areas, *Religious Science* teaches the virtue of personal responsibility and intelligent self discipline.

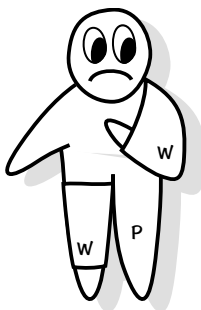
13



"Miracles arise from our ignorance of nature, not from nature itself"
...Montaigne

"If something is so there is a reason why it is so" Everything that occurs in our lives is simply the outpicturing of our consciousness operating through the Law of Mind. Therefore, those events which seem to "*come out of the blue*" and are *miraculous* in nature are actually only the *Law* acting at a level beyond our awareness. As we evolve our consciousness through the practice of *Religious Science*, that which previously seemed *miraculous* becomes a natural, normal and understandable way of life. In actuality, there is only one *miracle*, that is Life itself.

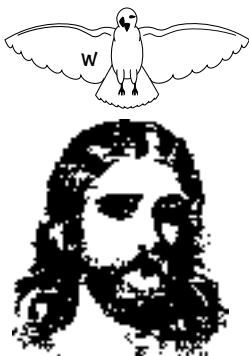
14



"Accidents reflect the limit of our knowledge."
...Franz Kafaka

An *accident* is the "*flip side*" of a miracle. When the cause of some disturbing or undesirable event in our life is not seen or understood, we claim it is an *accident*. Even though we may not have willfully or consciously created the event, our own consciousness operating through the Law of Mind has produced the circumstance. Therefore, we must take responsibility for everything that happens to us, even when it is unfortunate or undesirable. It is only by taking responsibility for our experience of life that we can eventually take dominion over it. Whatever we are responsible for we can change.

15



"The Great Example"

In *Religious Science*, Christ is viewed as a universal principle rather than a person. It is the *principle* of God expressing itself through humanity. Jesus of Nazareth was a human personality through which the Christ Principle, or Divine Personality, expressed itself on earth. The *principle* of Jesus Christ represents the *mystical marriage* of our inner Spirit with our outer personality. This union produces an expression of Life that includes both, yet is greater than either. The potential for this expression lies within each of us. Therefore, Jesus is viewed as a great example for humanity, rather than an exception to it. In the words of Ernest Holmes:

"Religious Science does not deny the divinity of Jesus; but it does affirm the divinity of all people. It does not deny that Jesus was the son of God; but affirms that all beings are children of God. It does not deny that the Kingdom of God was revealed through Jesus; but affirms that the Kingdom of God is also revealed through you and me."

Following is a list of the major Principles upon which *Religious Science* is based. Each Principle is followed by a short declaration from an essay entitled “*What I Believe*”, written by *Religious Science* founder Ernest Holmes.

It is recommended that you read each of these declarations out loud to yourself. Pay special attention to the way that it makes you feel. Do they evoke a felt sense of truth and a feeling of hope? If so, then perhaps *Religious Science* has something to offer you.

One God

I believe in God, the Living Spirit Almighty; one, indestructible, absolute, and self-existent Cause. This One manifests itself in and through all creation but is not absorbed by its creation. The manifest universe is the body of God; it is the logical and necessary outcome of the infinite self-knowingness of God...

Everything Is Spirit

I believe in the incarnation of the Spirit in all beings and that every person is an incarnation of the One Spirit...

Personal Immortality

I believe in the eternality, the immortality, and the continuity of the individual soul, forever and ever expanding...

Heaven On Earth

I believe that the Kingdom of Heaven is within us and that I experience that kingdom to the degree that I become conscious of it...

Personal Freedom

I believe that the ultimate goal of life is to be a complete emancipation from all discord of every nature, and that this goal is sure to be attained by all...

Unity of All Life

I believe in the unity of all life, and that the highest God and the innermost God is the one God...

Personification of God

I believe that God is personal to all who feel his indwelling Presence...

Personal Revelation

I believe in the direct revelation of Truth through the intuitive and spiritual nature of humanity, and that any person may become a revealer of Truth who lives in close contact with the indwelling God...

Universal Law

I believe that the Universal Spirit, which is God, operates through a Universal Mind, which is the Law of God, and that I am surrounded by this Creative Mind which receives the direct impress of my thought and acts upon it...

Spiritual Healing

I believe in the healing of the sick through the power of this Mind...

Personal Power

I believe in the control of conditions through the power of this Mind...

Goodness of God

I believe in the eternal Goodness, the eternal Loving-kindness, and the eternal Givingness of Life to all...

Self Determination

I believe in my own soul, my own spirit, and my own destiny; for I understand that my Life is God.

Science of Mind Magazine



“*Science of Mind*” magazine is a monthly publication which contains a variety of articles and features which support the *Religious Science* philosophy. It also contains a special reading for each day of the month.

Creative Thought Magazine



Another excellent monthly publication which supports the *Religious Science* philosophy through a variety of inspiring and educational features. It also contains a special reading for each day of the month.

As a Man Thinketh

By James Allen



This short, inspirational explanation of how our mind shapes our life experience is considered to be a classic. A modern degenderized version of this little volume is entitled “**As You Think**”, and is edited by Marc Allen.

Living the Science of Mind

By Ernest Holmes



A recently published compilation of short practical essays by *Religious Science* founder Ernest Holmes. They were extracted from the “*Home Study Course*”, and provide a wonderful elaboration upon the ideas contained within that program.

You Are the One

By Mary Jaeger & Kathleen Juline



An excellent workbook to help you identify problem areas in your life. It then guides you through the process of writing affirmative prayers and affirmations in order to bring about a resolution of your difficulties.

Your Mind Can Heal You

By Fredrick Bailes



A clear, concise explanation of the Spirit/mind/body relationship, and how the proper application of *Religious Science* principles can improve your health.

The Sermon on the Mount

By Emmet Fox



Contains the essential teachings of Jesus interpreted through a modern understanding of consciousness. It removes much of the mythology and misunderstanding from those ancient, yet still valuable, teachings.

The Science of Mind

By Ernest Holmes



The original “*Science of Mind*” Textbook was written over 50 years ago by *Religious Science* founder Ernest Holmes. Owing to its timeless wisdom, it remains today one of the source documents for the philosophy.

Following are a number of commonly used terms and phrases that tend to be unique to the practice of *Religious Science*. Many others are contained in the glossary in the back of the “*Science of Mind*” textbook (See “*Books for Background*” pg. 42)



Clearing - To release suppressed emotions or feelings about some troubling condition or circumstance in your life. Clearing is done by simply telling someone how you feel without accusing or blaming anyone for the situation.



Demonstrate - To prove, or *demonstrate*, the validity of metaphysical principles by using them to create some desirable object, condition or circumstance in your life. The physical expression of your spiritual work is referred to as a “*Demonstration*”.



The Law - This term refers to the *Law of Cause and Effect*. It specifically applies to the recognition of Spirit as the original, or *First Cause*, and physical manifestation as the effect.



Mind - The term *Mind*, spelt with a capital “M”, refers to Universal Mind, or the Mind of God. In the familiar trilogy of *Spirit, mind and body*, the term Mind is synonymous with the entire Trinity. Therefore, it represents a higher state of activity than our ordinary intellectual mind. It encompasses all *states of mind and being* as an expression of Spirit.



Practitioner - A Practitioner is an individual who has been trained and licensed by the *Church of Religious Science* to professionally serve the spiritual growth and unfoldment of others. See page 31 for a more detailed description.



The Principles - A *principle* is a basic truth, law or assumption that does not change. In the ultimate sense the *Principles of Universal Truth* are those qualities that we hold as *Divine Ideals* such as Love, Wisdom, Beauty, Joy, etc. The basic principles of *Religious Science* are expressed throughout this syllabus and are summarized in the “*Declaration of Principles*” on page 41. The way that we *practice* these Principles is through the various “*Tools for Change*” such as meditation, prayer, service, etc.



Race Consciousness - This term refers to the collective consciousness of the human *race*, or species. By virtue of our humanness we are subject to the many hidden causes that lie within the collective subconscious mind of humanity. This same concept is also referred to as *race suggestion* or *race mind*.



Science of Mind - This term refers to the basic teaching of *Religious Science* as developed in the “*The Science of Mind*” textbook written by Ernest Holmes. The term refers to the scientific use of spiritual principles contained within the Mind of God. (See *Mind* above)



Subjective Mind - This term refers to the subconscious, or hidden, aspect of the Mind of God.



Treatment - The term *treatment* is often used as an abbreviation for Spiritual Mind Treatment, or Affirmative Prayer. (See page 32) To perform the act of Spiritual Mind Treatment is often referred to as “*treating*”.



Soul - In *Religious Science* the term Soul represents the subjective, or subconscious, aspect of our nature. In the Trinity of Spirit, mind and body, it is synonymous with the subconscious nature of the mind.

What is Religious Science?

1. Religion 2. Science 3. Creative Process

All About "New Thought"

1. So You Are! 2. A New Thought 3. New Condition 4. Idea

The Mentors of "New Thought"

1. Jesus Christ 2. Emanuel Swedenborg 3. Phineas P. Quimby 4. Ralph Waldo Emerson 5. Thomas Troward
6. Emmet Fox 7. Emma Curtis Hopkins 8. Albert Einstein 9. Ernest Holmes

The Great Heritage of Humanity

Christianity / Buddhism / Art / Islam / Philosophy / Taoism / Science / Zen / Mathematics / Judaism / Huna / Hinduism / Yoga / Music / Psychology / Confucism / Theosophy / Sufism / Jainism / Star Trek / Shamanism / Freemasonry / Rosicrucism / Shintoism / "Big Foot"

Cinema of the Self

1. Spirit • Mind • Body 2. Infinite • Invisible • Physical 3. Life • Quality • Appearance 4. Cause ➡ Effect 5. Order
• Law • Activity 6. I Am That I Am (☸) 7. Steam • Vapor • Water • Ice

Aspects of the Self

1. Trinity 2. Infinite 3. Invisible 4. Physical 5. Law And Order 6. I Am That I Am 7. Universal Substance

The Great Humandala

1. Survival Guy/Gal 2. Emotional Guy/Gal 3. Logical Guy/Gal 4. Peaceful Guy/Gal 5. Happy Guy/Gal

The Cast of Characters

1. The One Life 2. The One Mind 3. Primal Mind/Survival Guy (Gal) 4. Reactive Mind/Emotional Guy (Gal) 5. Rational Mind/Logical Guy (Gal) 6. Mystical Mind/Peaceful Guy (Gal) 7. Enlightened Mind /Happy Guy (Gal) 8. The Path To Everywhere

The Coach to Everywhere

1. Master / Spirit 2. Driver / Mind 3. Horse / Emotions 4. Coach / Body

The Components of the Coach

1. Master / Spirit 2. Driver / Mind 3. Horse / Emotions 4. Coach / Body

The Creative Process

1. Ideal 2. Intuition 3. Idea 4. Imagination 5. Inspiration 6. Action 7. Experience 8. Reaction 9. Feeling 10. Cognition 11. Knowledge 12. Recogniton 13. Wisdom 14. Mental Blocks 15. Emotional Conflicts

Personalizing the Process

1. Ideal 2. Intuition 3. Idea 4. Imagination 5. Inspiration 6. Action 7. Experience 8. Reaction 9. Feeling 10. Cognition 11. Knowledge 12. Recogniton 13. Wisdom

Exploring the Creative Process

1. Ideal 2. Intuition 3. Idea 4. Imagination 5. Inspiration 6. Action 7. Experience 8. Reaction 9. Feeling 10. Cognition 11. Knowledge 12. Recogniton 13. Wisdom 14. Involution 15. Evolution 16. Mental Blocks 17. Emotional Conflicts

Tools for Change

1. Education 2. Affirmation 3. Observation 4. Goals 5. Tithing 6. Service 7. Meditation 8. Prayer 9. Practitioning

Spiritual Mind Treatment

1. Recognition 2. Unification 3. Declaration / Realization 4. Acceptance / Thanksgiving 5. Release

Dealing with Difficult Subjects

1. Sin 2. Evil 3. Devil 4. Heaven 5. Hell 6. Karma 7. Death 8. Reincarnation 9. Psychism 10. Money 11. Food 12. Sex 13. Miracles 14. Accidents 15. Jesus Christ

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