

# THE PROCESS OF CO-CREATION



## Community Co-Creation Service

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## New Minister Co-Creation Process

God has Promised:

"Where two or three are gathered in My Name,  
there Am I in the midst of them, and  
Behold, I make all things New."

~ Matt. 18:20 ~ Rev. 21:5 ~

### Purpose:

God's the **Newness** that I Am  
(Love Expressed Through Wholeness)

### Vision: Revealing a New Minister Through Group Healing

My *intentions* for being here are:

1. To gather with others in order to invoke the Presence of Spirit for the purpose of personal and collective healing that will reveal a New Minister for our Community.
2. To develop a greater understanding of the Principles of Group Healing as the means of Co-Creation.
3. To develop the practical knowledge that will allow me to apply the Principles of Group Healing to my own life circumstances.
4. To deepen my faith through real spiritual practice, as a means of revealing newness into my life experience.
5. To experience the power of group spiritual practice as an effective way to change conditions in our Community.

6. To \_\_\_\_\_

Myself

7. To \_\_\_\_\_

Others

### Clearing:

I presently feel: \_\_\_\_\_ I intend to leave feeling: \_\_\_\_\_

Signed

Date

### The GodSong Project

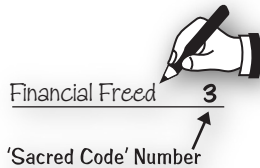
The transformational chanting hymn 'God's the Love that I Am' is available for down-loading in mp3 format at: [www.SacredDays.org](http://www.SacredDays.org) All of the materials in this packet are freely provided without fees or royalties by the authors. If you find them to be of personal value please consider making an 'Appreciation Offering' through this website.

(Aug. '14)

[www.SacredDays.org](http://www.SacredDays.org)

This Manual was developed to provide an introduction to, and explanation of the underlying Principles that are incorporated into the overall 'class program.' To accomplish this, 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.

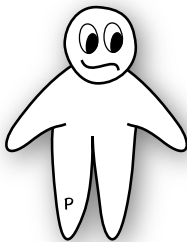
## 1 The Blanks



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 the Manual you will frequently encounter 'blank lines' at the beginning of most paragraphs or sections of text. Furthermore, many of these headings will serve as personal affirmations if you read them aloud. These affirmative headings are also intended to be 'filled in' by you in either of the following ways:

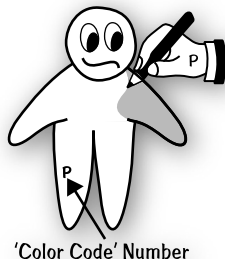
1. Fill in the blanks as you are instructed during the class.
2. Fill in the blanks by correlating the little 'code numbers' on the right hand side of the blanks to the 'Sacred Code' located in the lower left hand corner of each page.

## 2 the Icons and Illustrations



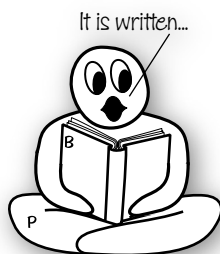
Each section of text in the Worksheet is accompanied by an icon, symbol or illustration that will help convey the information contained in the written dialogue. Generally, these images are placed on the left-hand side of the page in order to be more accessible to the 'right-brain.' The text is on the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

## 3 the Icons and Illustrations



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.'

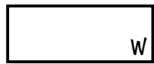
## 4 The 'Wisdom Worksheets' Aloud



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

The various icons and illustrations throughout this Packet 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:

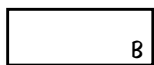
## The Cosmic Palette



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



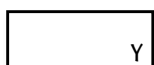
**Violet** [Pink+Blue] represents the quality of **Love**, or the coming together of heaven (blue) and earth (pink).



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



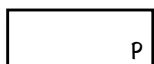
**Green** [Blue+Yellow] denotes the higher wisdom faculties. It represents the realm of **Intuition**.



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



**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. For example, if an icon is to be colored *Orange*, first color it with a *Pink* Highlighter. Then, color over it with a *Yellow* Highlighter and it will turn *Orange*.

There are three activities that will be engaged in conducting a Co-Creation Process. Each of them has it's own requirements and distinct characteristics. They will not always occur in a sequential order. In fact, in the course of conducting a Process, there may be a need to visit each of these activities a number of times in no particular order. However, there is a certain underlying logic to the order in which they are listed and explained below.

## 1. \_\_\_\_\_ 1 - My Understanding Reveals My Wisdom



Get Smart

Learning lubricates the Co-Creation Process. By understanding the purpose behind the practices and procedures of the Co-Creation Process, participants will be able to utilize them more effectively. Furthermore, they will be less resistant to the kinds of personal changes that the Process will require them to undergo. It is important to initiate as much of the learning experience as possible at the beginning of the Process. Once you have engaged the emotional turmoil that often accompanies the healing process, most people will no longer have the 'ears to hear' rational metaphysical explanations.

## 2. \_\_\_\_\_ 2 - My Wisdom Reveals My Wholeness



Get Healed

Healing is the result of applying the wisdom gained from the learning process. Whenever we shine the Light of Wisdom into our souls, the 'lies inside us' fall away, so that Love can flow through us to reveal the Wholeness of our being. This is the most important activity of the Co-Creation Process. Because of the emotional strife it may sometimes cause, it is tempting to want to rush through, or skip over this part of the Process. We should never, ever, attempt to do that. If necessary, we may even have to extend the healing work to ensure its full completion. The quality of the revelation of a group will always be determined by the depth of the healing that takes place within its collective consciousness.

## 3. \_\_\_\_\_ 3 - My Wholeness Reveals Newness



Get Blessed

Once a group is possessed of Wisdom, and is operating in Wholeness, it can then proceed to create something new within their collective and personal experience of life. This newness is actually a revelation of the Word of God that they have all agreed upon. It is the healing process that allows the group to operate in 'one accord' as they develop specific intentions and a common vision. As a group develops the 'knack' of working with intentions, instead of objectives, their collective creative ability will be greatly enhanced. Once a Sacred Covenant has been developed, the 'newness of Spirit' will begin to harmoniously unfold Itself through the group as good ideas and inspired actions.

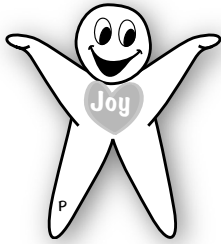
**⚠ Alert** Whenever a group falls into strife during this stage, it is a sure indication that the healing process is not complete.

The universe is full of principles, laws and cosmic propositions. However, there is only one law that truly empowers us to take dominion over the conditions and circumstances of our lives, it is the 'Great Law of Life,' as follows:

I

## What I

2



'Be it, and you will see it.'

**"As you have believed, so be it done unto you."** ...Mat, 8:13

Despite what we may want, wish or even think that we deserve out of life, what we *always* get is exactly what we *believe*. This is the 'Great Law of Life.' This understanding is no longer just a spiritual proposition, but is widely becoming accepted by mainstream psychology, as well as modern quantum physics. Given the implications of this proposition it behooves us to carefully consider the following five questions:

### Five Fruitful Questions About the 'Great Law of Life'

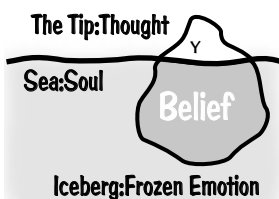
- 1 Is the 'Great Law of Life' really true?** – As with all spiritual Truth, the validity of this proposition can only be ascertained by us, so far as we are concerned. In other words, it must be tested by us in our own experience of life.
- 2 What is a Belief?** – A belief is much more than an opinion or thought that we hold about something. A belief is a deeply suppressed emotional impulse that expresses itself unconsciously through us in order to produce experiences in our life.
- 3 What Do I Believe?** – It is very easy to ascertain what we believe. We can simply look at the *felt* reality of what we are receiving in our experience of life. In other words, *'what we are receiving is what we are believing.'*
- 4 What Do I Want to Believe?** – If there is some aspect of our life that we are dissatisfied with, then we must change our beliefs about it. The quality of our life experiences now becomes a function of what we choose to believe about them.
- 5 How Do I Change My Beliefs?** – If diligently applied, the principles and practices contained in these materials will provide the means for us to effectively change our beliefs in order to produce a more positive and abundant experience of life.

### My Beliefs are Like

3



Sun: Spirit



It takes a 'melt down' to make a change.

**be • lieve' - To place trust or confidence in.**

Based on its deeper root meaning, to believe means *'to be like.'* In other words, we tend to unconsciously behave in a way that is consistent with the nature of our beliefs. This is because the motive forces behind a belief are mostly hidden as suppressed emotions within our souls, as depicted in the graphic metaphor to the left. As the warmth of the Sun melts away the tip of the iceberg, more and more of what was previously hidden comes up to the surface. This is why it often takes time, combined with *'daily dedicated spiritual practice,'* to completely dissolve a major belief in the sea of our soul, and the *'body of our affairs.'*



## The Great Law of Life: 'You Receive What You Believe.'

A 'corollary' is a specialized version of a general law or proposition. When faced with a *false belief*, the 'Great Law of Life' *correlates* itself to the three main aspects of our being, which are the body, soul and spirit, in the following ways.

### Whatever I'm Up Against, I Am

Corollary

1  
P

BODY

Our creative spiritual nature is always seeking to awaken itself within us, in order to express Life more abundantly through us. The tool that it uses most effectively is to create conflicts in our lives that produce pain in our bodies and suffering in our minds. The nature of the particular conflicts that each of us experience is directly related to the '*false beliefs*' that we hold about life. Consequently, every conflict and problem that we face is intended to '*wake us up*' to the fact that we are believing something that is not true about Life.

### I Always Get What I Feel I

Corollary

2  
Y

SOUL

It is a natural human tendency to think that we have the right to get whatever we desire. Hence, we begin to *think* that we truly *deserve* to have whatever it is that we want. However, the 'Great Law of Life' can only provide us with what we truly *believe*. And since a belief is made up of mostly emotion, frozen into self-repeating patterns of experience, we will *always* receive what we *feel* we deserve, based upon our current belief system. Unfortunately we generally don't know what we *feel* we deserve until we get it. Consequently, whenever we receive something less than what we *think* we deserve, we tend to *feel* disappointed, frightened or angry. This is because it is our '*hidden fears*' have actually created whatever it is that we have *received*.

### 6 Fulfills the Law for Me

Corollary

3  
B

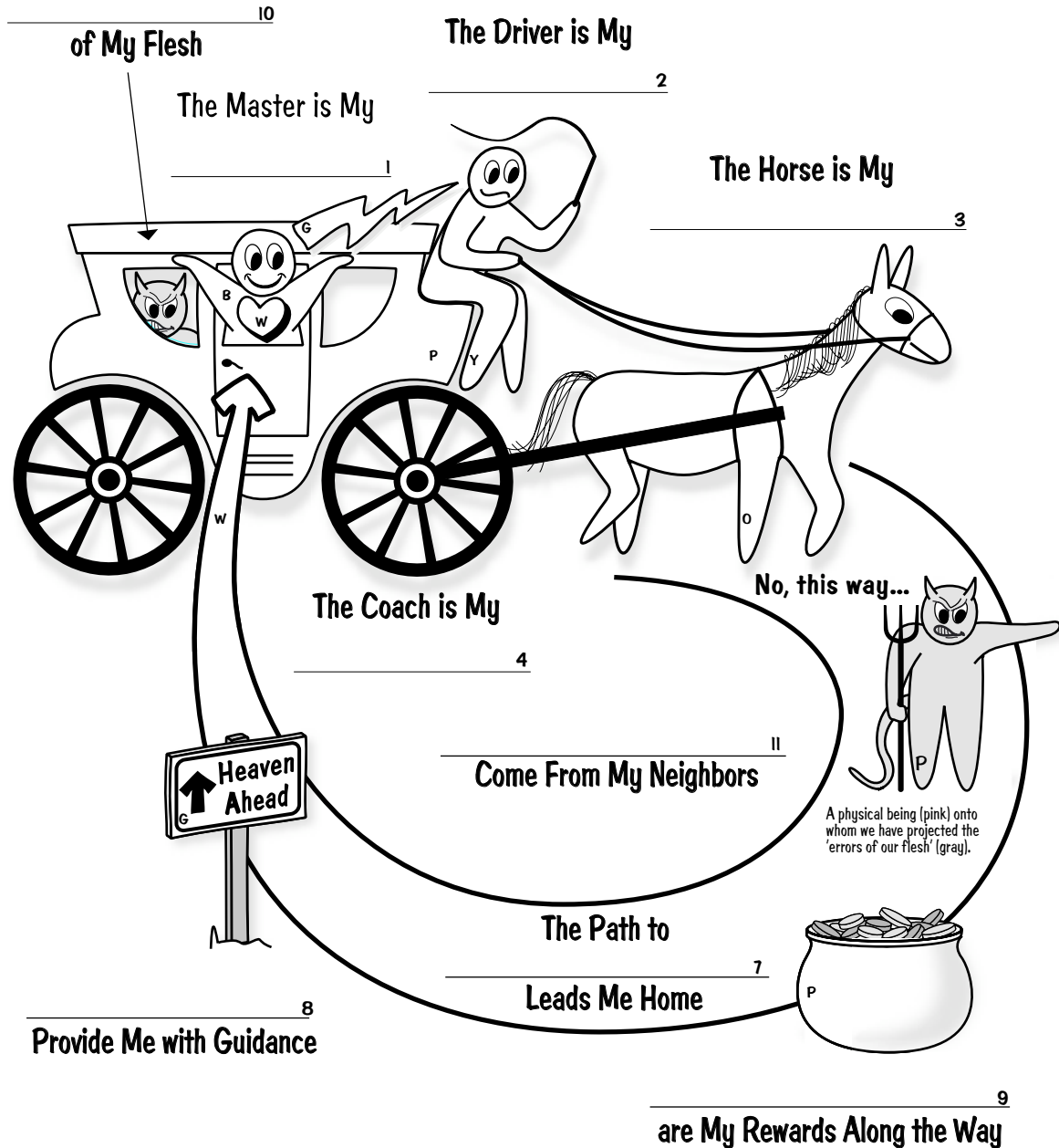
SPIRIT

It's been said that "*every problem was once a solution.*" This is because a worldly solution to a problem merely buries the symptoms of our suffering and never really removes the cause. However, we need to consider that a true solution always involves dissolution, and this is what Love does. Love dissolves the cause of our suffering with Truth, and creates a new experience of Life beyond anything that we could ever conceive of. Love creates a '*divine conception*' that produces an ever increasing experience of heaven on earth. This is why the scriptures tell us that '*Love fulfills the Law,*' and produces no residual effects or regrets. **Consequently, whenever we put Love into the Great Law of Life, something good always happens.**

# The Coach to Everywhere 6.1

The vehicle we use to travel along the evolutionary path to 'Spiritual Enlightenment' is the **Coach to Everywhere** shown below. Detailed descriptions of the various aspects of our being that collectively comprise the **Coach to Everywhere** are provided on the following pages.

The Passengers are the



## Legend



Intuition is My 5



My Spiritual Center is the 6



## The Master is My

1



The Master of the Coach is the Creative Spirit within us all. The purpose of our evolutionary spiritual journey is for this aspect of our being to awaken the other elements of the Coach to their own true nature and role in the creative process of life, thereby bringing them into a state of harmonious interaction. 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 by the noise of the Driver yelling at the clapping Horse which pulls along the rattling Coach.

## The Driver is My

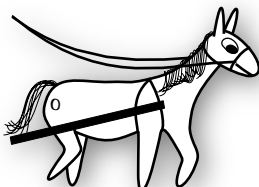
2



The Driver of the Coach represents our mind, which is the aspect of our being that can think, ponder, plan and perform feats of logic. However, in the absence of direction from the Spirit, the mind doesn't really know where it is going, it only knows that it wants to get there fast and have some fun along the way. Therefore, it either whips the Horse (emotions) into a frenzy, or gets distracted by the scenery and gets lost along the way. The biggest mistake the mind always makes is to think that it is its own master. Note that the Driver directs the Horse with the '*reigns of imagination*' which are a more substantial form of communication than the '*still small voice*' of intuition.

## The Horse is My

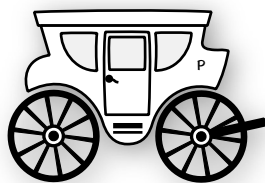
3



The Horse represents our emotions, which are the motive force behind our whole being. The word emotion literally means '*energy in motion*,' and what we call a *feeling* is simply an awareness of the way that our life energy is moving. When it is moving in a positive fashion we *feel* good. When it is blocked or moving in a destructive way we *feel* bad. 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.

## The Coach is My

4



The Coach represents our '*physical flesh body*,' which serves as our '*vehicle of expression*' in the world. It is through our body that our '*indwelling spirit*' is able to experience all that it has created through us. Even in the midst of the pain and suffering that we sometimes encounter in the world, if it were not for our bodies our Master would never be able to enjoy the '*forms of beauty*' that Love assumes when it is made flesh in our lives.

Just like a real coach or automobile, 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 take its toll and damage or destroy our Coach.

## Intuition is My

5



Intuition is the direct perception of Truth, independent of reason. It is through the power of our *intuition* that we are able to contact the '*divinity that is within us.*' Although intuition is perceived in the head, it emanates as an '*inner voice*' from the heart. This kind of an experience is often called *faith*, which is the direct intuition of Spirit. It is the "*substance of things hoped for, the evidence of things not seen.*" ...Hebrews 11:1

## My Spiritual Center is the

6



The '*Universal Heart*' represents the '*spiritual center,*' or '*Word of God*' that is within us, acting through us and expressing Itself all around us as our very lives. It is the *omni-present* center through which we are connected to everyone, and everything that has ever been, or will ever be. It is the inner presence of our own '*divine potential*' that has been called "*Christ in us ...the hope of all glory.*" (Col. 1:27) The Buddha called it *Nirvana*, and Jesus simply referred to It as '*The Father.*'

## The Path to

## 7 Leads Me Home



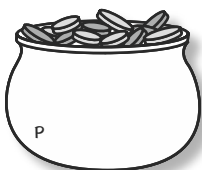
The '*Path to Everywhere*' is the long, sometimes difficult and uniquely glorious route that each of is taking to come into the highest revelation of the '*divinity that is within us.*' As we begin to *transform* our Passengers, *bless* our Neighbors and *follow* the Signs and Wonders along the way, we finally assume conscious control over our journey so that it becomes increasingly peaceful and filled with joy. Ultimately, we find our way home, where we come into an '*awareness of oneness*' with all of Life, which is the experience of unconditional Love.

## 8 Provide Me with Guidance



The *Signs* we receive along the way provide '*divine guidance*' to assist us on our journey. These spiritual signs come in many different forms, such as teachers, books, insights and coincidences. However, the most reliable source of spiritual guidance comes to us through the '*sacred scriptures,*' which have withstood the test of time. The favorite trick of our Passengers and our Neighbors is to give our Driver wrong directions. By testing their suggestions against the '*Word of God,*' we can protect ourselves from spiritual *deception.*

## 9 are My Rewards Along the Way



The *Wonders* that arise as a result of our willingness to stay on the path of righteousness are revealed as the many *rewards* that come to us in two basic forms. The first rewards are internal, and consist of an inner peace and the '*quiet delight,*' that is the true nature of joy. It is these inner spiritual realizations that unexpectedly reveal themselves as prosperous conditions in our outer lives. Consequently, we come to experience an ever increasing abundance of life in a way that causes us to *wonder* how all of these good things could happen.

## My Passengers are the 10 of My Flesh



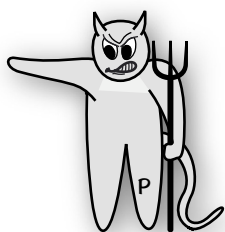
The Backseat Driver

Our Passengers represent the '*false beliefs*' that we have picked up along the way on our spiritual journey through life. They are the '*errors of the flesh*' that have been created out of not fully understanding our experiences in the world. These '*error beliefs*' are hidden fears that reveal themselves as the self-defeating behaviors that have traditionally been called *sins*. Even though we may have consciously suppressed these *errors*, they still remain active with us and behave like '*backseat drivers*' in our Coach. The favorite trick of the Passengers is to confuse the Driver by contradicting the directions of the Master.

It is important to recognize that our Passengers are a part of who we are. Consequently, we can never really get rid of them. We can only *transform* them into something greater. This takes place in the same way that a dense fog is *transformed* by the warmth of the Sun into clouds that abide in the heavenly skies. The way that we dissolve away the dense, dark presence of our Passengers is with the '*light of understanding*' that can only come through compassion, forgiveness and love.

## II Come From My Neighbors

No, This way...

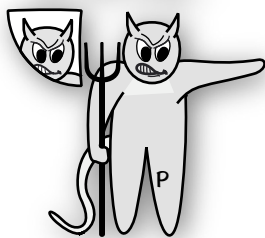


"My Neighbor Made Me Do It!"

A Neighbor is more than someone who lives next door. Every single person who arises in our experience of life is a Neighbor. Furthermore, these Neighbors are like *mirrors* who reflect back to us the inner contents of our very own Coach. In this sense, every Neighbor is a '*soulmate*,' and we *adore* the ones who reflect the nature of our Spirit. However, we tend to *abhor* the ones who cast back to us glimpses of our very own Passengers. This is why our Neighbors provide us with the greatest temptation of them all, they tempt us to not love them. Consequently, it is our Neighbors that provide the '*temptations of life*' that we meet along the way on our spiritual journey.

## My Passengers and My Neighbors are 12

No, this way...



The Terror Twins  
(Separated at Birth)

One of the most important relationships on the Path to Everywhere is that which exists between our Passengers and our Neighbors. Our Passengers represent the hidden fears that are suppressed within us. However, our human tendency is to project those fears onto the people that are around us, whom we call our Neighbors. When our Horse sees those projections it will always react in one of three predictable ways. It will '*desire to harm*' our Neighbors, which we will experience as hatred, anger, resentment and various forms of annoyance. Or, it will '*desire to hide*,' from our Neighbors, which we will experience as cowardice, appeasement, withdrawal or other various forms of avoidance. Additionally, our Horse may simply '*desire to have*' our Neighbors, or their possessions, in a way that will cause us to experience lust, greed, envy and other forms of acquisitiveness.

It is important to realize is that when we '*love our neighbors*,' through acts of forgiveness, we are actually dissolving away the '*hidden fears*' that have formed the Passengers in our very own Coach. For our Passengers and our Neighbors are made of the same substance, which is the '*fog of unconsciousness*' that is *transformed* into '*clouds of glory*' through the power of Love.

Our 'Views' in life are made up of what we see, and the way we see, expressed and experienced as ideas. The views that we 'Value' are the ones that make us feel good, and what makes us feel good is always a recognition of the 'Word of God' within us. In other words, the Views that we Value are actually just '*forms of remembrance*' of the Divine. We can use this understanding to build consensus in the following way.

## 1. Collect the \_\_\_\_\_<sup>1</sup> That We \_\_\_\_\_<sup>2</sup>



Collect the Views  
w/ Hidden Values

### What do you want?

The first step in building a group consensus is to identify and collect the Views that people Value. This is accomplished by answering the question above. This must be done without judging or trying to evaluate the quality or usefulness of our ideas. Generally, our Values are so attached to our Views that we tend to protect our Views at all costs, thinking that we are protecting our Values. In truth, it is our hidden fears that keep us attached to our Views. We are afraid that someone will take away what we Value. Consequently, the next step in the Co-Creation Process is to separate our Views from our Values by simply identifying what they are.

## 2. Separate the \_\_\_\_\_<sup>3</sup> From the \_\_\_\_\_<sup>4</sup>



Revealing the Values  
Releases the Views

### If you had what you wanted, what Word of God would you experience?

To answer the question above requires that we 'go within' and engage in a process of self-exploration. What we Value is always connected to the 'Word of God within us.' Consequently, what we Value is sacred to us. By recognizing and protecting what we Value, we become more open and accepting to change and newness. Furthermore, by recognizing that the Word of God is '*the good that we can all agree on*,' it will be fairly simple to bring the group into one accord. This is because the Qualities of God do not conflict with each other. For example, Love does not conflict with Beauty, nor does Peace conflict with Freedom.

## 3. Create New \_\_\_\_\_<sup>5</sup> From Common \_\_\_\_\_<sup>6</sup>



Combining the Values  
Expands the Views

### How would you like to express what you value?

The final step is to create a 'new View' that contains the collective Values that are common to a group. The key to doing this is to develop intentions based on the Word of God, rather than objectives based on physical outcomes. The distinction is that we *desire* to possess objectives, whereas we are *inspired* to express our intentions. Consequently, intentions are more closely aligned with our motives, and serve to define the *quality* of our creative expression. In other words, we enter into a process of *giving* instead of an activity of *getting*. The Spiritual Principle behind this shift in group expression is that we can experience only what we are willing to express.

"Good people, out of the good treasure of their hearts,  
will bring forth that which is good." ...Luke 6:45

## My Minister

Version 1.0

### Bugs & Features:

The Ministers I've known are:

1) \_\_\_\_\_



\_\_\_\_\_ that I am.  
(Quality of God)

2) \_\_\_\_\_



\_\_\_\_\_ that I am.  
(Quality of God)

3) \_\_\_\_\_



\_\_\_\_\_ that I am.  
(Quality of God)

4) \_\_\_\_\_



\_\_\_\_\_ that I am.  
(Quality of God)

5) \_\_\_\_\_



\_\_\_\_\_ that I am.  
(Quality of God)

Draw a sketch, icon or symbol that best represents your current concept of Ministers.

Draw a sketch, icon or symbol that best represents how you would like to conceive the true nature of Ministers.

Write a brief description of your former concept of Ministers. You may wish to use your non-dominant hand to do this. (ie, If you are right-handed use your left hand).

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In ten words or less, write how you would like to conceive the true nature of Ministers. Write it first with your dominant hand and then again with your non-dominant hand.

1 \_\_\_\_\_

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2 \_\_\_\_\_

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Following is a collection of selected writings from the modern day spiritual teacher Ernest Holmes regarding the transformation of fear into faith.

## FEAR: Antithesis of Faith

Fear is the antithesis of Faith. It is the negation of confidence. Like Faith, fear may be conscious or subjective, **and if it is to be eliminated, it must be removed both consciously and subjectively.**

...Science of Mind Glossary • Page 593

## The Universal Doubt

While it is true that we can trace specific fears to certain incidents that transpired early in life, and while it is true that if we do this we can remove them, most fears finally resolve themselves into a very few attitudes of mind, most of which are based on the belief *"no one wants me, needs me, or loves me; probably I am unworthy, unnecessary, and useless; I am inadequate to meet life, I have not the strength or the power or the will to overcome obstructions, and I do not fit anywhere."*

*(The Universal Doubt - "I am not enough.")*

**Well, the way to get rid of fear is through the cultivation of faith; a faith founded on the thought that God is all there is.**

...Living the Science of Mind • Page 378

## Misplaced Faith

**But what is fear? Nothing more nor less than...faith misplaced; a belief in two powers instead of One;** a belief that there can be a Power, opposed to God, whose influence and ability *may* bring us evil. In other words, to correct all the evils of the world, would be but to have the positive faith, faith rightly placed, a faith that lays hold of the integrity of the Universe, the beneficence of God and the Unity of all life. **Nevertheless, we cannot have faith in that which we do not in some measure understand.**

...Science of Mind • Page 156

## Turning Fear into Faith

Fear and faith are identical in that the energy used in the one is the same energy as that used in the other, since there is but one final Energy in the universe and this final Energy is the energy of thought.

You should be careful not to fight fear too much, but rather, through a sort of flexible imagination, convert fear into faith.

Realizing that it is a mental attitude, you can do this very easily. Looking at the thing which you fear and examining the thought of fear which you have about it, convert this thought into one of faith, realizing that the energy of fear converted into faith will produce an effect exactly opposite.

**If you will look at the thing you are afraid of until you really understand it, it will no longer have any element of fear for you.**

You can do this in such degree as you are conscious of being Divinely guided and protected, and state your realization of this in a definite manner.

...Effective Prayer • Page 50,51

## Facing Your Fears

To begin with you might follow a few simple rules. **First of all, if you are filled with fears, do not harbor them as a great secret in your life but find some close friend or confidant to whom you may unburden your whole soul.** This will release the tension which your fears have built up in your body. Just to talk with a calm, confident person, who can point out the reason why you need not entertain these fears, is a great relief. *(See a Practitioner.)*

This is, however, but a temporary thing, **for next you must learn to face the fears. You should not be afraid to analyze them and you should explain to yourself just why you know there is nothing to be afraid of.**

Whenever you find yourself brooding over some fear or entertaining some anxiety, begin at once to do something about it.

...Living the Science of Mind • Page 362

## FAITH: Attitude of Truth

Faith is a mental attitude which is so convinced of its own idea—which so completely accepts it—that any contradiction is unthinkable and impossible. Before such a mental attitude can be created, there must be nothing left in the subjective state of our thought which contradicts our objective affirmation.

...Science of Mind • Page 283



Just as a single snapshot could not show you the whole of a house, likewise a single description could hardly capture the whole essence of a Spiritual Truth such as Faith. Therefore, we can only come to understand Faith by looking at it from as many different views as possible. Following is a short collection of notable quotes about Faith. By considering how each one of these individuals sees Faith, you will begin to develop a more holistic view, and a 'felt sense,' of the true nature of Faith.

## **Jesus Christ**

"According to your faith be it unto you."  
...Matthew 9:29

## **Saint Paul**

"Faith is the substance of things hoped for; the evidence of things not seen." ...Hebrews 11:1

## **Ernest Holmes**

"Faith means a belief in the presence of an invisible principle and law which directly and specifically responds to us."

## **Charles Fillmore**

"Faith is a magnetic power that draws to us our heart's desire from invisible spiritual substance. It is a deep inner knowing that that which is sought is already ours."

## **Lloyd Tupper**

"To have the faith of God, as opposed to faith in God, creates the experience of demonstration as opposed to the experience of mere hopeful expectation."

## **Benjamin Franklin**

"The way to see by faith is to shut the eye of reason."

## **Algernon C. Swinburne**

"Faith lives when hope dies dead."

## **Emma Curtis Hopkins**

"Sometimes people have thought they ought to sit down in the midst of dishes needing washing, and account books needing straightening, and refuse to do these tasks, because to do them is a sign of belief in labor. It is not yours to demonstrate the cessation of work. It is yours to settle your faith. Keep at your tasks till your faith is so clear that the free Spirit sifting through it, takes the dishes out of your way and calls another to straighten your accounts while you are being used as a redeemer from death and pain."

## **Blaise Pascal**

"Faith embraces many truths which seem to contradict each other...This then is faith: God felt by the heart, not by the reason."

## **St. Augustine**

"Faith is to believe what you do not see. The reward for this faith is to see what you do believe."

## **Krishna**

"A man consists of the faith that is in him. Whatever his faith is, he is." ...Bhagavad Gita v17

## **Voltaire**

"Faith consists in believing not what seems to be true, but what seems to be false to our understanding."

## **Frederick Bailes**

"Faith naturally follows knowledge. We first get the knowledge, and then we become aware that we already have the faith; that it came of its own accord when it found a substantial enough object of truth upon which to rest."

## **Lloyd Strom**

"Faith is when Truth and Reality coincide, and the Reality of Truth is Love. Faith is the activity of Love that reveals the Kingdom of Heaven at Hand."

## **Mohammed**

"Faith is that belief of the heart in that knowledge which comes from the Unseen."

## **Sri Ramakrishna**

"God can be realized by true faith alone."

## **Mother Theresa**

"The fruit of Silence is ...Prayer;  
The fruit of Prayer is ...Faith;  
The fruit of Faith is ...Love;  
The fruit of Love is ...Service;  
The fruit of Service is ...Peace."

# The Fear to Faith Worksheet II

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

The Word of God  
on which I build my Faith is:

W B 3

Draw a symbol of the Word of God:

The 'word of resistance' that I react with is:



6

Control • Hide • Anger • Attachment • Flee • Appease • Worry  
Depression • Confusion • Lose • Withdraw • Rebel • Confront

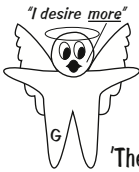
Draw a symbol of the false belief:

The 'word of error' that I have falsely believed in is:

5



Lack • Debt • Conflict • Limitation • Ignorance • Rejection • Death  
Chaos • Judgment • Dependency • Duality • Disease • Poverty

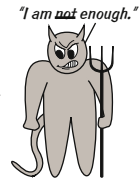


HOPE

What I hope will happen is:

2

Y



FEAR

What I fear will happen is:

4

O

NEWNESS

The person I must forgive is:

7



I Accept You \_\_\_\_\_ (Name) \_\_\_\_\_ (Inhale)  
I Bless You \_\_\_\_\_ (Name) \_\_\_\_\_ (Exhale)

I am grateful God is gracious; I am grateful God is:

Date:

8

V

OLDNESS

The current situation or condition is:

This is how I am feeling:

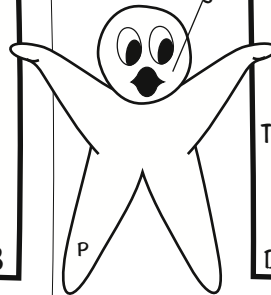
Date:

I

P

FLESH

"I am enough!"



'The Universal Truth'

Color Code:

Pink-Physical Orange-Emotion (P+Y) Yellow-Mind Green-Intuition (Y+B) Blue-Spirit Violet-Love (P+B) White-Wholeness Gray-Subconscious Black-Mystery

## The Releasing Prayer



I release my belief in \_\_\_\_\_

5



(Word of Error)



I release my need to \_\_\_\_\_

6



(Word of Resistance)



I am grateful God ...is the \_\_\_\_\_

3

I am!



(Word of Faith)

(Feb. '14)

www.SacredDays.org

**Purpose:** The purpose of the '70 x 7 Forgiveness Process' is to dispel the 'errors of our flesh.'

## Principle:

The first step in the spiritual purification process is to dispel the 'illusions of the mind.' This is accomplished with relative ease simply by 'changing our conscious mind' to bring our thinking into alignment with the Principles of Truth. The next step is to change the subconscious, or carnal mind that is associated with our flesh. This is a far more difficult process since this aspect of our being is highly resistant to change of any kind. Therefore, it requires great persistence to bring about a meaningful change in the carnal mind. One reason is that our subconscious nature is very clever when it comes to protecting itself from change. Consequently, it will allow you to perform all sorts of spiritual practices right up to the point where change is immanent. Then it sends forth all sorts of very logical reasons to stop. Furthermore, these reasons will also be accompanied by feelings that support the suggestion to stop. Some typical tricks of the carnal mind are the following thoughts:

"That should be enough for now." ~ "I'll do some more later on." ~ "I better not overdo it."

"Maybe I'm doing this wrong." ~ "This will never work." ~ "I'm too tired right now."

"I've got too many other things to do right now." ~ "Uh-Oh I feel a nap coming on."

The '70 x 7 Forgiveness Process' is intended to help us break through our resistance to change that we normally encounter in our spiritual practices. If you engage the practice described below, you will quickly become aware of places that your carnal mind is resisting change. This practice is based on the following scriptural suggestion:

*Then Peter came to Jesus and said, "Lord, how often should I forgive my brother when he sins against me? Seven times?" Jesus then said, "Not just seven times, but seventy times seven." ...Matthew 18:21,22*

## Practice:

**First**, identify some area in your life where you would like to have a meaningful change or healing take place, especially in your relationships.

**Then**, select a spiritual practice that you intend to use to bring about this change. Preferably, it should involve some form of bodily movement.

**Finally**, perform 70 repetitions of this practice each day for 7 days. All of the 70 repetitions required for each day should be performed in a single practice session. This practice does not have to be done on seven consecutive days. Simply do it for seven days as nearly consecutive as possible. (*The mind's favorite trick is to get you to quit if you miss a consecutive day.*)

## A Useful Tool



'Tally Counter'

One of the traditional tools for counting repetitions during spiritual practice is a string of beads, such as a 'Rosary' in the West or a 'Mala' in the East. This method becomes somewhat impracticable for any practice that involves the movement of the body, such as 'Posture Prayers.' An excellent modern alternative is a small hand held device called a 'Tally Counter,' as pictured to the left. They are available at almost all Stationary and Office Supply stores. Another convenient alternative is to determine approximately how long it takes you to do 70 repetitions of your practice and then just use a clock, watch or timer. Most of the recommended practices take about 10 minutes.

My Prayer for: \_\_\_\_\_

**T**here is only one Life. This Life is good, this Life is God, this Life is my Life now! Furthermore, 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 an infinite source of \_\_\_\_\_ (My Word of God) I therefore know that this divine and sacred quality is also an expression of my very own being. **S**o here and now, I declare my intention to express this Word of God into my very own experience of life, in order to affirm that I am grateful

to/for/that \_\_\_\_\_ (My Intention)

**A**dditionally, I am willing to fully release my belief in \_\_\_\_\_ (My Word of Error), as I also release whatever need that I may have to/for \_\_\_\_\_ (My Word of Resistance).

**A**nd so in knowing that God is the Love that I am, I now accept this good into my life by forgiving beloved \_\_\_\_\_, as a gesture of my intention to release this prayer into the Mind of God with a joyous, faithful and loving heart, knowing that it will return to me fulfilled, in a way that serves the highest good for all.

**I** am grateful God is gracious. So be it now! Amen.

☺ This is when I previously experienced the Word of God identified above:

Name: \_\_\_\_\_ Date: \_\_\_\_\_

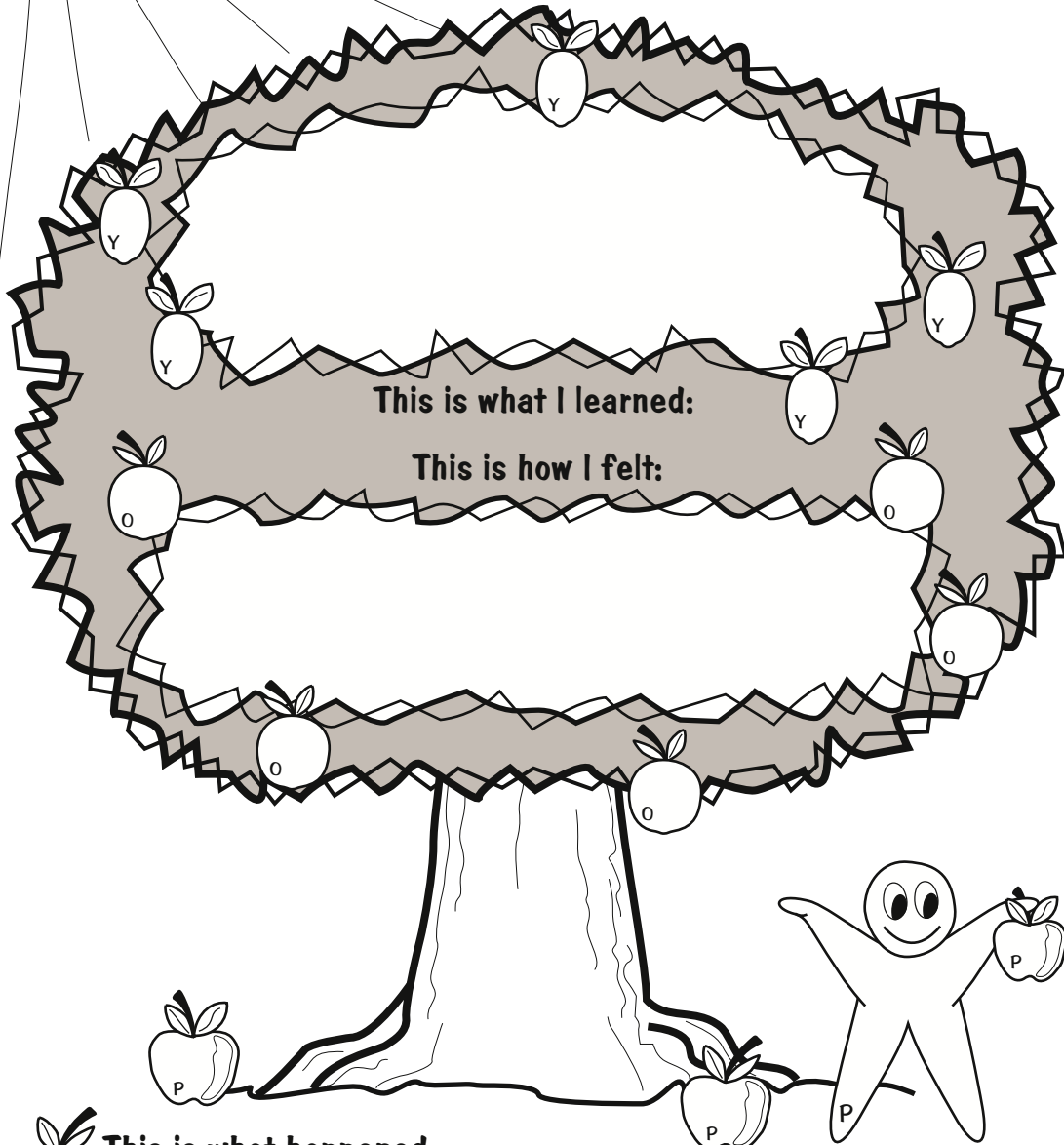
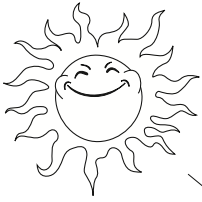
Instructions: On a daily basis, begin by singing the GodSong Chant with your particular Word of God, and/or try to remember back to a time when you had previously experienced your word of God. Finally, connect with the real felt-sense of that Word as you read your Prayer aloud. (The 'GodSong' is available at: [www.SacredDays.org](http://www.SacredDays.org))

# The Thanksgiving Tree Worksheet

14

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

The Quality of God I experienced was:



This is what happened:

Date:



V




V






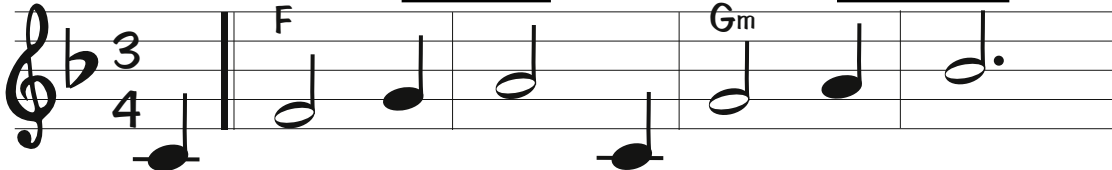
The 'Praising Prayer' is both a 'Posture Prayer' and a 'Chanting Hymn' combined to facilitate healing by lifting us into a higher state of consciousness. It was inspired by the words of the great Christian mystical healer Mrs. Emma Curtis Hopkins, who said:



"If I were to be asked directly as to the quickest way for a person to get their healing power going, I would probably say, Praise everything and everyone in your mind, and if you wish to have your mental convictions demonstrate promptly, then speak these praises aloud."

(Version 1)  I Praise God. I'm Raised by God. 

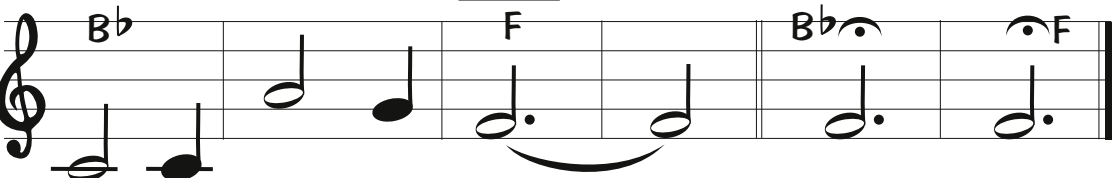
(Version 2)  I Praise My Life.  I Raise My Life. 

(Version 3)  I Praise Your Life.  I Raise Your Life. 



(Version 1,2,3)  (Last line is the same for all three versions.) 

In the Name of Love<sup>2</sup>.... (3X) Amen.



1. Use the actual name of any person, place, organization or circumstance that you wish to either praise or raise, in order to experience a healing with.
2. Use the name of any Quality of God, such as Peace, Beauty, Freedom, Joy, etc. Or, you can use the name of any perfected being such as Jesus, Mary, Buddha, etc.

 You can hear a sample of the Praising Prayer online at: [www.SacredDays.org](http://www.SacredDays.org)

**NOTE:** With a little practice you should be able to coordinate the bodily postures shown with the lyrics of the chant. This process is highly effective, even without the musical component. So, if you are unable to remember the melody, or read the musical score, simply perform the postures, and speak the lyrics out loud in a chant like manner.



## From my Fear to Faith Worksheet:

My Word of Faith is: \_\_\_\_\_



My Word of Error is: \_\_\_\_\_



My Word of Resistance is: \_\_\_\_\_



## Personal Interests:

Following are a number of activities associated with Spiritual Communities. Please select no more than two, which might be of special interest to you

☐ Charitable Activities

☐ Community Outreach

☐ Family Orientation

☐ Music and Arts

☐ Mystical Studies

☐ Prosperity Teachings

☐ Social Activies

☐ Social Activism

☐ Special Events

☐ World Religions

☐ Other: \_\_\_\_\_

## Additional Comments: