

How To Use The Science of Mind”
Ernest Holmes

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I am conscious that the life and the intelligence within me is some part of the Universal Spirit. Therefore, I know that my mind is one with the Infinite Mind. Being one with the Infinite Mind, it is continuously guided and directed and all my actions are controlled by the Spirit within me.

I know exactly what to do in every situation. Every idea necessary to successful living is brought to my attention. The doorway to ever-increasing opportunity for self-expression is ever opened before me. I am continuously meeting new and larger experiences. Every day brings some greater good. Every day brings more blessing and greater self-expression. I am prospered in everything I do. An abundance of good is mine today. There is that within me which understands the Truth, which completely accepts It, which remembers freedom, expresses freedom and anticipates freedom. There is that within me which is completely conscious of its unity with good, of its oneness with all the power there is, all the presence there is, and all the life there is. Upon this Power, Presence and Life I depend with complete certainty. I have absolute inner assurance that Divine Intelligence guides me in everything I do.

I know there is an inner Presence in everyone and in everything. I know that this Presence response to me. I know that everyone is an incarnation of God, that the living Spirit breathes through all. I realize that everything is alive, awake and aware with Spirit. I recognize this Spirit and It responds to me. The spirit within me reaches out and communes with the Spirit in everyone and everything I contact. It is the same Spirit in all, overall and through all.

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“I will fear no evil for thou art with me.” Today Divine Love and infinite tenderness sustain me. In order that I shall not separate myself from this love, I endeavor to see it reflected in everyone and everything. I shall permit only that which is loving, kind and true to find entrance or exit through my consciousness. Thus I shall be assured that I am bathed in the warm glow of that Love which casts out all fear.

Today I bestow the essence of love upon everything. Everyone shall be lovely to me. My soul meets the soul of the universe in everyone. Nothing is ugly; everything is beautiful, everything is meaningful. This love is a healing power touching everything into wholeness, healing the wounds of experience with its divine balm

I know that this Love Essence, the very substance of Life, the creative Principle back of everything, flows through my whole being, spiritual, emotional, mental and physical. It flows in transcendent loveliness into my world of thought and form ever, renewing, vitalizing, bringing Joy and harmony and blessing to everything and everyone it touches.