

CENTERS FOR SPIRITUAL LIVING

Who We Are



Perhaps you see yourself as spiritual but not religious. If so, Centers for Spiritual Living can help you explore your personal spiritual growth. We offer a variety of ways to learn the practical spiritual tools taught by the philosophy of Science of Mind.

Through the Centers for Spiritual Living, you can join a community of like-minded people. We have more than 400 centers and teaching chapters worldwide. If the thought of joining a community of fellow travelers resonates with you, visit www.CSL.org to find a Center for Spiritual Living near you.

SCIENTIFIC PRAYER

Our Scientific Prayer method sets Science of Mind apart from other religions. You can learn more about this type of affirmative prayer in one of two ways. First, you can visit the World Ministry of Prayer online or through telephone support. If you choose this option, you can pray with a licensed practitioner or listen to recorded prayers that address common challenges. Find out more by visiting www.WorldMinistryofPrayer.org. Second, you can find licensed practitioners at any of our Centers for Spiritual Living. They will pray with you around regular worship services or by appointment.

EDUCATION

We host a variety of classes in spiritual practices, breaking through barriers, New Thought history and metaphysical healing. Classes are online and through local centers. We also offer an accredited master's degree program in Consciousness Studies. This interdisciplinary degree includes cutting-edge research in the fields of philosophy, psychology, religion, education, leadership, and science and spirituality. Anyone with an accredited bachelor's degree can apply for admission at www.HolmesInstitute.org.

PUBLICATIONS

Centers for Spiritual Living publishes *Guide to Spiritual Living: Science of Mind* monthly magazine, which has been in continuous publication since 1927. Subscribers have the choice of a printed or digital version of the magazine. It also is sold in bookstores, including Barnes & Noble, and in local Centers for Spiritual Living. The magazine offers the latest in scientific, philosophical and religious topics and approaches. Its centerpiece is the Daily Guides for Richer Living, which offers a dose of inspiration 365 times a year.

Our three book-publishing imprints provide a variety of titles in spiritual books and works by our founder Ernest Holmes, including his seminal text, *The Science of Mind*. Find out more at www.ScienceofMind.com.

ADDITIONAL INFORMATION

For complete information about affiliated centers, member locations, online accredited studies in Science of Mind, prayer requests, books, publications and free literature, visit www.CSL.org or your local Center for Spiritual Living.

AN INTRODUCTION

Science of Mind



It can be taught, it can be learned, and it can be conscientiously applied with a certainty of definite and repeatable results. — Ernest Holmes, Founder, Science of Mind

A practical philosophy, Science of Mind incorporates the mystical truths of every major religion. Sometimes called Religious Science, Science of Mind offers a simple set of spiritual tools that each of us can apply to our lives. It is based on the principle that God is all there is, and that the Universe works by a system of predictable spiritual laws.

Science of Mind has its roots in the 19th Century New Thought movement and American Transcendentalism, which claimed that God is an indwelling presence, instrumental in physical and spiritual healing. Such ideas stirred the thoughts of founder Ernest Holmes (1887-1960). In addition to refining the philosophy he called Science of Mind, Holmes also helped establish the Institute of Religious Science in 1927, the same year he published the first issue of *Science of Mind* magazine, explaining this philosophy to an audience of all religious backgrounds.

"We all look forward to the day when science and religions shall walk hand in hand through the visible to the invisible," Homes wrote. "Revelation must keep faith with reason, and religion with law — while intuition is ever spreading its wings for greater flights — and science must justify faith in the invisible."

A cornerstone of Science of Mind is that God works through the mind, the infinite creative power of the universe. That power — a natural Law — operates only through our own individual minds. We influence the universal mind and manifest our individual thoughts. Our welfare rests neither with the whimsy of luck nor fate but in the power of our minds. Holmes believed any person could use the practice of Science of Mind to address day-to-day circumstances, as well as the larger questions of life and being.

When we face a condition or situation that we want to change, we use the power of thought to conceive and then create the experience we want to have.

Practicing Science of Mind does not require you to join an organization, subscribe to a series of lessons or forsake any other spiritual path. There are several options available if you want to know more about this philosophy. You can visit a Center for Spiritual Living, all of which teach Science of Mind, or you can contact the World Ministry of Prayer, which offers affirmative prayer support by using the principles of Science of Mind.

Another way to study the teaching is through *Guide to Spiritual Living: Science of Mind* magazine, which contains columns, articles and daily guides for spiritual living. Additionally, our publishing house offers a wide range of books and CDs that relate to Science of Mind, including Holmes's original textbook, *The Science of Mind*.

Although Ernest Holmes never intended to establish a church, many people who attended his lectures sought the fellowship of weekly Science of Mind gatherings. Today, Centers for Spiritual Living has some 400 affiliated communities worldwide. Because each center interprets the Science of Mind philosophy in its own way, services offer a variety of experiences. Our affiliated communities also offer classes in Science of Mind.

For more information, or to find a Center for Spiritual Living near you, visit CSL.org or call 720-496-1370. You also can join our community on Facebook.

SCIENCE OF MIND

Licensed Spiritual Practitioners



Through Science of Mind's Centers for Spiritual Living, licensed spiritual practitioners help individuals use affirmative prayer to affect change in their lives.

Called "spiritual mind treatments," affirmative prayers bring the practitioner's understanding and training to help those interested shift conditions in their lives.

Licensed practitioners can help you anchor the Truth in your personal consciousness, whether you're facing challenges or celebrating successes. They support others in creating healthy, vibrant, fulfilling lives. They strive to heal themselves and others through the recognition of the creative power within us all and the use of positive affirmative prayer. Practitioners are licensed by Centers for Spiritual Living. They are bound by a code of ethics to respect your privacy. Their work is based in Science of Mind founder Ernest Holmes's transformational work. The principle that guides them is that God is all there is, and that the Universe works by a system of predictable spiritual laws.

SPIRITUAL MIND TREATMENT

Spiritual mind treatment is based on the belief that we are surrounded by a Universal Mind that works through natural laws. These laws react to our thoughts, and the use of spiritual mind treatment changes your beliefs about yourself, thereby causing changes in your life. Each of us is free to choose what to believe, and therefore we can use the Law of Mind to think either constructive or destructive thoughts. Using the Law constructively, we can attract health, peace, abundance, harmony and joy. As our faith in our ability to use the Law of Mind grows stronger, our capacity to bring good into our lives develops, creating confidence and happiness.

HOW A PRACTITIONER GUIDES YOU

Sometimes we are too close to our own situations, making us unable to see clearly. Or perhaps we lack the experience needed to see alternate possibilities. A licensed practitioner can help us see the spiritual truth that surrounds us. The practitioner can explain how to facilitate healing or correct a condition. Practitioners are highly trained in the use of spiritual mind treatment. They will do this affirmative prayer for you and show you how to use it for yourself so the change you desire becomes sustainable in your life.

USING A PRACTITIONER'S SERVICES

Most practitioners meet with clients either in person or by telephone. The first course of action is to understand your problem and its causes. Next, the practitioner will provide you with proven spiritual tools that enable you to chart the course of your life. Your practitioner works confidentially, supporting you in knowing your Good. Practitioners are trained professionals, and a practitioner session is like any other professional service session. You will set an appointment and meet in a professional setting. Practitioners are paid for their time and expertise in the use of spiritual law. Service fees vary, so please discuss the fee structure with your practitioner.

You can find a practitioner or a Center for Spiritual Living near you by visiting the Centers for Spiritual Living website at www.CSL.org.



SCIENCE OF MIND

5-Step Spiritual Mind Treatment



Spiritual mind treatment is a scientific form of affirmative prayer that underlies the teachings of Science of Mind. It shifts your mind so that your life manifests that which you desire.

If you're faced with a situation you would like to change, you can use spiritual mind treatment to define and claim what you want. We call that your "Good." Before engaging in the steps outlined here, you might want to be still and clearly imagine what it is you want. Come right out and say it. This helps you clarify and focus your thinking. For example, say, "This is a treatment for the success of my new project," or "This is a treatment for perfect health for myself." The simplest method of treatment is divided into five steps: recognition, unification, realization, thanksgiving and release.

- 1 **RECOGNITION** First, recognize the infinite Spirit of God. For example, remember that God is the infinite Spirit that is in and through all things, that God is all powerful and wise, that God is the perfect source of everything — perfect health, prosperity, happiness, harmony, intelligence, energy. Remember that God is a loving presence and ever available. When you begin to feel good, you have recognized God. This step is as much about feeling God's presence as it is about intellectually listing qualities.
- 2 **UNIFICATION** The next step is to unify with the presence of God. You have already listed and felt the characteristics of God. Now remind yourself that you are a part of God and that you, too, have all the qualities of the Infinite Spirit. Your real spiritual self is perfect in every way, even if you face a situation that requires change.
- 3 **REALIZATION** Now imagine how you will feel when you receive what you want. Feel how wonderful it is to realize your dreams. Feel the experiences as though they are happening to you right now. Build mental pictures and intensify the thrill and confidence of knowing that you have mastery over all your problems. The goal of this step is to build the strongest possible feeling of already having what you want. The stronger the feeling, the stronger the treatment.
- 4 **THANKSGIVING** If a friend invites you along for a weekend trip, you are thankful, in advance, to know you're going, even if the trip isn't happening immediately. It's the same in treatment. Know that the omnipotent Spirit is already creating whatever you have treated for — and feel happy, excited and grateful.
- 5 **RELEASE** You have recognized God and unified with God. You have realized your desire as if it were happening now. You've given thanks. Now let it go. Release it to the infinite power and intelligence of God's law. Release the treatment, secure in the knowledge that your desire is already assured. Be confident, and go about your day.

Use these five steps to make your life — and the lives of others — happier, more fulfilled and manifestly aligned with the universe.

