



What We Believe

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Welcome

The Center for Spiritual Living is a spiritual community that promotes global transformation through personal transformation. We aspire to be a place of inspiration where people from diverse spiritual paths feel welcome. We are motivated by a compelling vision of a healthy, loving world.

This vision inspires us to bring the gifts of compassion and loving-kindness to the world through our ministries and teaching.

At the Center we learn about spiritual practices that lead to feeling connected to nature, empowered individually, and inspired as a community. We learn how to live spiritually.

Edward Viljoen,
Senior Minister



Who We Are

The Center for Spiritual Living, Santa Rosa, came into being in 1954 to create a place where people can learn about the life affirming message of Science of Mind, by creating a place that you can call your spiritual home; a place that says to every individual walking through the doors or joining us online, “You are welcome here.” It is our intention that through our services, classes, and events, you will grow in awareness of the wholeness that resides within you.

Our Vision

Recognizing our oneness with all life, we are motivated by a compelling vision of a healthy, loving world. This vision inspires us to bring the gifts of compassion and loving-kindness to the world through our ministries and teaching. (See page 5.) Our vision is fulfilled through our purpose.

Our Purpose

Awakening humanity to its spiritual magnificence. Our purpose is fulfilled through our mission.

Our Mission

To promote global transformation through personal transformation. We learn about spiritual practices that lead to feeling connected to nature, empowered individually, and inspired as a community. We learn how to live spiritually.

Our Values

Love, Compassion, Spiritual Living, Integrity

The Global Vision

We see a world that works for everyone

Where **all life** is honored as expressions of the **Divine**

Where **people** live according to spiritual **truth**

Where **humanity awakens** to spiritual magnificence

Where humanity rediscovers personal **creative power**

Where we live as **one global family**

Where **kinship with all life** prospers

Where **unity and connection** is emphasized

Where **forgiveness** is the norm

Where **spiritual guidance** is valued

Where we are called to **conscious social action**

Where people have enough food, homes and a sense of **belonging**

Where there is **peace, harmony, and justice** for all.

Where **resources are valued**, cared for, and **shared**

Where communities are meaningfully involved in

service to the world

Where there is a renewed emphasis on

**beauty, nature, creativity, art,
and aesthetics**

What We Believe

Ten Core Concepts of Science of Mind

- 1. Oneness**—There is One Infinite Reality. We call it many names, including but not limited to God, Life, Universal Spirit, Infinite Intelligence, First Cause, or The Thing Itself. This One Infinite Reality is undivided, complete, and whole within Itself. This Oneness creates everything out of itself, and therefore includes both the absolute and relative, tangible and intangible, physical and metaphysical aspects of reality.
- 2. Love**—Love is the self-givingness of Universal Spirit through Its desire to express Itself as creation. Love is the impulse and Law is the way of creation.
- 3. Creation**—The physical universe is the manifest body of The One Infinite Reality, and the One Infinite Reality is more than the physical universe. Creation is an expression of the One Infinite Reality. It is inherently whole and is ever-evolving as endless new expressions of the One.
- 4. Threefold Nature**—The One Infinite Reality expresses Itself in three aspects – Spirit, Law, and Body. Everyone is made in the image and likeness of the One Infinite Reality and has these same three aspects.
- 5. Creative Process**—The One Infinite Reality operates through the Universal Law of Cause and Effect. This Universal Law is impersonal, automatic, and intelligent. The Universal Law receives the direct impress of Spirit's impulse and acts upon it bringing it into form. Individuals, having the same threefold nature, use the Creative Process to shape our human experience in alignment with the whole, perfect, and complete Reality.

- 6. Spiritual Laws**—The One Infinite Reality maintains harmony, equilibrium, and balance through Spiritual Law. There are various expressions and uses of Spiritual Law; for example, the law of correspondence, the law of attraction, and the law of circulation (giving and receiving). Spiritual laws are impersonal, consistent, and intelligent and are always operating. Consciously, individuals can learn to use these laws to create or change conditions.

- 7. Spiritual Beings**—The One Infinite Reality is both transcendent and immanent. Individual human beings are spiritual beings living in a spiritual universe having a human experience. This is our True Nature.

- 8. Freedom**—Freedom is the birthright of every individual. Our freedom is expressed through our ability to choose.

- 9. Heaven**—Heaven is the state of awareness of our True Nature. We experience our True Nature to the degree we become conscious of it. We actively seek to know the True Nature of every individual and celebrate everyone’s unique expression of it. This experience of our True Nature is sure to be attained by all.

- 10. Eternal Life**—The One Infinite Reality is eternal. We believe in the eternality, the immortality, and the continuity of the individual, forever and ever expanding.

Science of Mind and Jesus of Nazareth

- Science of Mind does not deny the divinity of Jesus; it affirms that the spark of divinity is placed in all people by the Creator.
- Science of Mind does not deny that Jesus was the son of God; it affirms that all people are made in the image and likeness of God.
- Science of Mind does not deny that the Kingdom of God was revealed through Jesus; we believe that the Kingdom of God is also revealed through you and me to the degree that we become conscious of it.

Our work, then, is to become more and more aware of our true nature and to express it in this life and the next, to be transformed by the renewing of our minds, and to let the Mind that was in Christ, Jesus, be also in us.

Our Founder, Dr. Ernest Holmes

Dr. Ernest Holmes's work is recognized today as one of the leading viewpoints in modern metaphysics and New Thought.

Dr. Holmes developed a universal philosophy and tools for spiritual living that profoundly resonate to this day. His work provides us with a personal spiritual path, an understanding of our relationship with the Universe, and a connected and joyful approach to daily living.

Dr. Holmes wrote his seminal book, *The Science of Mind*, in 1926 and revised the text in 1938 which is the edition that has since been published in several languages. Dr. Holmes is also the author of numerous other books on metaphysics and originated *Science of Mind* magazine, which has been in continuous publication since 1927.

Born in Maine, Holmes was largely self-taught, seeking out the writings of Ralph Waldo Emerson, Christian D. Larson, Thomas Troward, and Phineas Quimby. Holmes moved to Southern California in 1914. He founded the Institute of Religious Science, which became United Church of Religious Science in 1953, and is now Centers for Spiritual Living. Holmes inspired the “positive thinking” of Norman Vincent Peale, Peggy Lee, Cary Grant, Cecil B. DeMille, and countless others without ever intending to create a religion or a following of masses of people.



Dr. Ernest's Statement of Belief

We believe in God, the Living Spirit Almighty; one indestructible, absolute and self-existent Cause. This One manifests Itself in and through all creation. We believe in the incarnation of the Spirit in us and that all are incarnations of the One Spirit. We believe in the eternality, the immortality, and the continuity of the individual soul, forever and ever expanding.

We believe that Heaven is within and that we experience it to the degree that we become conscious of it. We believe the ultimate goal of life to be a complete emancipation from all discord of every nature, and that this goal is sure to be attained by all.

We believe in the unity of all life, and that the highest God and the innermost God is one God. We believe that God is personal to all who feel this Indwelling Presence. We believe in the direct revelation of Truth through intuitive and spiritual nature, and that anyone may become a revealer of Truth who lives in close contact with the Indwelling God.

We believe that the Universal Spirit, which is God, operates through a Universal Mind, which is the Law of God; and that we are surrounded by this Creative Mind which receives the direct impress of our thought and acts upon it.

We believe in healing through the power of this Mind. We believe in the control of conditions through the power of this Mind. We believe in the eternal Goodness, the eternal Loving kindness and the eternal Givingness of Life to all. We believe in our own soul, our own spirit and our own destiny; for we understand that all life is the life of God.

What is New Thought?

The New Thought Movement or "New Thought" is a loosely allied group of organizations, authors, philosophers, and individuals who share a set of metaphysical beliefs concerning healing, life force, and personal power and the Oneness of all life and creation.

The New Thought Movement developed in the United States during the mid to late 19th century, with roots stemming from Unitarian and Transcendentalist Movements, and continues to the present time.

Our branch of the New Thought Movement was founded by Ernest Holmes and is called ***Centers for Spiritual Living***, previously known as Religious Science. At the Center for Spiritual Living, Santa Rosa, we adhere to the metaphysical path of Science of Mind as presented by Dr. Ernest Holmes.

We have been an affiliated member of the Centers for Spiritual Living, since 1954.

For more information go to www.newthoughthistory.com

What are the Tools of Science of Mind?

Five Pillars of Spiritual Practice

These spiritual practices are contained in the literature of our movement and taught in our classes.

Spiritual Study

- Personal Growth
- Community Growth

Affirmative Prayer

- Spiritual Mind Treatment
- Affirmation

Meditation

- Contemplation
- Visioning
- Visualization
- Reflection

Circulation

- Regular Structured Conscious Giving
- Gratitude practice

Selfless Service (Seva)

- Volunteering
- Contributing Time
- Contributing Skill

Our Teaching Symbol

What it means

Some Science of Mind organizations use this symbol to teach practical metaphysics. It is based on a diagram included in Ernest Holmes's book, *The Science of Mind*. It helps to explain the creative process.



Structure

The horizontal lines divide the circle — a common symbol of unity — into three parts. The top level is Spirit, the middle is Soul, and the bottom is Body. The material form is at the bottom, since material is heavy, while the part that is most divine or most important is on top. The V-shape represents the descent of Spirit through the levels until it shapes the physical world.

Body, Soul, and Spirit

These terms are difficult to explain because they mean different things in different religions. Some use the terms spirit and soul interchangeably, and others use the word soul to describe the immortal part of our being. In Science of Mind, however, these terms have specific meanings, each describing an aspect of the creative process.

Spirit

Spirit in Science of Mind is synonymous with God. The word is used to represent the First Cause, or creative power, behind all creation. In the individual, spirit is similarly considered to be the conscious, choosing, aware aspect of being. The word Spirit in metaphysics is often likened to seeds planted in a garden, each containing everything necessary to produce a plant of a specific kind.

Soul

Soul in Science of Mind means that part of creation and also that part of an individual which is the receptive and makes ideas manifest. It is often likened to the soil in a garden which silently accepts whatever seed is planted into it. It is important not to confuse the words soul and spirit when studying metaphysics. Spirit is the choosing component of mind, and Soul is the receptive component of mind.

Body

The lowest level is the material world. This is the realm of physical objects, effects, forms, results, space, and time. It is ultimately shaped entirely by spirit. Holmes labels this area “particularization” because ideas are not merely manifested but manifested into incidences: not merely love but love between two specific people, for example.

