

The background of the cover is a photograph of a garden. In the foreground, a path made of circular stepping stones leads through a field of vibrant pink tulips. In the background, there are trees with pink cherry blossoms and green foliage under a blue sky with light clouds.

New Thought

Spring, 2020

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Important Congress Information Inside



Important Announcement

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SPECIAL UPDATE:
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information,
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105th INTA World Congress **July 21, 22, 23, 2020**

Due to the current global situation,
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It will be a FULL Congress with:

- ♦ Morning meditations
- ♦ Online hangout areas to chat with friends
- ♦ Short talks in the mornings

- ♦ Workshops in the afternoons
- ♦ Speakers in the evenings
- ♦ Music

Looking forward to ‘seeing’ YOU there!

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EDITOR: Rev. Beatrice Kenney, PhD

COVER PHOTO: Anonymous

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Compensation: By decision of the Executive Board at its January 1977 meeting, payment will not be made for items appearing in New Thought magazine. Contributors of editorial material will, however, receive six complementary copies in which it appears. All editorial material will support and promote the following International New Thought Alliance's Declaration of Principles. (see page 13)

Content Size Short Articles, 800-1000 words. Feature Articles, 1500-2000 words. Prayers/Treatments, 100-150 words.

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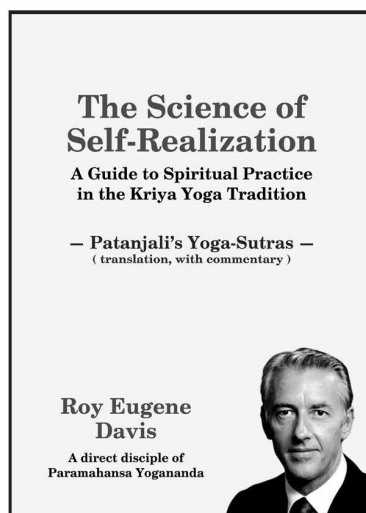
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Prayers and Treatments

One of the greatest services we can give to one another is to share our spiritual unfoldment and fulfillment. Please submit your favorite prayers and treatments or those you have written to INTA, 5003 E. Broadway Rd, Mesa, AZ 85206 or email info@newthoughtalliance.org.



Health and Healing

1. Every illness is a sign we need a new interpretation.
2. Keep letting beliefs shift so new beliefs can come forward.
3. Challenges can be opportunity to grow.
4. Be sensitive. See the Christ in sick people. All those vibrations are working.
5. Stop programming for death and realize "I can be here for 100 years or more."
6. Be an example of health. Do it!
7. Treat during the evening news.
8. Remember that attack is really a cry for help.
9. Be empowered to express the mind-body concept of health.
10. Life means participation-good, bad, and indifferent.

These statements were collected from attendees at the July 14-17, 1990 INTA Congress held in Anaheim, California.

Spiritual Treatment for Perfect Health by Maryalis Hadley,

Unification: I consciously accept my oneness with the Power of Life within and around me which is what I am and is greater than I am. I know the truth of my inner being and I am expressing only the freedom of Spirit. I abide in the realization of the omnipresence of God and release everything that is not in harmony with my divine Nature.

Realization: Each new day brings new and vital ideas to refresh and recharge my mind filling me with a sense of wholeness, perfection and creativity. I permit the life, action and energy to quicken, vitalize and maintain me in radiant health through the Power of Love., Life, and Divine Intelligence. I now stand erect in perfect health.

Thanksgiving: Thank you, Father. Mother God.

Release: It is now done.

"Spiritual Treatments," Winter, 1991 New Thought Magazine

INTERNATIONAL *New Thought* ALLIANCE

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Dedicated to the Spiritual Enlightenment and Transformation of the Individual and the World.

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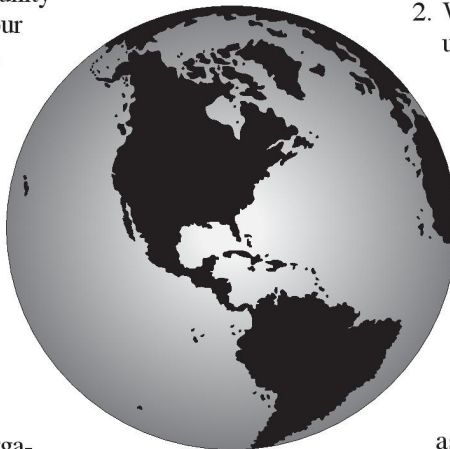
Vision: Our vision, since 1914, is to unify and strengthen New Thought in the world and to support the spiritual awakening of each member of the family of humanity through teaching the principles of one's inseparable oneness with God, the Good.

Mission: As a world-wide spiritual community with roots in timeless universal principles, our mission is to further educate individuals as to their Divine Nature which ever seeks to manifest as health, supply, wisdom, love, life, truth, power, peace, and joy.

Purpose: Our purpose is to *walk the talk* of our spirituality so that others see and are inspired to do likewise, to encourage all to draw and depend upon the Divinity of their being and to affirm universal spirituality as the eternal commonality of all humanity, the collective realization of which brings heaven on earth.

Goal: Our goal, as a democratic, umbrella organization, is to be a vehicle for disseminating timeless universal Truths to spiritually awaken, empower, transform, and connect individuals globally.

Membership: INTA needs your support in celebrating the spiritual unfoldment, freedom, diversity, and full creative participation of individuals world-wide. INTA needs you to share in its dynamic Vision, Mission, Purpose and Goals by becoming a member.



Finding myself in harmony with the principles of the International New Thought Alliance and wishing to aid in its development, I hereby apply for membership. I am enclosing a ☐ check ☐ money order.

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WHAT WE BELIEVE

INTA'S DECLARATION OF PRINCIPLES REVISED JANUARY 2000

1. We affirm God as Mind, Infinite Being, Spirit, Ultimate Reality.
2. We affirm that God, the Good, is supreme, universal, and everlasting.
3. We affirm the unity of God and humanity, in that the divine nature dwells within and expresses through each of us, by means of our acceptance of It, as health, supply, wisdom, love, life, truth, power, beauty, and peace.
4. We affirm the power of prayer and the capacity of each person to have mystical experiences with God, and to enjoy the grace of God.
5. We affirm the freedom of all persons as to beliefs, and we honor the diversity of humanity by being open and affirming of all persons, affirming the dignity of human beings as founded on the presence of God within them, and, therefore, the principle of democracy.
6. We affirm that we are all spiritual beings, dwelling in a spiritual universe that is governed by spiritual law; and that in alignment with spiritual law, we can heal, prosper, and harmonize.
7. We affirm that our mental states are carried forward into manifestation and become our experience in daily living.
8. We affirm the manifestation of the kingdom of heaven here and now.
9. We affirm expression of the highest spiritual principles in loving one another unconditionally, promoting the highest good for all, teaching and healing one another, ministering to one another, and living together in peace, in accordance with the teachings of Jesus and other enlightened teachers.
10. We affirm our evolving awareness of the nature of reality and our willingness to refine our beliefs accordingly.

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President's Message

~ Rev. Larry Swartz



WHERE ARE WE TODAY?

I just finished a Zoom meeting with the Board where we have made a difficult decision to cancel a face to face annual Congress this July. *Difficult* because our hearts wanted to offer this gathering at a time when we could provide an atmosphere of support, yet wisdom has caused us to realize that there is a bigger issue at stake, and it is the health and well-being of our membership...we do not know at this moment what the COVID-19 will be like come July, hence our decision.

This does not mean that we will not offer to facilitate an alternative gathering, for our By-laws mandate such. We are now giving energy toward a virtual meeting this July, to at a minimum, having our business meeting, and possibly extending to other sharings. Look for further notices in this magazine and in the upcoming future. Our location for this year, Christ Universal Temple in Chicago will be hosting our 2021 Congress as much work has gone into the its planning.

Stay tuned, for we all believe that the best is yet to be; it will be a different "best" for nothing ever stays the same. We are just experiencing an accelerated movement into the next "Best" and in Truth, all is well.

A handwritten signature in blue ink that reads "Larry Swartz".

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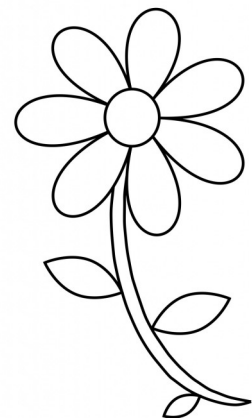
\$250

We want to thank you in advance, members and friends, for your continued support of the International New Thought Alliance. You have helped us to serve the community for what is now our 105th year.

We are excited to announce an invigorating Congress complete with dynamic speakers focusing upon the legacies of our heritage.

You are invited to *Make a Difference* through sponsorship of the 105th Annual INTA World Congress.

We look forward to seeing you there!



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Editorial

~ Rev. Dr. Beatrice Kenney



Health and Healing

Must we rely on doctors and pharmaceutical mixtures in order to restore a condition of health and wholeness to our bodies and souls?

Consult, perhaps, but rely? I say no, no, a thousand times no. I rely upon God for health and wholeness. Medicine has improved greatly since the 1800's when a visit to the hospital might bring about the death of the patient due to the medical practice of bleeding and the lack of cleanliness. Superstition and ignorance were prevalent and only the inklings of New Thought had emerged.

Today we know that medicine is an effect, not a cause. It encourages healing, but does not cause it. I believe that when our bodies are in less than perfect health, they want to heal. They work to restore us to perfect health and wholeness.

In a fearful situation such as we currently face with the corona virus, undue panic can make us act irrationally: hoarding supplies, believing and imagining that we are sick, or spreading false rumors.

Let us not get out of sync with our Oneness with God and with each other. This is an opportunity to convince ourselves through prayer and treatment that we are health and wholeness itself; that no virus can touch us without our permission, and that we will survive any condition.

This issue of *New Thought*, contains some features on the topic of health and healing. The Prayer and Treatments page is devoted to ideas of health as well as a spiritual mind treatment for perfect health.

Isabell Van Merlin has shared with us her deepest thinking about fear, a real contributor to stress and sickness. We might want to meditate on the passages from Psalms she references as we strengthen our minds and bodies against any imaginings of sickness.

Nina Russell's "A Day of Love" is a beautiful reflection on the highest energy vibration there is, and a call to action to be our best selves.



Rev. Nina Russell, a third generation metaphysical student, and former Christian Scientist, and was a 6 year student in a Mystery School, spent 2 years studying under a Joel Goldsmith teacher, and 2 years studying under a Ernest Holmes student as well as studying Comparative Religion in college, as a Licensed Unity Teacher and Divine Science minister.

Want to grow spiritually? Make at least one day a week as a “Day of Love!” Practice loving everyone and everything! This exercise will help us to tune in to God better by raising our vibration, strengthening our relationships and even helping us to have better health.

There is an old saying “The God of Love cannot hear the prayer of those who fail to love.” That is because Love is the highest vibration on earth and the easiest to reach into the heavenly realms. “God, the invisible substance out of which all visible things are formed, is all around us, waiting to come forth into manifestation.” (*Lessons in Truth*, by Emilie Cady, p.65) And how does it come into manifestation? By lowering its vibration. In order to go higher, we have to raise our vibrations.

A DAY OF LOVE

~ REV. NINA RUSSELL

But what is vibration? On page 22 of the Winter 2013 issue of the New Thought magazine, is an article about William Walker Atkinson that describes him as “One of the most prolific, significant, and influential New Thought figures.”

Atkinson wrote under several pseudonyms, one of which is “Three Initiates” which he used for his book, *The Kybalion, Hermetic Philosophy*, copyrighted 1940. It presents seven basic Hermetic principles, one of which is vibration. As he explains:

This Principle embodies the truth that ‘everything is in motion; everything vibrates;’ ‘nothing is at rest;’ facts which Modern Science endorses, and which each new scientific discovery tends to verify. And yet this Hermetic Principle was enunciated thousands of years ago, by the Masters of Ancient Egypt. This Principle explains that the differences between different manifestations of Matter, Energy, Mind, and even Spirit, result largely from varying rates of Vibration. From THE ALL, which is Pure Spirit, down to the grossest form of Matter, all is in vibration- the higher the vibration, the higher the position in the scale.

A lady, who was trained in a Hermetic Mystery School where many mysteries were explained, uses this explanation - a mystery is only a mystery to those unable to understand it – but it can be taught to those who are spiritually ready to learn.

One example was that two ladies go into the same store to purchase identical dresses but each dress will have a different lifespan. The first lady, who is positive, on a higher vibration - her clothes last longer, whereas the second lady who is negative and hateful, has a lower vibration - her clothes wear out much faster. It is said that an empty house decays at a faster rate than an occupied one. Our bodies give off energy which the house absorbs, making it last longer, unless our energy is at a very low vibration, which can make the house decay faster.

So in striving to practice purity of thinking and raising our consciousness, make at least one day a week “A Day of Love” in order to bring ourselves up in vibration, which will affect our whole body as well as our whole life, positively. Everyone will be able to feel the love energy that we put out, thereby making the mental atmosphere a much purer one. The very rooms we are in will absorb the vibrations of the love, making them and the items in them last longer.

We are here for spiritual growth and this can be achieved by striving to learn and practice being God-like. If we want to tune in to receive guidance and understanding from the God Mind - the Mind that created, maintains and sustains this vast universe - we need to get on its unique wavelength, which is unconditional love, as much as possible!

I knew a chiropractor who said whenever he had a patient he did not like, before he went into the treatment room,

he thought of someone he loved, and held to that thought of love. This technique worked well for him; it allowed him to love his patient and give the best therapy he could. We need to love unconditionally. It is said that a mother’s love is the purest love. But that can only be if the mother loves all babies as much as she loves her own. To love everyone means to love without criticism or discrimination. If we could know everything that has happened to a person, we would have great compassion for him instead of fear and condemnation.

Let us set one day a week aside as our “Day of Love!” To do so will pay great benefits that will bless us now and in lifetimes to come. It is said that God created all men equal, but they are not born equal. The difference in the inequality is the level of consciousness. Just as we all need to work to earn our paycheck, so do we need to work to earn our spiritual growth. God gives love freely, but we have to work on ourselves to learn and earn spiritual advancement. This is really what makes people different – not their color, religion or ethnicity - but their level of spiritual development which produces their vibration. What do we want in life – more material things or greater spiritual advancement?

What will bring our highest good in the long run?

Obviously spiritual growth and advancement! Start your “Day of Love” this week!

God gives love freely, but we have to work on ourselves to learn and earn spiritual advancement.

In Memoriam ~ Diane Lee Rosenback



Diane Lee Rosenback, R.Sc.P., Life Member of INTA, peacefully transited to the Larger Life at 3:12 a.m., December 6, 2019 in the presence of daughters Kimberly and Christina and her husband of 32 years, Rev. Ed Rosenback.

She was a pillar of the First Church of Religious Science of Vallejo, California, concurrently serving as Practitioner, Bookstore Manager, Guest Speaker, Youth Church teacher, *Science of Mind* course instructor, Vice President of the Board of Trustees and Webmaster, in addition to other community volunteer work.

She was an advocate for people with disabilities and the prevention of cruelty to animals, and in her longtime association with INTA served on Congress Prayer Teams. She and Rev. Ed Rosenback were married in 1987 in Zephyr Cove, Nevada, and their vows were renewed by Dr. William H.D. Hornaday in the Holmes Chapel

of Founders Church in Los Angeles in 1990.

Diane leaves her husband, four children, four grandchildren, one great-granddaughter, two sisters, numerous nieces and nephews, many ecclesiastical friends and social acquaintances and her beloved Church Family to carry on her legacy of love.

Although deeply missed by so many, please remember her words, that *when a loved one dies, they're never really gone if you keep their memory alive in your heart.*

Remember Diane as you knew and loved her, and she will always remain with you.

In Memoriam ~ Doug Harold Jones



Doug Jones, 83, of Vallejo, CA peacefully passed away at home on Feb. 26. Doug attended Napa Valley High School and received

his diploma from Napa College in January of 1954.

He went to work at Mare Island ship yard, at the age of 16, and remained there for 40 years.

Doug was a Life member of International New Thought Alliance, and the Addington Archives and Library and Research Center in Mesa, AZ. He was a member of the First Church of Religious Science, Vallejo. From the late 1990's on, he and his wife, Karen, spent much of the summer building up the Archives at the Mesa, AZ location. They also managed a bookstore at the annual INTA Congress.

Doug is survived by his wife of 37 years, Karen; daughter, Anne St. John (David); grandsons, Caden and Colby all of Lithia, FL; stepsons, Kenneth Ingersoll (Kelli), their children, Grace, Nathan, Ethan, Elvis, Tucker, and nephew, Kevin Klahn; George Ingersoll, his children, Jordan, Kayla, Jacob, Jared, Breanna Ramirez, Chelsea and Sabrina Labra; David Ingersoll.

A celebration of life will be held at the First Church of Religious Science, 223 Springs Road at Amador Street, Vallejo 94590 on a date to be announced.

THE MEANING OF "WE"

ANA ORTEGA

We live in a world where geographical walls disappear the moment we log in to social media, a world that provides us with the opportunity to create inclusion more than ever before. We need only turn on the television to watch the news about the popping of champagne corks in Britain after their successful exit from the European Union, or log in to Twitter to read the US President's latest announcements or jump onto an online news site to read about the China trade war. We can access information and people from all over the world instantly, at the mere touch of a button. Yet, how is it that individuals seem to be experiencing exclusion and isolation on a scale never seen before?

The paradox of isolation despite globalization got me thinking deeply recently about the meaning of what we like to call 'WE'.
So, what is 'WE'?

According to the Oxford dictionary, the word 'WE' is used by a speaker to refer to himself or herself and one or more other people considered **together**. I.e. "Shall we go to the cinema?"

"WE" can also be used to refer to the speaker **together** with other people regarded **in the same category**. An example of this would be, "Nobody knows kids better than we teachers do."

I find it ironic that at its root this word implies a togetherness and a sameness and yet, despite referring to ourselves as 'WE,' everywhere we look there is separation.

Why is this?

Is it because we are judgmental or jealous of others - It is so easy to fall into the habit of this! Or, is it because it takes thought, time and effort to find suggestions and solutions to issues? It also takes a deep desire to communicate and work together - and to be honest, perhaps it is far too much work for many people, so they don't even bother. Let's not forget that many people may also believe it's not their job to create these solutions.

Ana Ortega is an international metaphysical lecturer, teacher, and writer of new thinking. For over 20 years, she has taken joy in helping people discover and unleash their full potential for self-development. Currently, Ana's quest to bring Consciousness to the business world has inspired her to write a book about Conscious Leadership, expected to be available worldwide this summer.

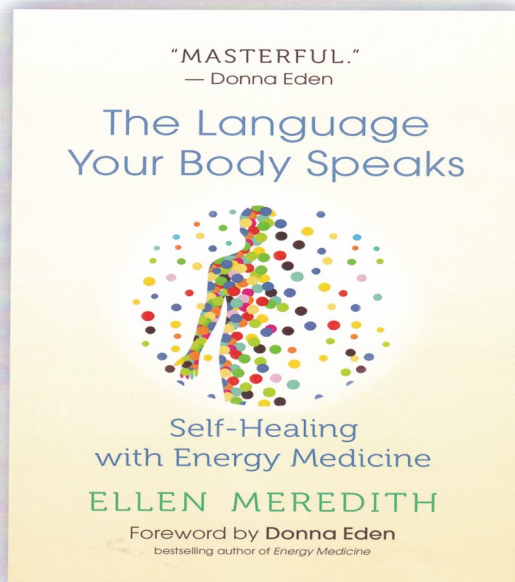


(Continued on page 14)

Book Reviews

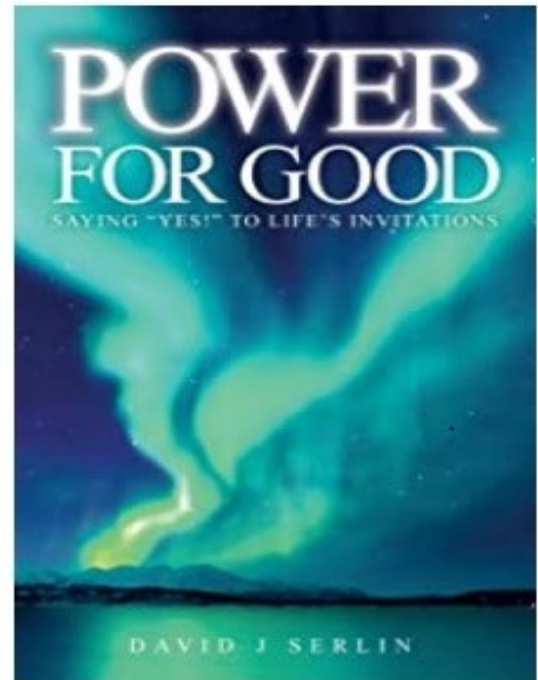
The Language Your Body Speaks: Self-Healing with Energy Medicine, New World Library, May, 2020

Energy Healing is based on the premise that energy is our essence and that while our bodies appear to be solid, they are in fact a constantly swirling set of energetic exchanges. Author Ellen Meredith, an energy medicine practitioner with over 35 years of experience, recognizes these exchanges as a language in itself.



Every language is built upon vocabulary. "Using a vocabulary of light, sound, vibration, imagery, and sensation, your body, mind, and spirit are talking with one another adjusting your physical self to match your thoughts, influencing your thoughts to recognize the needs of your body and embodying the urgings of your spirit," writes Ellen. *The Language Your Body Speaks* teaches readers how to speak this language.

Power for Good: Saying "Yes!" to Life's Invitations David J. Serlin, Local Legend, 2019



From a psychic stately home near Stanstead in Essex to an esoteric spiritual retreat on the North Californian Coast—from the mystique of Spiritualism to the profound wisdom and insight of New Thought and Science of Mind—this book weaves a magical pathway interlacing the author's landmark spiritual events and experiences with the dawning revelation of a powerful life changing teaching and philosophy.

This book will enlighten, uplift and inspire; providing powerful spiritual tools, principles and processes to help us deal more effectively with life's issues, challenges and unexpected invitations and discover (and use) for ourselves the Power For Good in the Universe that is greater than we are.

FEAR

~ ISABELL VANMERLIN



Isabell VanMerlin is studying to become a Divine Science Practitioner. She lives in Dover, NH, and is on the board of Unity of the Seacoast.

Carole McCauley of Northeastern University's Marine and Environmental Sciences, Marine Science Center, on Nahant, Massachusetts, wrote an article: **Snails shown to pass along fear of predation to offspring** (December 4, 2017).

The Trussell Lab has been studying the "ecology of fear" for some time now, and the extent to which parents pass along their fear of predation to their offspring. Recently graduated PhD Sarah Donelan, now a postdoctoral researcher, recently published research conducted with her advisor, Geoff Trussell, in Ecology. Their work shows that that when snail embryos were exposed to predator cues, offspring whose parents had also been exposed to predator cues emerged larger from development than those of parents that were not exposed to predators. [The bigger, better, stronger to fight off predators! Ed. note] The results highlight the potential for organismal development to be influenced by external variables experienced by previous generations.

Should this have been a surprise to me? After all, human parents certainly pass on their fears to their children. But I *was* surprised . . . snails passing on fear to their offspring? Wow! What a concept.

I was about a year sober when I went to a women's closed AA meeting and heard someone say: "... we all know that anger covers up fear." "What? What did you say? What are you saying?" I wanted to jump up on the table – hands on hips and declare (in a loud voice): "What?! I'm not afraid of anything!" But, for once, I held my tongue – and my fear, as it turned out - and I sat contemplating what I had just heard.

I'm a fighter – always have been. It has probably saved my life, more than once. Growing up – if I hadn't fought I would have been mowed down like tall grass before the blade of an experienced scythe-wielder. Only I was short - very short – and used whatever I could to make my presence and my opinions known. I am the youngest of five – very much the youngest – and was given short shrift, if any shrift at all. Of course, that's not the way my siblings saw it. And it's not the answer to all problems. Now, as an adult, I realize it's not the answer to any problem.

How could I be afraid? I had friends that I knew from school – and I could see when they were "wimps" and wouldn't stand up for themselves. I didn't understand it. How could you just let someone run over you – tell you *you* were a bad person, belittle or degrade you?

They told us in Sunday School that "Jesus loves me, . . . for the Bible tells me so." And we *know* that's true, yes?

(continued on page 22)

THE MEANING OF WE

(continued from page 11)

it's not their job to create these solutions. Perhaps they believe it's the responsibility of the people in those positions of power, the ones with the bigger pay slips. So why bother?

The truth is, we do not need to go very far to find separatist tendencies around us. We don't even have to step outside of our own homes. Nowadays 50% of marriages end up in divorce, often because trying to resolve issues in a relationship can become tiresome and expensive. And let's face it, as many Tinder users would say, there are 'so many more fish in the sea'. So why put the effort into fixing a broken relationship when there are many other potential partners to choose from that might be easier (and more fun) to deal with?

Then there are those of us who may have been brought up or influenced to believe that the mind is everything; that it is the power of the mind and the mind alone that that will get us to where we want to get and achieve what we want to achieve, even if this means the manipulation of others using mind-games and negative behavioral habits. Perhaps only in old age, these people may realize that there is a dire consequence for the imbalanced and forced use of the power of the mind - the decline of the health of one's body - the sacred instrument with which we experience this life on earth.

There are also those of us who go to church every Sunday because in the eyes of society they want to be seen as good Christians living in a community. Externally they may embrace the qualities of acceptance, non-judgment, unconditional love and support. Yet behind closed doors, they may be the opposite - criticizing or judging family members, friends or even themselves because they are 'different' or do not meet

expectations. They may pray day and night for God to mend their loved ones or themselves because they have assumed they need fixing rather than being accepting.

There are those who use the name of God in vain every time they open their mouth, knowing they are breaking one of their sacred Ten Commandments, yet they seem to do it anyway (We have not met God, yet). There are those of us who are so obsessed with their body and addicted to their materialistic way of living that they use people as they use things, only to find themselves isolated and alone.

What can we do about this desperate state of isolation and separateness?

It is the union of mind, body, and spirit that makes us whole. It is our soul's physical experience that causes us and the world around us to expand and reach new dimensions of existence, together.

We are co-creators of this physical human experience. When we deny ourselves of something that our soul knows is needed, we deny that thing to others, too. When we are giving to others, the act is automatically reciprocated, even if we don't see or feel it.

*When we help others, we help ourselves.
Life is a two-way street.*

most of us exist in mind-state, we seem to have forgotten that we live in a world of inclusion, connection and togetherness, not of exclusion, separateness, and aloneness. The natural laws state that every action has a consequence and every action, decision and thought impact our world. We are here to live an inclusive existence and to learn this great truth through practice. In this physical world every action, or lack thereof, has a

(continued on page 16)

WEEDS AND FLOWERS

REV. DAVID J. SERLIN

David J. Serlin is author of the newly published Power For Good- Saying YES To Life's Invitations, available NOW through Amazon. David and his wife Linda run the Kings Langley, Hertfordshire UK New Thought/Spiritual Living Study Group (the longest running Science of Mind group in the UK), are regional joint presidents (UK South) for INTA, and in 2007 organised and hosted the first ever Science of Mind Conference in the UK (apparently the first New Thought Conference in the UK since 1914!). In June 20th 2020 they will host-THE GAME OF LIFE, a sensational summer seminar with Karen Drucker and Dr Jim Lockard (full details on their website newthoughtnewyou.co.uk).

We couldn't believe it. Every time we planted a beautiful rose bush or a colourful climbing clematis in our new garden it seemed to wither and die. "Keep on watering it." suggested our helpful gardener. But to no avail. Repeated attempts to revive our apparently moribund horticulture were doomed to failure. "It's the soil," suggested my wife Linda. Delving deep beneath the superficial layers of decorative bark we discovered the soil was dry, solid, lifeless and devoid of nutrient. It was no wonder our delicate blooms and precious plants had failed to flourish.

We subsequently set about adding a delicious cocktail of nourishing organic compost, enriched top soil and specially designed plant food, replaced our withered stock with a fresh new breed and, over time, enjoyed an abundant harvest of happy, healthy flowers and shrubs.

We realised this whole experience had in fact been an interesting and revealing metaphor for life-and reflected what we had been teaching and sharing through New Thought- that if our underlying beliefs (i.e. the soil beneath the surface) were full of negative thoughts than no matter what wonderful, positive ideas and intentions we may plant on the surface, they will not survive! We have to nourish the soil (with positive thoughts and affirmations) to make it richly fertile and receptive and eliminate (and replace) the weeds of doubt that if left to their own devices, will just proliferate and eventually take over the garden.

Life, like gardening, is a full time job and we cannot leave it to someone else to accomplish.

If we want to reap the rewards and bring in a healthy harvest we have to put in the effort, ward off those insidious weeds of doubt, gossip and complaining - and feed the garden of our mind with all the good, positive thoughts we can muster.

Must go now. It's time to water the garden and pluck out a few weeds.



THE MEANING OF 'WE'

(continued from page 14)

consequence larger than just us. It is vital to remember the importance of WE, as spiritual beings, living this physical experience. WE need all of us to be part of this large playground in which we interact with one another, working towards the co-creation of a world of perfection. When we talk about poverty, hunger, climate change, education, and gender equality, for example, WE all have our own individual contributions to make in order to create a whole and new existence.

This world was created to ensure we collaborate in the creation of magnificence. We were not created better or worse than our neighbors, but instead in the same image with the same capacities. WE are ALL created from love.

And when we think about the deeper meaning of the term 'WE', it is not a question of whether we are together at a given point in time in a particular place or space. It is more about the realization that, in the bigger picture,

'WE' is the only reality there is. We are one team, where each and every one of us is a collaborative component of this big co-creation.

I want to believe that one day when we step back and look with hindsight, we will connect to the experiences we've lived, the people that have crossed our path during life, the individuals that stayed with us during our life journey and those who did not, the jobs we took and the jobs that we left, the choices that we made and the decisions we did not make, the risks we embraced and the train we did not take. And that day, the day it all 'clicks' and makes sense, I hope we will smile and realize with a breath of fresh air that consequences, results, and actions are not the because of an individual acting on their own but instead through the collective or "Butterfly" effect created by social consciousness.

For me, 'WE' is defined as the social consciousness operating jointly towards a larger creation, yet still in the process of becoming. And with these words, I leave you to ponder. Team.

To be continued....

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Technical instructions for newcomers to Zoom, Facebook, or YouTube

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THE BOOKS OF NEW THOUGHT

REV. BEATRICE KENNEY, PhD

This column is devoted to promoting important New Thought authors and their works, especially those thinkers who broke away from mainstream New Thought to communicate their unique truth as they saw it. This issue features...

EVELYN UNDERHILL, PRACTICAL MYSTICISM



Biographical Facts

- Born at Wolverhampton, UK on December 6, 1875. Died in 1941.
- She was educated at home, except for three years at a private school and King's College for Women in London where she majored in history and botany.
- Underwent a conversion experience to the Christian faith, as experienced in Rome, Italy. The rest of her life consisted of various forms of religious work.
- Underhill published 39 books and more than 350 articles and reviews.
- She is still the major author of works on mysticism.

- Major Works:

Mysticism: A Study in the Nature and Development of Spiritual Consciousness, London: Methuen & Co. © 1911.

Practical Mysticism, London: J. M. Dent & Co, © 1941.

The Spiritual Life, New York: Harper and Row, © 1900.

The Essentials of Mysticism, London: J. M. Dent & Co; © 1920.

The Spiral Way, London: John M. Watkins; © 1922.

Practical Mysticism

Evelyn Underhill is expressive and solemn in her description of the mystic life. She asserts that humankind naturally has both the ability and the need to reach beyond the world of our senses and experience the greater Reality. Her descriptions of five stages of the mystic life are straightforward, but not easy.

The preface makes it sound like an introduction; a basic review of mysticism and spiritual living, but it is filled with wisdom and insight for involved readers. Some reject the book for failing to bridge the gap between mysticism and modern philosophy, but others understand that it is more of a first step between the two. In that respect, it succeeds marvelously. The book contains a basic history of mysticism, a review of past mystics and their writings, and a breakdown of central concepts and habit. It is recommended pretty universally as a first step for those completely unfamiliar with mysticism.

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PRACTICAL MYSTICISM

(continued from page 18)

Observation

Most of us are unfamiliar with mysticism and cannot tell a real mystic from a fraudulent one. It is just so much easier to either a) discount the whole thing and move on to more interesting subjects to study, or b) swallow whole whatever is presented to us by an astonishing number of channelers, mediums, sages, sorcerers, mystics, and magicians down through the ages.

Underhill is doing us all a favor in this somewhat challenging, but still approachable explanation of what mysticism is, how to attain some degree of mysticism, and what to watch out for. She describes how to achieve it, and makes the outcomes attractive, beneficial, and mostly attainable to the degree that it is pursued. If your desire is to become a mystic, one who is conversant and comfortable with another plane of existence, this book will be of great appeal and assistance.

Chapter I What Is Mysticism? (pp. 1-12)

1. Many have attempted to answer the question “What is mysticism?” Underhill gives four answers to what some have said it is. Name two. (pp. 1–2)
2. Restate or copy the author’s definition of a mystic. (p. 3)
3. What occurs when we give ourselves to something? (p. 4)
4. What answered question divides the mystic from the non-mystic? (p. 5)
5. With what does the average human consciousness unite? (pp. 5–6)
6. What can, at times, bring about the realization that “our whole life is enmeshed in great and living forces, terrible because unknown?” (pp. 7–8)
7. The visionary is a mystic when his vision mediates to him _____. (p. 9)
8. Restate the story of Eyes and No Eyes in a sentence or two. (pp. 10–11)
9. What four things will the practical man gain by accepting the invitation of the author to unite with practical mysticism? (p. 11)
10. What has the mind and senses conspired to do to us? (p. 12)

Chapter II The World of Reality (pp. 13-28)

1. Man dwells, under normal conditions, in a world of _____ rather than a world of _____. (pp. 13-14)
2. Of what things do we construct our tidy and coherent picture of what we call reality? (p. 14-15)
3. Name how your representation of “reality” may easily be altered. (p. 15)
4. What is wrong with our deductions about the universe? (pp. 16-17)
5. What will it take to reach the poets’ lovelier world? (p. 17)
6. ... consciousness ascends from thought to _____, becomes at least aware of the word in which the _____. (p. 18)

(continued on page 20.)

PRACTICAL MYSTICISM

(continued from page 19)

Chapter II The World of Reality (pp. 13-28) continued

9. How is the artist always tending to pass over from the artistic to the mystical state? (p. 22)
10. What can it mean to live in the now rather than in imagination? (p. 23)
11. How can uncritical acceptance of our senses help us unite with Reality? (pp. 25-26)

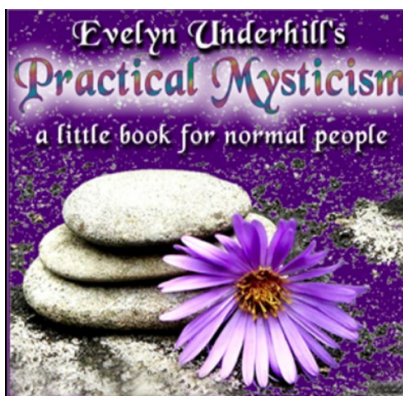
Chapter III The Preparation of the Mystic (pp. 29-45)

1. With what does the education of the mystical sense begin? (p. 30)
2. What are the two experiences of mystical contemplation? (p. 30)
3. Mere emotion inducted you into a world which had _____, a meaning which exceeded the _____ a wholeness; sum of its parts. (p. 32)
4. What are the two phases in the education of every contemplative? (p. 33)
5. What is it that smears the windows of the senses? (p. 34)
6. The universe of the natural man is strictly _____. (p. 35)
7. What do the masters of the spiritual life mean when they speak of purity? (p. 36)
8. Explain why the Simple Eye and the Simple Ear are unifying acts, but practical man lives among the illusions of multiplicity. (p. 37)
9. Where does our essential self exist? (p. 38)
10. How do we pass on our way towards harmony with the soul? (p. 39)
11. Name one or two of the opposite forms under which the universe can be realized by man. (p. 40)
12. As they know themselves to dwell in the world of time and yet to be capable of transcending it, and so the _____, they think, _____ it yet inconceivably _____ all that they know to be. (p. 41)
13. What are the three greatest levels of existence? (p. 42)
14. How does one actualize a relation with the Spiritual plane of being? (p. 43)
15. What is Recollection and how is it attained? (p. 44)
16. What are the five steps of preparation of a mystic? (p. 45)

Instructional Aids

For the reader's comprehension of this early text, some simple methods of interacting with and understanding the book's ten chapters have been developed. Here is what we suggest:

1. Obtain a free copy of the text from a source given in the Resources section below.
2. Read and reflect upon the first three chapters included in this article.
3. Email INTA at info@newthoughtalliance.org and the ten chapter lessons will be sent to you along with suggested answers.
3. Upon completion and submission of your work, you will receive a certificate of acknowledgement.
5. A donation of \$25 or more is suggested but not mandatory.



Resources:

Archive.org (downloadable books funded by the government; an excellent provider of free pdf books)
YouTube (dozens of audio readings, interpretations, lessons)

FEAR

(continued from page 13)

So why did Billy punch me in the stomach and knock the breath out of me to grab the bag of clothespins when Mrs. C asked *me* to get them? This was in kindergarten! Looking back at the incident from an adult/more psychologically-aware perspective I can probably tell you why. Billy had *his* problems at home, and was coming from fear.

But I want to know NOW – WHY all this FEAR?

FEAR is not TRUTH! Truth is:

Impersonal
Impartial
Universal

PEACE = lack of fear = Acceptance

How long has there been fear on the planet? My thought is: ever since we humans chose to have “knowledge,” and therefore the choice to use knowledge in whatever ways we could think up. We’ve been making comparisons, judgments, choices – dreaming up ideas of separation – ideas of imperfection – wanting more – of things we don’t even know about – and being afraid – since the Garden of Eden. “The one great enemy of the human race is fear,” says Emmet Fox. (I’m quoting from Day 270 in his book *Around the Year with Emmet Fox*.) He goes on to tell the story of the Donkey and the Lion. A woman is sewing in her kitchen and an escaped lion from the local zoo jumps through her open kitchen window and finds a “hiding place” under the stairs in her house. The woman is irate because he has left muddy footprints on her clean floor. She thinks it’s a donkey and gets a broom and proceeds to beat the lion about the head and shoulders – while the lion cowers in the closet under the stairs. Animal control arrives on the scene and takes the lion away who is very glad

to be away from the terrifying woman. And when the woman discovers she’s been whaling away on a lion (instead of a donkey) she faints dead away. I think this is a good example of how FEAR manifests!!

False
Evidence
Appearing
Real

Rev. Edwene Gaines, at her Master’s School, gave us what I think of as a practical example of how to manage fear:

Picture your fear as a huge balloon in front of you [I immediately thought of a red one . . . anger?]. It’s so big that you can’t see around it, or under it, or over it. And you can’t see through it because even though it is translucent, there are two layers of the rubber material effectively blocking any possibility of seeing what’s on the other side. You are afraid. What are you going to do? How can you get beyond it?

See yourself wearing cowboy boots – with very sharp pointy toes – silver covered – and you are standing in front of this huge, very scary balloon. All you need to do is lift one foot forward and BANG! Your needle-sharp, silver-pointed toe has burst the balloon! It’s gone – only a few shreds of the rubber left – and the way ahead of you is clear.

(continued on page 22)



FEAR

(continued from page 13)

What I KNOW about fear is that it *is* False Evidence Appearing Real. The TRUTH is that there is only LOVE. To be free from fear, accept the TRUTH that we are loved 100%, unconditionally, all the time, by the greatest power that is – the ONLY POWER – and that we are ONE with that POWER. The closer perspective of this picture is that any rage, anger, negativity, bad behavior that may appear to be directed towards you (or directly at you!), or coming *from* you, is simply an illusion.

The person who is emanating this energy, well it's *their* energy and negativity and FEAR. We just happen to be in the vicinity. Our minds, bodies and spirits are completely integrated. How do we tell our stomachs not to churn and want to empty when we see or experience an horrific event? Our bodies often demonstrate our fear.

Ask to be shown REALITY – the GOOD that it is. Ask for “translations” of negative

appearances into the positive realities that they are. Meditate on the beauty of TRUTH, and GOD the GOOD.

Write down your experiences that at first appeared to be bad, but the final outcome turned out to be GOOD, much better than you could have dreamed.

The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid? Psalm 27:1

Teach me your way, O Lord, and lead me on a level path because of my enemies. Do not give me up to the will of my adversaries, for false witnesses have risen against me, and they are breathing out violence. Psalm 27:11-12

Again from Emmet Fox, Day 339: “The ‘enemies,’ as always, are [our] own fears, and these fears take their rise in the fact that ‘false witnesses’ rise up and confront [us]. Verily, doubt and

fear are the cruelest things that can come into the life of man.”

It's a start. I, for one, one individual, undivided from THE ONE, want freedom from fear. Life is too short – even if we do live for all eternity. I'm dummit fraidin.’

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(continued from page 29)

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PRAYER POWER

International New Thought Alliance Executive Board joyously announces the formation of a new prayer team whose sole purpose is to give prayers or spiritual mind treatments on line for anyone who requests it.

FAQ: Who can use this prayer team service?

Anyone who is in need of prayer is invited to contact our prayer team. Sometimes you may be too close to the situation, or too emotionally involved to think clearly yourself. In this case it is right to ask a professional, someone who is not involved in your situation, to pray for you. You can also request prayers for someone else with their permission.

Who actually does the prayer work?

Your prayer request is fulfilled by an experienced licensed ordained minister who is affiliated with a New Thought church.

Is my prayer request kept private?

Yes. Ministers keep your confidence whether in person or on line.

Can I make ongoing requests?

Of course. There is no limit to how often you may make a prayer request.

I'm not a member of INTA. Will you pray for me, too?

Absolutely! We will pray for a anyone who is in need of prayer

Is there a fee involved?

No. This service is our gift to you. You may make a donation to INTA if you desire, but there is no requirement or suggested fee for this work.

How do I make my prayer request?

Go on line to intaprayerteam@gmail.com to make your prayer request. An INTA minister will respond within 24 hours.

Please tell your friends and family about our prayer team. We are here to serve you.



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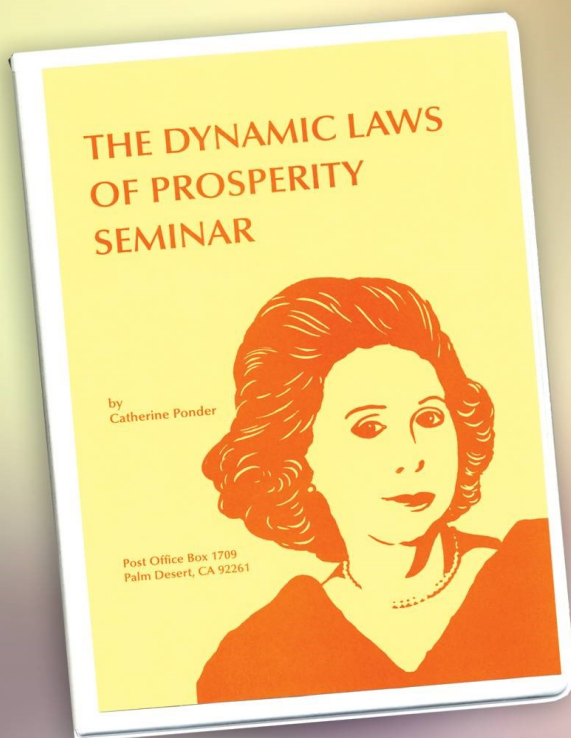
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