

The Ultimate Science of Mind Handbook

In this series of classes we learn and embody the Seven Fundamental Spiritual Secrets of Science of Mind and the Ten Lessons to transform our life. We introduce the profound wisdom of Ernest Holmes based on all of his teachings.

Introductory Lesson: The Seven Spiritual Secrets of *Science of Mind*

In exploring the teaching of *Science of Mind and Spirit*, we must first understand the difference between the map and the territory. The map is only a representation of the territory. We offer a foundational model and map of spiritual territory. Different writers will have different models and may emphasize different aspects of the territory. The label “Seven Secrets of Science of Mind” is merely a beginning to create a foundational structure for our teaching. The secrets are a metaphor for the spiritual landscape or as Alan Watts’ states, “the menu is not the meal.”

We use the term “Seven Secrets” in a very broad sense. They are not really secrets because they are implicitly taught by Dr. Ernest Holmes in all of his works called “*Science of Mind and Spirit*”. We could even call them the Seven Foundations of Science of Mind. We wish to explicitly emphasize them as the foundational building blocks of our teaching.

Secret One: There is Only Spirit

In the beginning, God created the universe and everything in it. We use the word God as the Creator-Sustainer of the universe. God created the universe out of Its own very Essence. This means that the Essence of God is in every part of the universe. This statement leads us to the first spiritual secret of Science of Mind from which all other secrets derive.

1. There is only Spirit. Everything is spiritual and Its infinite varieties of manifestation.

Everything that exists is created out of the One Spirit and everything has the energy of the One Spirit within it. This One Spirit is transcendent to Its creation and immanent in its creation. Transcendent means eternal, beyond time and space and not subject to the laws of physics in time and space. Immanent means existing in time and space. The Creative Process is simply spiritual energy manifesting as something in time and space. Spirit has many names. It is the Original Creator and Sustainer of the universe. It is the “Universal I AM”. As Presence, it is holy and sacred Beingness. As Power it is impersonal and creative Doingness. We call it God. God is and God is all there is. There is only God. **God is All.**

**There are three aspects of God,
God, the Transcendent Creator-Sustainer
God, the Creative Energy and Action;
God, the Creation.**

God, the Transcendent Creator-Sustainer is First Cause of the universe, the God who still lives and sustains the entire universe by Its Presence. The universe was not created by accident. It was created by a Presence and a Power which is a divine mystery. We simply call this mystery, God.

God creates everything out of Itself through a process called emanation. Emanation, from the Latin “emanare” means "to flow from" or "to pour forth or out of", is the mode by which all things are derived or created from the First Reality, God.

God, the Creative Energy and Action is the energy- intelligence which emanates out of God and is the fundamental substance of the entire universe. Everything in creation including all life forms is created out of this substance. We call this substance the Essence of God which is present in the entire creation. We are the Essence of God but we are not the Allness of God.

God, the Creative Action, is the process by which intelligent spiritual energy becomes tangible manifestation. Creative Action is called “Law” because it must produce manifestation according to the nature of the intelligent spiritual energy. Law is not a thing. Law is the process by which energy becomes manifestation.

The Creation is the manifestation, the result of The Original Creator emanating aspects of Itself. The creation exists in time and space and is the effect or the result of the substance of energy- intelligence (Essence) emanating from God. We are not reflections of God or even creations of God. We are emanations of God, identical in Essence, continually growing in the awareness of Allness.

Secret Two: Levels or Fields of Energy Intelligence

The universe we see and all life in it is made up of energy-intelligence vibrating at different levels. We call these levels, fields. This statement leads us to the second spiritual secret of Science of Mind.

2. The universe consists of interpenetrating fields of one energy-intelligence vibrating at different levels.

The poet Rumi states: *“Out beyond ideas of wrong doing and right doing there is a field. I'll meet you there....”*

There are many interpenetrating vibrational fields. For simplicity sake, we focus on the three major fields.

The first field is called **Spirit**. It is the highest energy vibration field we can experience but not see. We also cannot measure it or test for it because it is transcendent, beyond time and space. It can only be known by direct spiritual experience or by faith.¹

The second field is called **Mind** and is divided into two parts, **Conscious Mind** and **Subjective Mind**. The energy vibration here consists of intellect, reasoning and logic of the conscious mind and the storehouse of all existing thoughts and ideas of the subjective mind.

The third field is called **Body**, consisting of lower energy vibrations we can see. It is material creation, the lowest vibration of Spirit.

Regardless of the field, everything is Spirit vibrating as energy-intelligence.

The entire universe is alive because the energy-intelligence of God is in all aspects of the universe, in the minerals, the plants, the animals, self-conscious humans and in cosmic conscious spiritual beings. The universe is consciousness and consciousness is the universe. We call the self-conscious individual a human being. All

¹ See discussion, Addendum to Introductory Lesson: **A Step-By-Step Argument to Prove a Loving God**

individuals have some form of awareness which is defined as a part or degree of the totality of consciousness. It is our general purpose, as individuals, to expand our awareness, becoming more conscious. There is an unrelenting desire built into each of us for greater consciousness and we will not stop and we will not rest until we know and we know that we know. The more aware we become, the more choices we have, the more choices we have the more freedom we exercise, the more freedom we exercise, and the more joyful and fulfilled we are.

Secret Three: Identity

We identify ourselves based upon our concept of who we think we are. For example, we can think we are simply advanced animals.² We can see ourselves as separate and distinct individuals reacting to a world that we cannot control, as “skin encapsulated egos”.³ As we grow in awareness, we are confronted with the issues of meaning, purpose, God, and the universe. The way in which we deal with these issues determine the way in which we relate to God and the universe.⁴

Every individual is created by the One Spirit and has the same qualities and attributes as the One Spirit. This statement leads us to the third spiritual secret of Science of Mind.

3. Our true identity is the “Individual I AM” which is our individualized aspect of the *Universal IAM*.

“There is the Universal I AM and the individual I. Each one of us is an individual rooted in the Universal I AM -- a personification at the level of our conscious perception of that invisible Presence which is both God and human.”⁵

God speaks directly to Moses and states, “I AM That IAM.”⁶

² In 1967, Desmond Morris published his landmark study of human behavior and evolution called *The Naked Ape*. The thesis of the book is that humans are really just apes, and much of our behavior can be understood in terms of animal behavior and its evolution.

³ In his 1966 work, *The Book: On the Taboo Against Knowing Who You Are*, Alan Watts argues that the prevalent human view that we “a separate ego enclosed in a bag of skin is a hallucination”. We are not victims of impersonal forces we cannot control but we are interconnected in the flow of the universe.

“We suffer from a hallucination, from a false and distorted sensation of our own existence as living organisms. Most of us have the sensation that ‘I myself’ is a separate center of feeling and action, living inside and bounded by the physical body — a center which ‘confronts’ an ‘external’ world of people and things, making contact through the senses with a universe both alien and strange. ...

“This feeling of being lonely and very temporary visitors in the universe is in flat contradiction to everything known about man (and all other living organisms) in the sciences. We do not ‘come into’ this world; we come *out* of it, as leaves from a tree. As the ocean ‘waves,’ the universe ‘peoples.’ Every individual is an expression of the whole realm of nature, a unique action of the total universe. This fact is rarely, if ever, experienced by most individuals. Even those who know it to be true in theory do not sense or feel it, but continue to be aware of themselves as isolated “egos” inside bags of skin.”

⁴ There are numerous maps describing levels of awareness. For example:

- 1. Victim Stage**-Life happens to me and I react to it.
- 2. Law Stage**- I learn to control my life by using the Law of Mind. I learn that my embodied thoughts become my reality.
- 3. Love Stage**-I learn that there is a Higher Power working through me and that through a divine partnership I can co-create a magnificent life.
- 4. Unity Stage**-I learn that I am the Higher Power individualized. I am no longer limited by self-concept. I act as a spiritual being from the place of cosmic consciousness.

⁵ Ernest Holmes, *10 Ideas*-p.62

⁶ Exodus 3:14. This statement is numerous interpretations including the mystical interpretation that God is Pure Beingness, pure potential waiting to become something. Each of us is an individualized aspect of this Pure Beingness.

The individual person is like a holon of the One Spirit. A Holon, from the Greek, is something that is simultaneously a whole and a part. Whereas a pure Holon theoretically can exist independently of the Universal, the individual has the same qualities and attributes as the universal but always exists within the One Spirit. Where the One Spirit or God has total consciousness, an individual has partial but continuing expansion of awareness. Awareness is a degree of consciousness.

We are individualizations of One Spirit. We are the Essence but not the Allness of God.

Our personality is our sense of who we think we are. It is molded by our life experience and is the imperfect out-picturing of our Essence based upon our level of awareness. Personality continues to change. It is an effect of Essence. Our level of awareness determines what we think is our identity. We become more aware by opening, surrendering and communing with the One Spirit. We become more aware by learning to step outside of ourselves and impartially observe our own behavior. We surrender, commune and observe gradually bringing into focus our Divine Essence.

Our Divine Essence is our true nature. It is the same as the “Individual I AM” and does not change. **Essence is our God Self that is already perfect, whole and complete. We are God, individualized.**

Secret Four: Reciprocity

There is a dynamic spiritual relationship between the Universal and the individual. This relationship is labeled “Reciprocity” and leads to the fourth spiritual secret of Science of Mind.

4. The entire creative process involving the universal and the individual is one of reciprocity.⁷

The Universal is infinite potential, beyond time and space. We call this aspect transcendent. The individual lives in time and space. We call this aspect immanent. There is a constant flow of energy between the Universal and the individual. This flow is called reciprocity and is the basis of the creative process. The Creative Process works and continues to work whether the individual is aware of it or not. As the individual becomes aware (wakes up) and consciously opens to the Universal, this universal energy seems to flow into the individual resulting in greater individuality and awareness. According to Thomas Troward, this is the process of worship.⁸ This reciprocal relationship has been explained in different ways. One way is to say, "As you take one

⁷ The Principle of Reciprocity comes from the writings of Thomas Troward and is absolutely critical in understanding the significance of spiritual mind treatment. Troward explains the spiritual relationship between individuals who are beginning to realize their own divinity and the Universal, All Originating Spirit. It created the entire universe and everything in it out of Its Own Essence. All Originating Spirit is conscious. To be conscious, It must be conscious of something. It is conscious of Its creation. The creation is alive with the Essence of All Originating Spirit because Spirit created everything out of Itself. The creation evolves which means the creation grows in awareness over time. At some point in this evolutionary process from mineral to plant to animal to human, individuals become aware that they are created out of the essence of Spirit. They want to become more aware but to do so it is necessary to open to "the sweet reciprocity of Spirit". Thus begins the continuing reciprocal relationship between the Universal and the individual. It is reciprocal because as individuals open and surrender to the Universal, the Universal responds by giving greater inspiration to individuals. Individuals realize that the only difference between the Universal and the individual is the degree of awareness. The more individuals surrender, the greater their awareness.

⁸ Worship is the process whereby the individual opens to the universal. We “touch the face of God” when we reach that “indescribable reciprocity of feeling by which we instinctively recognize something in another, making it kin to ourselves.” This is the true meaning of worship. When the individual conscious mind comes into direct contact with Universal Spirit, cosmic intelligence becomes individualized and individual intelligence becomes universalized. The two become one. “I am the person that thou art, and thou art the person that I am.” True worship recognizes Universal Spirit as Love and we are the beloved loving the Lover.

Worship is the contemplation of Spirit through conscious and purposeful communion. This communion is “based upon our recognition of the Personalness of God and of the relation of our individual personality to this Eternal and Infinite Personality....In the true worship our consciousness is

step towards God, God takes a thousand steps towards you." In time and space, the result of this reciprocal relationship is called evolution.

It is important that we not only understand the process but we have a real feeling for it because when we do, we can consciously participate in the co-creative process expanding our awareness.

Reciprocity is the method by which spiritual energy flows from the universal into the individual and back to the universal. It is the process by which the individual grows in awareness. It is the process by which the individual particularizes universal potential in its role as Divine Distributor. It is the process of scientific prayer whereby the Universal first assumes the mode of **Universal Giver (+) (The Presence)** and the individual responds in the mode of **Individual Receiver (--)**. Once universal energy is received by the individual in the form of intuition - insight, the individual transmutes the energy into a mental equivalent as the polarity between the universal and the individual changes. Now the individual becomes the **Individual Giver (+)** by speaking its creative word. The Universal becomes the **Universal Receiver (--)** (**The Law**)

The Law of Reciprocity is the Creative Process⁹ in action and is the basis of all spiritual law in the universe. Moreover, it is the explanation for why the universe expands, why the individual grows in awareness, why structures become more complex or breakdown.

Secret Five: The Wisdom of the Universe Is within Us

We are energy beings with three energy centers. By bringing harmony and balance to these three centers inner wisdom is revealed to us and leads to the fifth spiritual secret of Science of Mind.

5. The wisdom of the universe is within us waiting to be revealed.

When our three centers are in harmony and balance we have an opportunity to expand awareness and come into the full realization of our essence or Inner Wisdom. Spirit becomes humanity in order to know Itself as humanity. Humanity becomes Spirit to know itself as Spirit.

The head is our intellectual center. Its true function is to perceive and discern the truth about any situation. Head energy at the lowest level represents information, at the middle level represents knowledge and at the highest level represents wisdom. The symbol for head energy is **Light**. As we open this center we find our true **Light**.

The heart is our feeling-emotional center. Its true function is to be present in the moment with all of our feelings, acknowledging how we are feeling in this very moment. Heart energy at the lowest level represents emotion, at the middle level represents conditional love and at the highest level represents unconditional love. The symbol for heart energy is **Love**. As we open this center we find our true **Love**.

All positive emotions come from love. Love never changes. It is the power of creation. It is glue of the universe.

removed from the outer sphere of existence to the innermost center of unconditioned being." Thomas Troward, *The Creative Process in the Individual-Chapter 8- The Denouement of the Creative Process*.

⁹ The Creative Process in Science of Mind is the process by which Universal Spirit speaks its Word into Universal Law resulting in physical manifestation. The same process occurs in the individual. "We have gone through all of our abstract processes of reasoning and have found out what the Law is and how it works; now we can forget all about it and know there is nothing but the Word; the Law will be working automatically." The question becomes on what basis do we articulate "the Word"? From which identity do we speak, our relative personality or are divine individuality?

Fear is the natural survival fight-flight mechanism built into the physical body. The true function of fear is a signal to alert our physical body to danger. All other emotions such as anger, rage, sadness or worry come from the generalization of fear.

The key to happiness, health and success is to eliminate all negative emotions and live from the natural feeling of love. **We choose the natural feeling of love.**

The solar plexus is our action center. Its true function is to appropriately respond in a balanced way in every situation. Moving energy at the lowest level represents instinctual reaction, at the middle level represents control and contractual action and at the highest level represents consensus and unconditional service. The symbol for moving energy is **Power**. As we open this center we find our true **Power**.

I am the Light of God.

I let my light shine and stream fourth to help enlighten the world.

I am the Love of God.

I let my love stream forth from my heart to the hearts of humanity.

I am the Power of God.

I use my power to take dominion and responsibility and establish true freedom in my life.

I balance Light, Love and Power, all three.

This is the secret of God within me.

Secret Six: Purpose

The universe is on purpose. Nothing happens by accident and everything occurs to fulfill the general purpose of the universe. This leads us to our sixth spiritual secret of Science of Mind.

6. All of us are born with a general purpose and an individual specific purpose.

Our general purpose is live from our Divine Essence, our “Individual I AM” as divine individuals. We are here to make our personality passive in our Divine Individuality active. By living our general purpose, we help bring permanent peace to planet Earth.

To discover and live our purpose begins with our decision and commitment to live our lives as spiritual beings. We asked the question, “What are the qualities of the spiritual being?” We list and embody those qualities. We live those qualities.

All of us have been given unique and special gifts. Our specific purpose is to discover these unique gifts and special talents and then share them with our world. **We live our purpose.**

Secret Seven: Mysticism

According to Dr. Ernest Holmes, Science of Mind is at heart a mystical teaching and “*a mystic is one who intuitively perceives Truth and who, without mental process, arrives at Spiritual Realization....a mystic does not read human thought but communes with the Thought of God.*” This leads us to our seventh spiritual secret of Science of Mind.

7. Our attitude towards life is one of mysticism. We see through all apparent contradiction to the unity, oneness, and unconditional love of the universe.

We are immersed and live inside of Ultimate Reality. This Ultimate Reality is here now. The nature of this Ultimate Reality is love which unites us with all of life and with each other. Mystical consciousness heals instantly because it seems only wholeness or oneness. We learn to see through the eyes of the mystic. We commune with Spirit and become what we contemplate. We live, move and have our being in a mystical universe.

Summary of the Seven Spiritual Secrets of Science of Mind

- 1. There is only Spirit. Everything is spiritual and Its infinite varieties of manifestation.**
- 2. The universe consists of interpenetrating fields of one energy-intelligence vibrating at different levels.**
- 3. Our true identity is the “Individual I AM.”**
- 4. The entire creative process involving the universal and the individual is one of reciprocity.**
- 5. The wisdom of the universe is within us waiting to be revealed.**
- 6. All of us are born with a general purpose and an individual specific purpose.**
- 7. Our attitude towards life is one of mysticism. We see through all apparent contradiction to the unity, oneness, and unconditional love of the universe.**

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