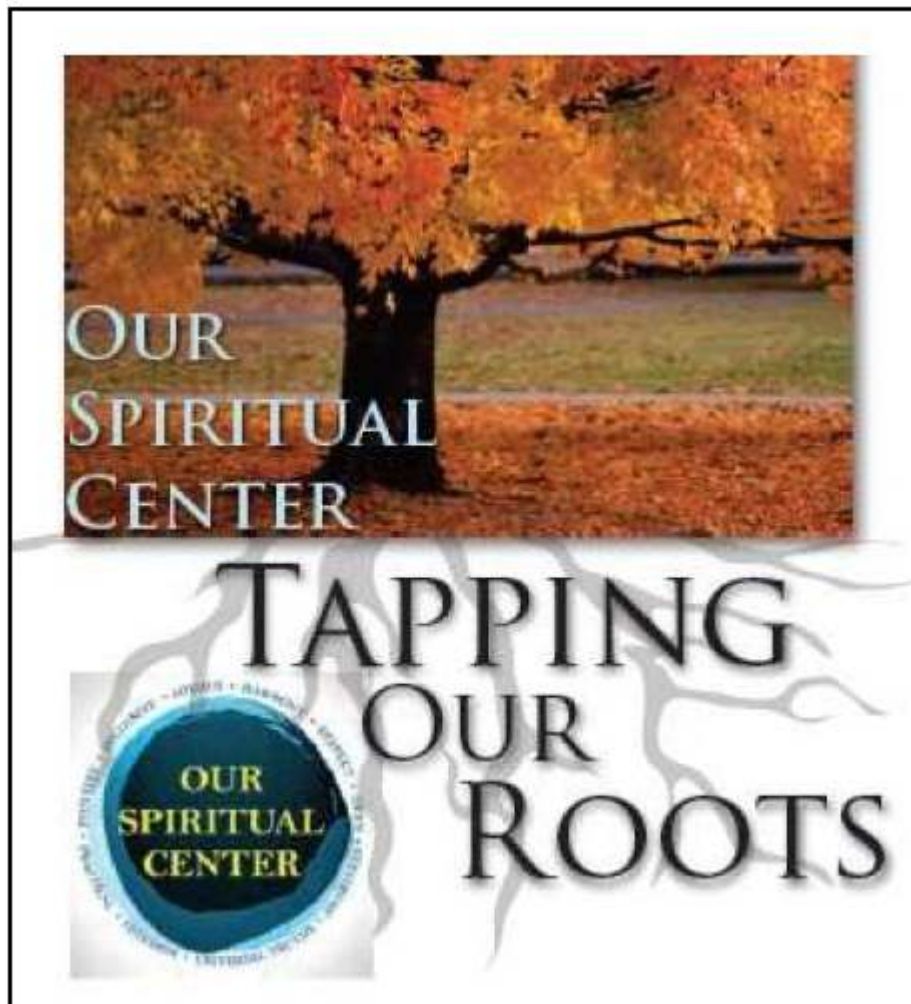


**TAPPING OUR ROOTS RITUAL presented by OSC on 11-20-2011**

The *TAPPING OUR ROOTS* presentation celebrating Thanksgiving was a joyful success on 11-20-2011!



*Where does this spiritual philosophy for living life called The Science of Mind come from?* Religious belief is always evolving along with the rest of human thought, for we humans are constantly becoming more and more aware of life. Certainly, early man wondered and was awed by Life even before the four or five thousand recent years of recorded spiritual thought. This presentation is a recognition and an honoring of the influences to the thought of Ernest Holmes, founder of this philosophy. This is not meant to be an overview of religion in general. It, rather, honors our roots and honors all of us who are extending the exploration of the workings of thought and its expressions.

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Holmes defined the Science of Mind as “a correlation of the laws of science, the opinions of philosophy and the revelations of religion, applied to the needs and aspirations of man.” We are exploring the roots of this ongoing correlation.

## **TAPPING OUR ROOTS RITUAL presented by OSC on 11-20-2011**

1) The oldest of the major religions of our world is **Hinduism**, dating back over two thousand years before the Christian era. Like the SOM, Hinduism is a blending of many spiritual traditions. No particular founder is recognized or worshipped. Hinduism's "Eternal Law" or "The Eternal Way" is more a way of life than a religion in the sense that we think of religion in the West. Hinduism's proponents have stated that it is not "just a faith," it can be summed up as *living from one's spirituality*. Hinduism is very respectful of individual choices regarding one's spiritual pathway, believing that "many paths lead to the same Summit."

*"Better indeed is knowledge than mechanical practice. Better than knowledge is meditation. But better still is surrender of attachment to results, because there follows immediate peace."* -- from the *Bhagavad Gita*

2) "**Buddhism** came out of the Buddha's efforts to reform and simplify Hinduism, just as Christianity came out of Jesus' desire to reform Judaism. Neither the Buddha nor the Christ desired to start a new religion. But both did. And both taught that they were not to be worshiped; that our focus should be on the Truth teachings they offered. Buddhism is quite similar to the teachings of the SOM, in that we do not worship a Divine Being outside ourselves; we are a part of Divine Beingness. The Buddha sought to find a solution to the suffering of the world. Right Mindfulness--that is, being awake--is the #1 teaching we take from Buddhism. The Buddha set forth his teaching in the doctrine of THE 4 NOBLE TRUTHS:

- 1) *All things and experiences are marked by suffering/ disharmony/ frustration.*
- 2) *The arising of suffering/ disharmony/ frustration comes from desire/ craving/ clinging.*
- 3) *To achieve the cessation/end of suffering/ disharmony/ frustration, let go of desire/ craving/ clinging.)*
- 4) *The way to achieve that cessation is through: Right Understanding, Right Determination, Right Speech, Right Action, Right Livelihood, Right Effort, Right Mindfulness, and Right Concentration.*

3) About the same time the Buddha was teaching in India, **Lao Tzu** was teaching **The Way of the Tao** in China, and another of our major religions was born. Lao Tzu looked to simplicity for truth and freedom. He taught that the source of human life is a divine fountain, which must be permitted to flow freely through

## **TAPPING OUR ROOTS RITUAL presented by OSC on 11-20-2011**

man. He gave us the Tao and the yin/yang symbol for wholeness, unity and oneness.

*“Before the world exists, there is mystery;  
Silent, depthless, alone, unchanging, ubiquitous and ever moving,  
The mother of the world.  
I do not know its name, so I call it Tao.”*

4) Also about this time, in another province of China, **Confucius** was focusing on laws of moral living. Confucianism is often followed in a religious manner by the Chinese. Confucius placed great emphasis on the value of study. He, like many others, stated the life principle of the golden rule.

*“Never impose on others what you would not choose for yourself”  
“What you do not want done to yourself, do not do to others.” and  
“Ignorance is the night of the mind.”*

5) At about the same time these great spiritual teachers were doing their work in the East, we were blessed in the East with the wisdom of the **Greek philosophers**: Heraclitus, who influenced Socrates, who taught Plato, who taught Aristotle. They were the founders of Western philosophy. Their teachings included ideas of oneness, immortality, and of the scientific method of inquiry. This method of breaking down problems into questions to uncover underlying, hidden beliefs and examining their validity is essential to The Science of Mind.

*“And what, Socrates, is the food of the soul? Surely, I said, knowledge is the food of the soul.” --Plato*

6) In the mid-east, the prophets Abraham, Moses, and others led another of the major world religions: **Judaism**. The Torah, the Old Testament, monotheism and the idea of God as Law are great contributors to our philosophy.

*“Thou shalt not hate thy brother in thine heart; thou shalt in any wise reason with thy neighbor.”  
Thou shalt not avenge, nor bear any grudge against the children of thy people, but thou shalt love thy neighbor as thyself.”*

7) And now, to **Christianity!** About 500 years after this period of enlightenment that produced the Buddha, Lao Tzu, Confucius, and the Greek philosophers, Jesus

## **TAPPING OUR ROOTS RITUAL presented by OSC on 11-20-2011**

was born. Jesus brought the balance of Love to the Judaic Law. He too was trying to reorganize his religion, not create a new one. The Science of Mind teaches that that which we call God is two things: It is Love and it is Law. We owe this perception to Jesus' teachings, and we recognize Jesus as The Great Way-Shower, the Great Example—and *not* the “great exception.” We believe that his goal was to teach that we are divine beings. We honor Jesus' teachings of independence from priests and other intercessors for contact with our Source. His teachings regarding healing through prayer gave rise to the SOM 5-step Spiritual Mind Treatment: Recognition, Unification, Realization, Thanksgiving, and Release.

*“And now abideth faith, hope and love, these three, and the greatest of these is love.”*

**8)** The Prophet Mohammed, founder of **Islam**, was born 600 years after Jesus. We locate this Eastern religion here, for its foundation is Judaism and Christianity. In Islam, the Old and New Testaments are considered religious texts that precede the Koran. We acknowledge Islam for its teaching emphasis on monotheism and regular prayer, and its place as one of the great religions of our world. Further, we have a connection with and respect for the Sufi branch of Islam, and two of its poets that have given great beauty and love wisdom to us: Rumi & Hafiz.

*“Remember, only from the heart can you touch the sky.”*  
*“My religion is to live through love.” -- Rumi*

**9)** We turn now from Ancient Wisdom to **Meister Eckhart** and his Progressive Christianity. He was a 14<sup>th</sup> century German priest, theologian and spiritual philosopher who developed an immensely influential metaphysical interpretation of the gospels. An example of this is his perception that “the son” is the WORD in each of us. His central theme was that God is Being, and that if God is all existence, it is impossible that anything could be apart from It.

*“God is at home. It is we who have gone for a walk.”*

**10)** The Dutch philosopher **Baruch Spinoza** is often called the Prince of Philosophers. He is considered one of the great rationalists of the 17<sup>th</sup> century, and his work became the foundation for modern Bible criticism. He opposed Descartes regarding dualism, and taught that the nature of life is eternal. Spinoza is the one who originally said, “Nature abhors a vacuum.”

**TAPPING OUR ROOTS RITUAL presented by OSC on 11-20-2011**

*“The order and connection of ideas is the same as the order and connection of things.”*

**11)** We honor together **Emmanuel Kant, Ralph Waldo Emerson, Walt Whitman and William James**. We recognize their immense impact on modern thought. Kant introduced to the other three -- and through them to all of us -- the idea that this world is an out-picturing of our spiritual world. He also brought forth ideas of intuition, and belief in no devil, no evil, no hell, no dualism, no spiritual authority, no savior, no church. It is often said that if you want to understand Kant, read Emerson. Emerson was one of the 3 or 4 strongest single influences on the thinking of Ernest Holmes, the founder of SOM.

*“Life is lived from within out.” “The key to every man is his thought.” -- Emerson*

**12)** Another very important influence on Ernest Holmes’ thought was **Thomas Troward**, an English judge in India. Raised in India and having worked in India as an adult, he set forth a valuable metaphysical system of philosophy based on experience of both Eastern and Western thought.

*“The subjective mind is entirely under the control of the objective mind. With the utmost fidelity it reproduces and works out to its final consequences whatever the objective mind impresses upon it.”*

**13)** No list of major influences on modern spiritual psychology would be complete without **Carl Jung**, for he brought spirituality into psychology. He was the discoverer of the collective unconscious, a consciousness that contains all the knowledge gathered throughout the ages and more. Jung’s position in modern psychology was that the human psyche is “by nature religious.”

*“From the living fountain of instinct flows everything that is creative.”*

**14)** Another grouping is the contributions of **Franz Mesmer, Phineas P. Quimby, and Emile Couey**. Mesmer, a German physician, discovered hypnosis, originally called “mesmerism.” Quimby, a New England physician, became interested in Mesmer’s ideas, and concluded that the ultimate curer of any disease is the mind. Their ideas influenced French psychologist and pharmacist Emile Couey, who introduced a method of psychotherapy and self-improvement based on optimistic autosuggestion. Couey developed what has become a standard ideal in

## **TAPPING OUR ROOTS RITUAL presented by OSC on 11-20-2011**

the New Thought movement for affirmations: No use of negatives, no naming of the illness, and no use of a future tense in using auto-suggestions. (Or, use affirmative statements, declare what you desire, use the present tense. E.g. I am healthy.) Couey coined the affirmation that Myrtle Fillmore, one of the cofounders of Unity, used to heal herself:

*“Every day, in every way, I am getting better.”*

**15) Emma Curtis Hopkins** is called “the teacher of teachers” because she taught the founders or the teachers of the founders of so many of our New Thought organizations. She started out as a student of **Mary Baker Eddy**, who was the founder of Christian Science. Hopkins left Eddy and established the Illinois Metaphysical College, a platform for her very successful New Thought teaching career. Her chief emphasis was on Good being the only true definition of God, and the only true experience of God.

*“Good is God and therefore God is health”*

*“I am seeking my Good, therefore, I am seeking God.”*

**16)** And now we arrive at our founder, **Ernest Holmes**, and the founders of two of our contemporary sister New Thought organizations. **Charles & Myrtle Fillmore founded Unity. Nona Brooks, with her sisters, Althea and Fannie, founded the Church of Divine Science.** The Fillmores and Nona Brooks experienced personal physical healings, as did several of the individuals mentioned earlier. Many of them were also able to effect instantaneous healings in others. Our founder, Ernest Holmes, was an inveterate reader and thinker. He assembled his findings, he said, in a correlation of the laws of science, the opinions of philosophy, and the revelations of religion. These became *The Science of Mind*. Holmes said he named the teaching “a science” because he believed its principles were scientifically provable in practice. He desired that they be applied in our lives through practice.

*“I would rather see a student of this Science prove its Principle than have him repeat all the words of wisdom that have ever been uttered.”*

We are reapers of the rewards of all this thought that has gone before. We are the holders of this truth about how to heal disease, disconnection, dispute--anything unlike God or God’s Good. We can affirm the Good, open to it, and go about living it; we can carry it forward. We bring about peace, love, and joy by living in alignment with these principles.

**TAPPING OUR ROOTS RITUAL presented by OSC on 11-20-2011**

**17)** As we carry it forward, we are not alone. We have the past leadership of these mentioned today, plus the more recent leadership of **Mahatma Gandhi**, who taught that the way we live is more important than any achievement we make.

*“Be the change you would like to see in the world.”*

**18)** Likewise, we acknowledge **Teilhard de Chardin**, a Jesuit priest, mystic, thinker, and theologian who integrated theology with science and the evolution of consciousness.

*“Our duty, as men and women, is to proceed as if limits to our ability did not exist. We are collaborators in creation.”*

**19)** Further, we recognize **Paramahansa Yogananda**, who brought the spiritual wisdom of the East to the West, merging our world’s spiritual knowledge. And we recognize **Sri Aurobindo**, whose book “The Life Divine” was a major source of inspiration to Holmes.

*“Man is a transitional being. He is not final. The step from man to superman is the next approaching achievement in the earth evolution. --Sri Aurobindo*

Today, we have living amongst us spiritual teachers and way-showers: Barbara Marx Hubbard, The Dalai Lama, Depak Chopra, Michael Beckwith... to name a few. Let us step forward with them with our Light!