



Your Voice Matters!

The *Science of Mind* magazine is a great resource for the wisdom and teachings of our founder, Ernest Holmes, found in the Daily Guides section.



On April 12th I read, "And our very problems, then, are merely situations that confront us with the opportunity for greater self-expression." Then I turned to the article by Murphy the human whisperer with his favorite human, Bob Luckin, "Your voice is a very important part of All That Is... Your experiences and message matter."

Seeing the opportunity in a supposed problem and making it matter usually comes as hindsight. My life has been scattered with many unique opportunities for growth. I recently shared some of these with family members in a Mini-Memoir. I headed it with, "Beware the judge who would say, 'This is she...having read one experience.' I tell of sadness, bitterness and pain; it was felt. I tell too little of joy and happiness; it remains."

I commend pain and challenges as being my greatest teachers, my "opportunities for greater self-expression." Since learning more about our philosophy in *Science of Mind and Spirit*, and especially now as a practitioner-in-training, I have found a shortcut for recognizing a problem as an opportunity.

It's all in the way we think and feel, and how we introduce those thoughts into the creative medium of the Law, the "place" where our thoughts are turned to manifestation in form. A repeated assignment in the practitioner studies is to write a treatment, which I do often. Following the guidelines for affirmative prayer treatment is a formula for creating the things we want. Many times my reading will trigger writing an affirmative mind treatment, and, with this, I hope my message matters.

I breathe and call my attention to the Presence within. I recognize an overwhelming essence of Love, of the vastness and majesty of the One God, Everlasting Spirit, and Maintainer of the Universe.

I find my self-expression within All That Is. I feel the Oneness of my own soul united with the sea of Spirit. My individual expression is known and nurtured within the Mind of God. As I walk through the journey of Earth Life, I come upon situations that threaten my peace and disturb my sense of rightness. And then I pray. I began to pray as a child and it brought me peace, as it does today. My prayer is the reminder that I am not alone...that all situations around me are not to be the cause of fear and consternation. I read each situation like a book and find the purpose of Life written between the lines.

I know now, through experiences in my life, that there is a hidden message within everything viewed as a problem. There is a gift. I appreciate those messages I have deciphered in my life that have trained me to be patient, trusting, and believing that all is well and is programmed for my good and learning. I develop wisdom, compassion, and ability from challenges. I know God is everywhere and in all. I am never alone. No one, in any place, is separate from the Love and Presence of God. I am so much more than thankful for this knowing in my heart and mind. I let God be...I look upon life everywhere as one with God. I release my word of knowing to the Law and send it forth to ease and comfort a world full of problems and opportunities.

I let it be. And so, it is.

Namaste.

Sue Fullmer

Core Council Secretary