



## Happy New Year!

Are you looking forward to a Wonder-full 2022? The CSL theme for January is "Living Everyday Wonder". So, are there resolutions or intentions that are floating around in your mind for the new year?

I have created a list of resolutions for many years, and like many of us, I forgot about them by February. But, I do believe that thinking of them and, especially, writing them down actually set my consciousness on a path to accomplish them. Often the desire hadn't been realized for a loooong time!

How do we set an intention and make it happen? We are the co-creators of our life with the One Mind. Our founder, Ernest Holmes, wrote, "The limit of our ability to demonstrate depends on our ability to provide a mental equivalent of our desires, for the law of correspondence works from the belief to the thing. But it is within our power to provide a greater mental equivalent through the unfolding of consciousness; and this growth from within will finally lead to freedom."

What is a New Year's resolution other than a desire for freedom? Perhaps freedom from being overweight, freedom from guilt or a bad habit? Perhaps the reason our resolutions so seldom produce the demonstration we want, is that we do not have a strong enough mental equivalent. Often, our resolutions center around the body. In Practicing the Presence, Joel Goldsmith writes, "From the moment that we we're conceived as human beings, we have been under material and mental laws; we have been governed by laws of food, weather, climate, time, and space... These are really universal beliefs, but they act as law to our experience until we consciously realize our immunity from anything and anybody external to ourselves and realize that the issues of life flow out from us. We are not the victims of anything external to ourselves... Our true identity is consciousness, spirit, soul; and, therefore, we are not subject to the laws of matter... If this realization were of great enough depth, we would automatically rule out of our lives all physical discords; but because, in most cases, it is merely an intellectual acceptance, it is not effective in our experience. Let us make it effective by a specific act of consciousness" through the creation of a powerful mental equivalent. If that mental equivalent has to have power behind it to actually demonstrate in the physical, we need to "rev" up that power by elevating our consciousness.

I have found that a daily spiritual practice keeps me in the flow and progressing in consciousness development. I love to read the Science of Mind Magazine and other books about our philosophy. The book group on Thursdays is also a great way to study together.

I invite you to set an intention to find your personal way of development. We can all benefit from associating with the special, like-minded people in our spiritual community at online Sunday Service and in-person monthly gatherings. Join us on the journey and have a Wonder-full New Year!

**Blessings,**

**Sue Fullmer**

Core Council Secretary