Last week we began our exploration of Step 7: “Humbly asked him to remove our shortcomings.” by considering that our shortcomings are simply the physical manifestation and experiences of our spiritually misaligned beliefs and the subsequent thoughts that sustain them. We also explored using Spiritual Mind Treatment as a tool of removing our shortcomings by healing (aligning) our beliefs and thinking with spiritual truth.

This week we are taking a deeper dive into the evolution of human experience and thought so that we more clearly understand how Spiritual Mind Treatment works so that we can use it effectively.

**Myth**: comes from Ancient Greek ***mȳthos***, meaning 'speech', 'narrative', or 'fiction'.

**Science**: comes from Latin ***scientia***, meaning knowledge as a noun which is believed to have evolved from its verb tense meaning "to separate one thing from another, to distinguish,"

**Logos**: comes from the Greek ***logos***, meaning a universal divine reason, immanent in nature, yet transcending all oppositions and imperfections in the cosmos and humanity. An eternal and unchanging truth present from the time of creation, available to every individual who seeks it.

Spiritual Mind Treatment (SMT) is a reliable and repeatable methodology used to return us to an awareness and an experience of Logos, the eternal and unchanging truth present from the time of creation. Another way of saying this is that SMT activates ever-present Consciousness in our awareness which then becomes our experience.

Quotes to contemplate:

A New Design for Living ~ Ernest Holmes (1959):

“... inasmuch as every thought is creative, every thought may be considered as a form of prayer. From this point of view, what is the nature of our prayers? Do they affirm or deny the good we desire? Prayer is only a form of thought, and negative prayers can create negative experiences!” (p. 20.3)

The Science of Mind (1938):

“Treatment is not for the purpose of making things happen; it is to provide, within ourselves, an avenue through which they may happen.” (p. 274.2)

“Treatment is not something one does to another, not something one does to an

environment, nor to a situation. It is always the thing one does to [themselves]. Whatever

method enables [them] to do this is a good method, a good way. Treatment is an action in

thought alone. It opens up the avenues of thought, expands the consciousness and lets Reality through. It clarifies the mentality, removes the obstructions of thought and lets in

the Light. We already live in a Perfect Universe but It needs to be mentally seen and

spiritually experienced before It can become a part of our everyday life.” (p. 274.3)

“When we treat for right action we should start with the supposition that right action

already is. We do not create right action. Something must come into the treatment which

is uncompromising and absolute.” (p. 274.4)

The invitation this week is to contemplate the above quotes and then practice doing daily Spiritual Mind Treatments declaring spiritual truth and affirming the experience of it.

* Declare your understanding of God, Life, The Thing Itself, Spirit, Logos, etc.
* Declare your understanding of your unification what you stated in Recognition 1.0.
* Declare your release of all mental attachment to the thoughts and beliefs that are out of alignment with your understanding of God, Life, The Thing Itself, Spirit, Logos, etc.
* Declare of the authentic spiritual Truth of you that IS in alignment with your understanding of God, Life, The Thing Itself, Spirit, Logos, etc.
* Declare your celebration that the authentic spiritual Truth of you is present NOW!!
* Declare your final release of any remaining human attachment to any thought of resistance or doubt that might obstruct your experience of the spiritual truth of you just declared.