

A Summary of Chapters 1–4

The SCIENCE *of* MIND

*Based on the classic
by Ernest S. Holmes*



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Chapter 1: The Thing Itself

We see the abundance of Creation everywhere. The earth contains untold riches, and the air we breathe is alive with power. Why then is humankind so troubled with weakness, poverty, and fear? The Science of Mind and Spirit addresses this problem by exploring the divine plan of freedom.

Let us say that the creative Intelligence of the Universe, which we call God, has created everything in complete freedom. The seed of freedom then must be planted in our innermost being and must be spontaneously discovered by each person. Freedom cannot be imposed or restricted in any way. Our inherent nature is always to explore new ways to express this freedom. This is the divine plan of freedom and is discussed in the chapters following.

The Universe Never Plays Favorites

We are used to the thought that if we mix certain colors, we get certain other colors. It is a dependable principle of mixing colors. We know that whoever blends particular colors will get the same result. The Science of Mind and Spirit proposes that the same applies to the study of metaphysics. A universal Principle does not distinguish between people and has no favorites.

We may have thought of metaphysics as something only the most profound thinkers could understand. The Science of Mind and Spirit affirms that we are all thinkers and that whoever will study and use a principle may do so, regardless of their history or background, with the same results.

Why then are some healed through prayer while others are not? Can we believe that there is an Intelligence which picks out one person's prayer to honor, but ignores the prayer of another? Since some have been healed through prayer, while others not, the answer is that some have understood the principle more than others. Their thought and prayer have been in harmony with creative Intelligence, and the answer to their prayer has been in the prayer itself.

Nothing Supernatural About the Science of Mind and Spirit

There is nothing supernatural about the study of Life from the metaphysical viewpoint. We are to approach this study with awe, but not with fear. Metaphysics is simply the study of Life and the nature of the laws of life. It is a study based on the understanding that we live in a spiritual universe and that God is in and through and around us. Metaphysics seeks to understand the relationship between the universe and our mind.

Although we may not know what the mind is exactly, we know a great deal about it. By mind, we mean consciousness, the consciousness we are using right now to read this text. We do not, however, know where it is located. We are more aware of what mind does than what mind is.

There Are Not Two Minds, Only Two Natures

We use two names to describe states of consciousness: the objective mind and the subjective mind. Objective mind includes our conscious use of mind. Subjective mind refers to our subconscious

state of mind. It is that part of our mind that is receptive, responding faithfully to our thought. Subjective mind responds to conscious thought according to a law that works out the purpose of the conscious thought.

Limitless Power

We have at our disposal a seemingly infinite power within our subjective mind. It is never exhausted by our use of it. Our subconscious mind is merged with universal subjective Mind. In other words, there is only one subjective Mind, subject to one Law. Each, then, makes personal use of the universal subjective Mind when own conscious thought takes place. Each person is universal on the subjective side of life, and individual at the point of conscious perception.

Learning to think is to take advantage of an infinite Power by which we can bring into expression that which we desire. This is done not by holding thoughts, but by becoming a living embodiment of the thought that passes into the subjective mind.

All Thought Is Creative

All thought is creative according to its nature and the emotion or conviction behind the thought. The thought is accepted in the subjective and sets power in motion in accordance with the thought. This process is called Law. We may use the subjective mind's power to create by becoming aware of our conscious thoughts and choices.

The spiritual world is a world of conscious Intelligence. Our mind operates within this world of conscious Intelligence. The conscious mind is Spirit (directive, creative) while the subjective mind is Law (responsive, creating). One is a complement of the other.

Learning to Trust Will Make Us Happy

We live in a Universe of pure Intelligence. Intuitively we sense that in our native state we are all some part of this eternal and pure Intelligence. But we find ourselves confused, conflicted and fearful, sometimes afraid of the universe and suspicious of people around us.

Learning to trust that all of life is a manifestation of the one infinite Intelligence, we begin to be happy, prosperous and well. The storehouse of Nature may be filled with good, but this good is locked by ignorance of our relationship to the infinite Intelligence and unlocked by the power of our conscious thought to direct the subjective mind.

Divine Nature Is In Everyone

The nature of the Divine is in every individual. Because the Divine is what It is, and works the way It works, It appears to each of us through our belief. The mind, which we discover within us, is the Mind that governs everything.

Chapter 2: The Way It Works

The Science of Mind and Spirit affirms that good is universal, available uniformly and equally to all. The Science of Mind and Spirit states that Spirit (or Creative Intelligence) finds conscious and individualized centers of expression through us and that our thought is our personal use of the creative intelligence we call God.

There is a Universal Mind that is the origin of everything. It is referred to in The Science of Mind and Spirit by many terms, including Spirit, Intelligence, First Cause, God or whatever term is effective in conveying the idea of a Universal Life that is in and through all that is.

The life which we live is the Universal life expressing through us. Our thought and emotion is the use we make (consciously or unconsciously) of this Universal Mind that is the cause of everything. Therefore, we say that the intelligence we find in ourselves is our personal use of the Creative Intelligence of the Universe. Everything is made out of this Universal Intelligence. There is nothing but Universal Intelligence. That is why we are called children of God. We could be nothing else. When we accept this idea, we begin to see ourselves as we are.

The Seed of Perfection Is Hidden Within

The perfect Universal Intelligence that is within us is our life. In the inner sanctuary of our nature, hidden perhaps from objective gaze, nestles the seed of perfection. Not understanding our nature, we have misused the greatest power we possess to create disharmony where we could have created harmony. So complete is our freedom that we can use Universal Intelligence any way we wish. And so we suffer, not because suffering is imposed upon us, but because we do not know our true nature.

Spirit Works for Us by Working Through Us

When we recognize Universal Intelligence and understand our relationship to It, It works for us by working through us. Jesus summed up this philosophy in the idea It is done unto you as you believe. Therefore, our belief sets the limit for our creative use of an Intelligence which Itself is without limit. So, it is not a question of Universal Intelligence's willingness, nor of Its ability. It is rather a question of our receptivity to Its potential. Emerson described it saying "There is no great and no small to the soul that maketh all.

How Much Can We Believe?

It is a fundamental tenet of The Science of Mind and Spirit that as much as we can believe will be done unto us. When consciousness speaks, the law receives and executes. Similarly, when a farmer plants a seed, the law is invoked. That which follows is done by the invisible side of Nature, a law of growth which has no will of its own, other than to receive and respond to the seed.

When Someone Gives a Treatment

When someone speaks an affirmative prayer, she or he is planting a mental seed into the subjective soil, taking the first step of the creative order. That which follows is evolution, or the unfoldment of the prayer, into existence.

We are thinking, willing, knowing, and conscious centers of life. We are immersed in a creative something, whatever it is called, that flows through us. The sum total of all our thought, purpose and belief creates a tendency in the Universal Law. It reacts to us according to the sum total of our belief.

Whether we are aware of this creative process or not, the effect is the same. If certain specific ways of believing have produced limitations, other beliefs will change them. Our task is to learn to believe differently. Our approach must be direct and specific.

Suppose we are laboring under an idea of limitation, and our whole thought is a picture of lack. We might be saying, “I cannot have and enjoy good things.” And we would be exhibiting that experience through not having or accomplishing good.

It may take time to reshape the basis of this thought; we can begin by saying to ourselves, “I perceive that because I am what I am — because of the infinite Intelligence that is in and through all — I know that good is now mine.”

Say it without mental coercion, without willing anything to be done. The change is not brought into being by willpower but by the power of recognizing the Truth. We can have in our experience as much as we can find in our consciousness that is not repudiated by our denials.

Only Good

In studying *The Science of Mind and Spirit*, we begin to instill into our minds that Universal Mind is all there is, that there is no equal or opposing power. We experience good and evil because we perceive a presence of duality rather than unity.

The self-disciplined, God-centered mind looks for the good in the midst of trouble and is, therefore, prepared to act when the opportunity presents itself. You may not be able to prevent negative thoughts from coming into your mind, but you don't have to dwell on them. Emmet Fox likens them to a hot ash lighting on your sleeve. You can let it burn a hole or simply brush it off, and you certainly don't have to express negative thoughts aloud. It is true that words have power, and your brain hears what your mouth says. If you have to listen to yourself, you don't want to go around steeped in negativity; it's unhealthy.

Remember the little prayer that goes, “Lord, help me make sure that my words are sweet and pleasant, for tomorrow I may have to eat them.”

Then knowing that Universal Intelligence can work for us only through us, we begin to accept more good today than we accepted yesterday. The time will come then when we shall have left the apparent evil behind with things that were once thought to be.

Chapter 3: What It Does

All invention, art, literature and wisdom that has come to humanity has come through those who have deeply penetrated the secrets of nature and the mind of God. While it is true that we are immersed in an Infinite Intelligence, it is also true that this Intelligence must have an outlet before It can reveal Its secrets.

The potential of all things exists within the Mind of God, and we draw from this potential through the channel of our minds. We must be aware of our unity and connection before we can derive the benefits which the greater Mind is willing to reveal or impart to us.

Spirit can give us only what we can take. Therefore we must resolve to expand our receptivity to It.

The Impersonal Universe

The Universe is impersonal in that It regards all people equally. Its nature is to give equally to all. Our nature is to receive.

A Riddle of Simplicity

It is a beautiful and true thought to realize that every person exists within the mighty mind of God and therefore each one of us has the same access to the Intelligence of Creation.

The farmer has seen the Heavenly Host in the fields. The child has frolicked with God at play. The mother has clasped God to her breast, and the fond lover has seen God in the eyes of the beloved.

We look too far away, making a riddle out of simplicity. We have not read the sermons written in stones, nor interpreted the light of love running through life. To return to a simple understanding of the Divine is one of the first and most important things to do.

The Divine is inherent in our nature; we are immersed in it. The question is, how much of this Divine nature are we going to express in our lives? Each of us approaches and expresses the Divine according to our nature. The scientist and the philosopher, the priest, and professor, the humanitarian and the empire builder, all have caught something of the Divine Nature, and each speaks it in an individual way.

Take a direct approach to understanding this, saying simply “It is the nature of the Universe to give me what I can take. It cannot give me more. It has given all; I have not yet accepted it.” Undoubtedly, we are surrounded by and immersed in Divine Life. But only as much of this perfect Life as we understand and embody will become our reality.

Love and Law

Love is the Divine Givingness of God. It is spontaneous. It is equal toward all. The way Love’s power works is called “The Law.” The Law is the way Love works. So we see that Life has two fundamental characteristics, the Love of God (or Spirit) and the Laws through which It operates (the way It works). Love points the way and Law makes the way possible.

The Scientific Method

If we observe scientific discovery, we see that it works in the following way. Someone’s mind discovers a law or principle. Following this knowledge of the way that law or principle works, any other person may prove the same discovery.

Significant to this method is the fact that it is the mind that discovers and makes use of a law or principle. The law or principle is mechanical, but the mind is creative, loving and flexible. The mind in us which we use to discover and use the laws or principles is the Mind of God. It is the infinite Mind. Consequently, we will always be finding new lands in It.

Since it is the mind which must first come to see, know and understand, we do well to look to the use of our mind to address life's difficulties. All future possibilities for humanity must first find an avenue of outlet through someone's mind.

How then are we to accomplish the desired result? By stating that our mind, being the Mind of God, knows the truth about the thing we wish to know.

All Knowledge

The Mind of God (Universal Mind) contains all knowledge. Even though all of Its wisdom is poured over us, we receive only that which we are ready to understand until we consciously change or increase our receptivity to It. This is why some draw one type of knowledge into life and some another...all from the same source.

The scientist discovers the principles of science; the artist embodies the spirit of art, the saint draws God into his or her being – all because they have courted the particular presence of some definite concept. Each state of consciousness taps the same source, but have a different receptivity. We each receive what we open to, according to our ability to receive it. The Universe is Infinite; the possibility of differentiating is limitless.

As all numbers proceed from the fundamental unit, and as all matter is but different manifestations of the basic building blocks, so all things draw their being from one infinite Universal Mind. This Mind is neither person, place nor thing, but It is the essence of all that is.

Life always becomes to us the particular thing we need when we believe that it does. We bring this Universal Possibility into expression using our conscious thought, drawing it through our minds. One state of consciousness will produce one kind of a result, another mental state, a different one.

Mental Work Is Definite

Each state of thought uses the same law or principle. Each mind is inspired by the same Spirit. But each draws forth and produces a different result. Multiplicity proceeds from unity.

Someone will ask, can we bring out both good and evil from the One source? Because the One source is Absolute, its nature is undivided. It is Absolute Goodness. We are not able to budge the One Source from Its nature. We do however have ample latitude for how we will personally express it.

The Principle Restated

Infinite Possibility, the Mind of God, surrounds us. Its nature is to be giving, and It expresses itself through us.

Chapter 4: How To Use It

A challenge that faces students of metaphysics is that of indulging in too much theory and too little practice. We only know as much as we can apply and prove. It is easy enough to announce that there are no sick people, but this will not heal those who are sick. It is easy to announce that there is no poverty; anyone can do this. However, if we are to prove such statements to be valid, we will need to do more than talk about it. By thinking correctly and with the conscious mental use of the spiritual law of Mind, we are to prove that definite things can be done.

We are surrounded by an intelligent force that is ready and willing to take the form of our creative belief. This force (or the law of Mind) works for us by working through us, as it does for everyone. We did not create the law of Mind, and we cannot change it. However, we can learn to use it correctly when we understand and use it according to its nature. Thoughts and emotions direct the law of Mind, and we should exercise care in how we deal with them.

Keep in mind that all form has its origin in thought, including those forms and experiences that appear to be out of harmony with the original perfection of Spirit: beauty and truth. The universe is not divided against itself, and neither should our thinking be. We can learn to bring our thoughts into line with the original perfection of creation by developing a more affirmative attitude of mind, one that is positive, stable, and above all else, harmonized with that which is already perfect.

Practicing this way, we ought to be able to look at a disturbing fact in the face while staying faithful to a standard of perfection and trusting that what we have perceived to be discordant may be changed by returning our thought to the standard of perfection. The realization that we have this ability, however, is attained only by practice and proof.

The practice of the Science of Mind and Spirit requires a positive attitude and a willingness to let the inner Spirit guide us. Only in as much as our thinking is in harmony with the law of Mind and the original perfection of creation will it produce corresponding results. An erroneous fact is neither person, place nor thing to the one who uncovers it and once revealed; it has no place in which to hide. Change the consciousness, and the condition will disappear.

For example, people who are experiencing financial lack and want to change this may already be convinced that the current situation is, indeed, not supported by spiritual law, yet the experience of lack persists. These people are to stop and declare that the experience of limitation has no power. Then they are to fill their thought with the expectation of good and images of plenty, sensing and mentally seeing right action taking place. Trusting the Law of Mind to bring the desired change into being, these individuals continue to deny anything and everything that contradicts a realization of this good.

Let us imagine that one of these people, then, meets a friend who engages in a conversation about difficult times, business challenges and undesirable affairs. If listened to, the conversation may begin to reverse the work done and negate the previously made affirmation. This does not mean that we should refuse to hold conversations with other people, fearing that they will destroy the work we

are doing spiritually. It means that we do not mentally accept the images and accounts of negativity related to us in conversation. We ought to be able to talk to anyone and not be disturbed.

The time will come when we will refrain from talking about and focusing on those things that ought not to dominate our thoughts. Someone may ask, “Should we refuse to look at sickness, poverty, and unhappiness?” Not at all. We do not refuse to help where help is needed, yet we are mindful of not adopting states of mind that will reverse the good work we do in mind.

Here is an example of an affirmative prayer for someone who wants to improve personal circumstances:

I am a center in the Divine Mind, a point of God, conscious life, truth, and action. My affairs are divinely guided and guarded into right action, into correct results. Everything I do, say or think is stimulated by the truth. There is power in this word that I speak, because it is the truth, and it is the truth. There is perfect and continuous right action in my life and my affairs. All belief in wrong action is dispelled and made negative. Right action alone has power, and right action is/ power, and power is God, the Living Spirit Almighty. This Spirit animates everything that I do, say or think. Ideas come to me daily, and these ideas are divine ideas. They direct me and sustain me without effort. I am continuously directed. I am compelled to do the right thing at the right time, to say the right word at the right time, to follow the right course at all times. All suggestion of age, poverty, limitation or unhappiness is uprooted from my mind and cannot gain entrance to my thought. I am happy, well and filled with perfect life. I live in the Spirit of truth and am conscious that the Spirit of truth lives in me. My word is the law unto its manifestation and will bring to me, or cause me to be brought to, its fulfillment. There is no unbelief, no doubt, no uncertainty. I know, and I know that I know. Let every thought of doubt vanish from my mind, that I may know the truth, and the truth may make me free.

Healing and the revelation of wholeness take place as our minds become attuned to the truth of Being. Taking the time to treat the condition daily, no matter what the apparent contradictions may be is what is meant by working silently in the law. This law is the law that puts the act into all action. It is the invisible actor, working through us. The mold formed in the subjective mind by the treatment makes possible a concrete manifestation.

Think of an affirmative prayer (or treatment) as a spiritual entity with as much power as is given to it by the mind of the one using it. The law of Mind knows exactly what methods to use to act on the prayer. It is important to spend time convincing ourselves of the truth and power of our prayer. This is not a power of will, but a power of choice. We do not put power into our prayers. We do not have to drive or push. We accept and believe, and we leave everything else to the law of Mind to work out, no matter how long it takes. We do our spiritual work in Mind until there comes into our experience the actual outpouring of our subjective words.

A new light is coming into the world. The veil between Spirit and matter is very thin. A new science, a new religion and a new philosophy are rapidly being developed. This is in line with the evolution of the great Presence, and nothing can hinder its progress.