



*We are Delighted
You are Here*



*Offering Spiritual Tools to transform our lives
and to make the world a better place.*

Hello and welcome!



I want to personally welcome you and invite you to come again to experience this lovely spiritual community and the many ways we can support you on the spiritual path. My favorite part of this rich and spiritually textured group is the openness and acceptance we find here for people of all faith paths. We hope you can feel that, as you walk through our doors!

I have been serving at the Center in Bellingham since June 2011; and we, as a spiritual community, are growing in remarkable ways. We would love to invite you to be part of this growth and evolution. When I

began attending a Center like this, there were two things I did that helped me connect and learn:

First, I immediately was invited – consider yourself invited now – to participate in classes being held at the Center. This was not only a great way to kick-start my spiritual education, but it also helped me develop new friendships and connections with others in the community.

Second, I also decided to start “helping” at my Center, by bringing food for hospitality and then gradually realizing the benefit of what I later began calling “Sacred Service.” This volunteering became a deep connection to Spirit as I put myself more and more in service to the Divine through my Center.

I hope you feel as though you have come “home” when you come to our Center. And thanks again for coming and exploring!

Blessings to you,

Rev. Dr. Andrea Asebedo,
Senior Minister

What We Believe - Our Guiding Principles

We believe that the universe is spiritual and has intelligence, purpose, beauty and order. Our beliefs are in harmony with all the world's great spiritual teachings, and we honor all paths to God.

Whether we call it God, Spirit, Energy or Universal Intelligence, we are ever conscious that all people, places and things emanate from this Universal Intelligence that is within us and all around us.



Sunday and Beyond . . .

SUNDAY SERVICE AT 10:30 AM

Rousing, inspiring and joyful, our Sunday Service is filled with music and an inspiring message. Best of all, we apply spiritual principles to daily life and the real issues you may be facing. Join us in person or virtually!

NOURISHING SPIRITUAL PRACTICES

Start your week days with a short and meaningful centering using our form of affirmative prayer. Monday through Friday finds one of our prayer partners on Zoom at 7:00 a.m. A great way to start your day!

Join us for gratitude practice Monday through Friday at 8:45 p.m. to close your day with a smile and a peaceful heart. One of our prayer partners will be there in the Zoom room offering simple ways to open the heart to gratitude.

COMMUNITY EVENTS

We love getting together and sharing the adventure of being a sacred human with like-minded others! You are warmly invited to join us for the various events we host during the calendar year – some live and in-person and some on virtual platforms.

CLASSES

Stimulating and meaningful conversations about the spiritual life are foundational to our philosophy and the best way we've found to have those (and get to know folks) is through our classes. Covering a wide range of spiritual topics, we invite people to explore the spiritual path through study and discussion.

PODCASTS AND LIVESTREAMING

Immerse yourself in the inspiring messages found on our weekly podcasts and recorded livestream broadcasts. A library of spiritual thought awaits you!

Our Mission Statement

We are a thriving community of caring individuals providing spiritual support, connection and acceptance to those on a spiritual path.

Our Core Values

We believe that Spirit operates in, through and as, all things; therefore, our community holds these three core values.

WE HONOR ALL

We honor all paths that lead to Spirit.

SPIRITUAL SUPPORT

We are committed to spiritual support for all individuals, all families, all gender identification, sexual orientation, race identification, socioeconomic status in our spiritual community and the greater community in which we live.

EARTH STEWARDS

We are committed to being responsive stewards of our land, our Center, our finances, and to living more mindfully upon the Earth as a community.

THE PODCASTS @



Rev. Dr. Andrea Asebedo



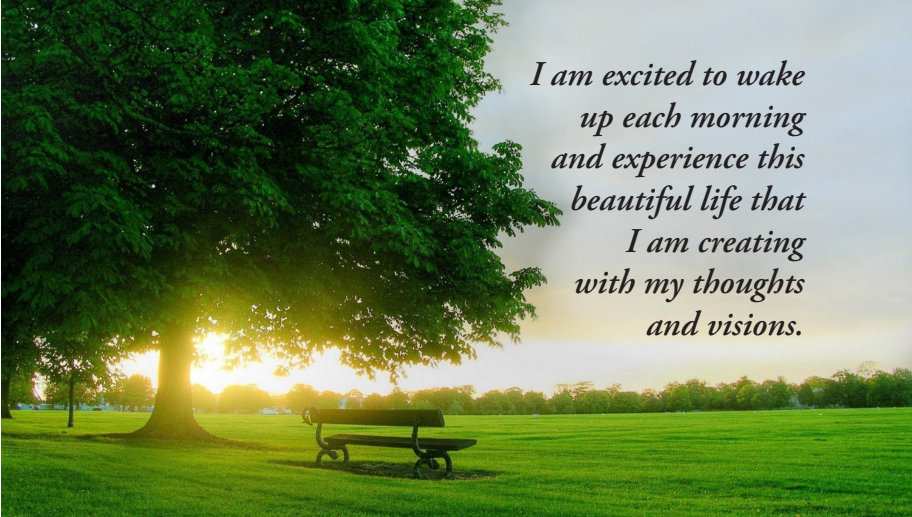
Rev. Zina Kacha



Sunday Service Podcasts!

If you enjoy our Sunday talks, visit our website and click on the "Podcast" button across the top of the homepage. You can listen to talks by Rev. Dr. Andrea, Rev. Kacha and other guest speakers. Subscribe and enjoy!





*I am excited to wake
up each morning
and experience this
beautiful life that
I am creating
with my thoughts
and visions.*

Simple Tools for Transformation

Having a simple spiritual practice is a great way to support ourselves in spiritual growth but which one?

An ancient tool used widely in many spiritual traditions is the repetition of a simple, powerful and meaningful phrase for centering and clarity. Various called mantra, rosary, gatha and affirmation, these phrases assist in bringing the mind and heart to center.

Here are two affirmations you may find useful:

- Today I choose to walk in beauty.
I am peaceful. I am happy. I am free.
- “Waking up this morning, I smile. Twenty-four brand-new hours are before me. I vow to live fully in each moment and to look at all beings with eyes of compassion.” – Thich Nhat Hanh

We hope these are helpful. Thank you for coming to our community, and we hope it becomes your spiritual home.

PERCEPTION IS THE STARTING POINT
OF SPIRITUAL TRANSFORMATION.

ALLISON BOWN



The Power of Affirmative Prayer



What is Affirmative Prayer?

A prayer that declares a spiritual Truth. It is a direct, focused and organized method using five steps for a desired outcome.

1. Recognition (God Is All There Is)
2. Unification (I Am One with God)
3. Realization (Speaking Your Desired Good)
4. Thanksgiving (Grateful Acceptance)
5. Release (Let Go, Let God)

Prayer Practitioners

What is a Prayer Practitioner? Someone who has trained for four years in the art and science of praying for others. A Practitioner is dedicated to using this gift to uplift, heal and support you on your spiritual journey.

Talk to a Prayer Practitioner if you are in need of inspiration, celebration of a major event in your life and/or healing in any area: financial, relational, health or career.

Like other professionals in the healing arts, Practitioners charge for their services, and no one is ever turned away due to lack of funds.

There are three ways to make a prayer request:

1. Complete the on-line prayer request at csl-bellingham.org/online-prayer-requests
2. Complete a prayer request form in the Center's Sanctuary.
3. Email a Prayer Practitioner by visiting csl-bellingham.org/practitioners



prayer practitioners

Supporting your spiritual journey
with affirmative prayer!



how can a practitioner help me on my spiritual journey?

A Practitioner may be a part of your journey in several different ways.

- Prayer at Sunday Service
- Facilitate Meditation on Sunday
- Pray in response to website or card requests
- Host prayer workshops
- One-on-one prayer sessions

What does a Practitioner do in a prayer session?

- Listen
- Offer insights on personal Belief Systems and Spiritual Principles
- Pray for you / Spiritual Mind Treatment



According to our founder,
Dr. Ernest Holmes,

“The secret of prayer and its
power in the outward life
depends upon an unconditioned
faith in, and reliance upon
this inner Presence.”



how we pray

Affirmative Prayer is a prayer that declares a spiritual Truth. It is a recognition of Spirit's Omniscience, Omnipotence and Omnipresence, as well as a realization of humanity's unity with Spirit. Affirmative Prayer is a powerful method for setting the Creative Process in motion.

It is a direct, focused and organized method using five steps to get to your desired outcome:

1. Recognition (God Is All There Is)
2. Unification (I Am One with God)
3. Realization (Accepting Your Desired Good)
4. Thanksgiving (Grateful Acceptance) and
5. Release (Let Go, Let God)

how does a prayer practitioner session work?

During a session with a practitioner, the focus is in finding the root cause of any struggle you may be facing. We listen and ask questions to determine any patterns that may be impacting your life on a conscious or subconscious level. We help you determine the divine Truth underneath any false beliefs.

Then we use Spiritual Mind Treatment to connect directly with the One Source and place that Truth into being. In other words, we look for negative thoughts, turn them around into positive ideas, and tell Spirit that these positive things are what you truly want to have in your life.

So if you find that working on things by yourself is challenging or you keep slipping back into negative thinking, you may want to have an ally to back you up. We act as a mirror for your divine self. We believe in your divine truth, and we speak that truth to the Universal Power that always says YES!



www.csl-bellingham.org/practitioners/

360-734-4160 | 2224 Yew Street Road | Bellingham, WA 98229

Supporting your spiritual journey
with affirmative prayer!



what is a prayer practitioner?

A Science of Mind Prayer Practitioner is a licensed spiritual support person trained to apply affirmative prayer for others. A Practitioner is dedicated to using this gift to uplift, heal and support your spiritual journey.

Like other professionals in the healing arts, Practitioners typically charge for their services for one-on-one sessions, but no one is ever turned away due to lack of funds.

making a prayer request

When you are in need of inspiration, celebration of a major event in your life and/or healing in any area - financial, relational, health or career - contact us and request an affirmative prayer. Prayer requests can be made three ways:

1. Fill out and submit the online prayer request form at **csl-bellingham.org/online-prayer-requests/**
2. Fill out a prayer request form at the Center in the Sanctuary.
3. Contact an individual Practitioner online at **csl-bellingham.org/practitioners/**

we're here to serve you

At the Center for Spiritual Living Bellingham, we practice a form of affirmative prayer called "Spiritual Mind Treatment."

Affirmative Prayer is a powerful process that shifts our consciousness so that we are open and available to accept the good that is already present in our lives.



360-734-4160

2224 Yew Street Road
Bellingham, WA 98229

www.csl-bellingham.org

The Essence of Science of Mind

Founded by Dr. Ernest Holmes



Empowering individuals to live an abundant, spirit-connected life through sacred service, community and Science of Mind Principles.

Welcome to the Center for Spiritual Living

We welcome all who seek authentic spirituality and personal transformation. We stand for love and peace. Join us in selfless service to God/Spirit through service to our communities, large and small, as we strive to be a beneficial presence on the planet.



2224 Yew Street Road, Bellingham, Washington 98229

360-734-4160

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info@csl-bellingham.org

Member, Centers for Spiritual Living



Rev. Dr. Andrea Asebedo
Senior Minister



Rev. Zina Kacha
Assistant Minister

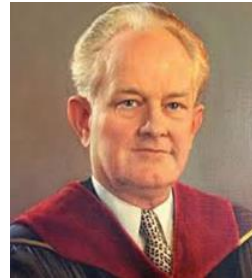


Rev. Colleen MacGilchrist
Minister Emeritus, Founder (CSLB)

Dr. Ernest Holmes

(1887 – 1960)

Founder, Science of Mind



What We Teach

The centerpiece of our teaching is the *Science of Mind*, a philosophy in harmony with the basic tenants of the world's great religions. Science of Mind is a metaphysical teaching, the study of life and the nature of Law, governed and directed by thought. This philosophy is not a special revelation to one individual; it is the culmination of the major revelations, synthesized in a text written by Dr. Ernest Holmes.

In the *Science of Mind*, we recognize we are spiritual beings with a natural inherent power that is continuously remolding and remaking our physical experience. It is exactly as Jesus said in this simple statement:

"It is done unto you as you believe."

We are conscious that we live in a spiritual Universe created by a Supreme Intelligence from which everything comes. Our thought is the power we have been given to co-create our life experience. Walking the spiritual path is a moment-by-moment practice, a journey in which we have the choice of creating how much we experience peace, security and happiness.

Each draws from Life what one thinks into it. To learn how to think is to learn how to live. By thinking, we bring into our experience whatever we desire by how we think. This is not done by holding thoughts, but by knowing the Truth. ~ Dr. Ernest Holmes

What We Believe

By Dr. Ernest Holmes

We believe in God, the living Spirit Almighty; one, indestructible, absolute and self-existent Cause. This One manifests Itself in and through all creation but is not absorbed by Its creation. The manifest universe is the body of God; it is the logical and necessary outcome of the infinite self-knowingness of God.

We believe in the incarnation of this Spirit in us and that all people are incarnations of the One Spirit.

We believe in the eternity, the immortality, and the continuity of the individual soul, forever and ever expanding.

We believe that heaven is within us, and that we experience it to the degree that we become conscious of it.

We believe the ultimate goal of life to be a complete emancipation from all discord of every nature, and that this goal is sure to be attained by all.

We believe in the unity of all life, and that the highest God and the innermost God is one God.

We believe that God is personal to all who feel this indwelling Presence.

We believe in the direct revelation of Truth through our Intuitive and spiritual nature, and that anyone may become a revealer of Truth who lives in close contact with the indwelling God.

We believe that the Universal Spirit, which is God, operates through a Universal Mind, which is the Law of God; that we are surrounded by this Creative Mind which receives the direct impress of our thought and acts upon it.

We believe in the healing of the sick through the Power of this Mind.

We believe in the control of conditions through the Power of this Mind.

We believe in the eternal Goodness, the eternal Loving-kindness, and the eternal Givingness of Life to all.

We believe in our own soul, our own spirit, and our own destiny; for we understand that the life of all is God.



Spiritual Mind Treatment

The Spiritual Mind Treatments on following pages are examples of our form of effective and affirmative prayer in four key areas. The paragraphs are numbered to show the five steps of our form of affirmative prayer.

Thought becomes subjectified in Mind like a seed planted in the soil, and unless neutralized, it stays there and determines the attraction and repulsion in the experience of the one thinking. We, and we alone, control our destiny. ~ Dr. Ernest Holmes

Five Steps of Prayer

- 1) Recognition: God is the source of all, the unlimited power. / "GOD IS . . ."
- 2) Unification: God acts through me, as me, in me and all life. / "I AM . . ."
- 3) Realization/Declaration: I consciously choose my desired experiences. / "I ACCEPT . . ."
- 4) Thanksgiving: I give thanks, knowing the gift is already mine. / "I GIVE THANKS . . ."
- 5) Release: I release any concerns and let God do the work. / "AND SO IT IS!"



There is a vitality in our communion with the Infinite which is productive of the highest good. This conscious commingling of our thought with Spirit is essential to the wellbeing of every part of us." ~ Dr. Ernest Holmes

Treatment for Creative Expression/Work

- 1) There is One Infinite Creative Source of All that is. This One Source and One Life is God. God is the Life, Intelligence and Substance of every person, place and thing. This Universal Creative Power is unlimited in each and every way. It knows nothing of past, lack or limitation.
- 2) I am totally and perfectly one with this Universal Creativity. I am an individualized expression of God's creative activity.
- 3) I accept the resources, both spiritual and physical, to allow a greater embodiment and manifestation of the creative nature of Life in my life now. I know and accept that the Power and Wisdom of God has given me the perfect opportunity today to allow my God-given creativity to find its perfect outlet through my love and service to life. My creative opportunity makes itself known to me in a way that is clear and easy to understand. I am open and receptive to inner guidance of Spirit.
- 4) I give thanks for the creativity flowing through me right now as I fully accept the truth of my being as Spirit in Action.
- 5) In total trust and faith, I let go and celebrate the infinite possibilities unfolding in my life now. And so it is!

Faith is the element which transforms the ordinary vibration of thought, created by the finite mind of man, into the spiritual equivalent. ~ Napoleon Hill, Think and Grow Rich

Treatment for Prosperity

- 1) One Life, One Mind, One Intelligence is expressing and unfolding in, through, and as each person and each situation. This One Life is the Source, the Substance and the Reality of all that is. From this Source comes everything that exists. This Infinite Creative Cause is God; full, whole, complete and unlimited in all ways. It is the eternal presence of love, life and peace.
- 2) I am alive as this One Life. I am an individualized expression of God. All that I am in mind, body and spirit is comprised of this One Divine Substance. All that I see and experience is this One Life in expression through my own consciousness.
- 3) I know that all of the abundance of God is mine to express and experience. God withholds nothing from me. I believe in the unlimited good that is mine to share and enjoy. I accept that life responds to this knowing now. I take this perfect moment in my experience to consciously and clearly choose prosperity now.
- 4) I give thanks that this good that I have accepted is, in Truth, already mine. I am thankful for the perfect and immediate demonstration of this ever-present Truth about prosperity and me.
- 5) I release this treatment knowing that I am simply the knower and that the Law does the work. I have done my part, and I am prosperous now. And so it is!

We are trying to get peace or happiness from outside, from money or power. But real peace, tranquility, should come from within. ~ The Dalai Lama, The Wisdom Teachings of The Dalai Lama

Treatment for Loving Relationships

- 1) There is only God, and God is Love. This Infinite Loving Presence and Power is the Source and Substance from which all form is made. It is what every person, place and situation is. It is what every relationship is.
- 2) There is no separation between me and God. As God is Love, I am Love. Love is my nature. I am a conscious expression and activity of God's Love. All that I see is Universal Love finding form.
- 3) I know, accept and express my perfect loving nature in all activities of my life. I deeply sense and understand the Perfect Divine Harmony that draws people together. This harmony is the Love that God is, moving through all. The Omnipresence of love is my source for support, inspiration and fulfillment. I am free to fully love now. I give love and I receive love. I am love flowing ceaselessly.
- 4) I give thanks that this boundless state of unconditional and abundant love is who I am now. It is God's grace, and I accept it and give thanks for the perfect loving relationship now.
- 5) I release this self-realization knowing that I have simply known that which is eternally true for me and all people. I am love. And so it is!

There is a time in our education when we arrive at the conviction that envy is ignorance; that imitation is suicide; that we must take ourselves for better for worse as our portion; that though the wide universe is full of good, no kernel of nourishing corn can come to us but through our toil bestowed on that plot of ground which is given to us to till. ~ Ralph Waldo Emerson, Essay on Self Reliance

Treatment for Health

- 1) There is only One Source that has created all there is. This Source is God, the Infinite harmony and peace of Life Itself. Every atom, every form, every idea is but some expression of the One. There is no other source and no other power. All that I see or sense in any way is an expression of the One God, the One Life.
- 2) The life that I am is one with the Infinite Life of God. All that I am is an avenue of expression for the One. My entire being in mind, body and experience is the activity of Universal Life in expression. All that is possible for God is possible for me, right here and right now.
- 3) I accept for myself total health in mind and body. I know I am composed of the Perfect Substance of God, from the smallest atom to my total form. At every level it is One and Only One in expression. There is nothing in my life that can be a cause for disease or pain. All is God. I am at peace with perfect health in every cell of my body.
- 4) In great thanksgiving for that which is perfect, I accept perfect health flowing freely in my body now. This is the gift of Spirit to me for the recognition and realization of the Truth, that it is all God in action.
- 5) I accept this knowing as the completed realization of my being now. And so it is!

*Getting to know better the nature of the God who is within reveals your own innate power and allows you to become aware of how you co-create whatever you experience in your life, including your health.”
~ Dr. Caroline Myss*

Questions and Answers

Do you consider this a Christian teaching?

Dr. Ernest Holmes, who wrote The Science of Mind, believed that Jesus was the greatest way-shower who ever lived and devoted chapters in his text to Jesus' teachings. Dr. Holmes believed this was a Christian teaching, but the definition in his time was not as narrow as it seems to be today. We recognize and honor all Christians who accept Jesus as their savior, just as we recognize and honor all other sincere believers in their faith. We believe there are many paths to God, and there have been many way-showers who in no way diminish Jesus to the Western world. We do not believe that any one religion totally understands God's nature, which is why Dr. Holmes said this philosophy is "open at the top" to greater revelation and understanding.

Do you use the Bible?

In many respects, we believe the Bible is the greatest book ever written, because it contains eternal values. But we believe it is only one explanation and cannot be considered the only religious text worthy of consideration, for there are many others whose combined teachings weave the story of Truth into a complete and unified pattern. We use the Bible frequently, but it is not our only source of Truth.

Is this Christian Science or Scientology?

Religious Science is neither Christian Science nor Scientology. Religious Science churches and centers are those which formed to promote and teach The Science of Mind written by Dr. Ernest Holmes. Dr. Holmes synthesized his understanding of the world's great religions along with the philosophy of Ralph Waldo Emerson, Judge Thomas Troward and others. Dr. Holmes called this Religious Science because it is both religious and scientific.

Do you believe in heaven and hell?

We believe heaven and hell are not locations, but states of mind. Every one of us has the power to put ourselves in a state of heaven where we are happy and feel in harmony with the world. We see hell as a state of discordance, unhappiness, with a sense of separation from God.

What is the Law of Cause and Effect?

Cause is a belief we hold consciously or unconsciously that draws to us that which we believe; i.e., the effect. This law, like gravity, is at work continuously. Our mind is the creative medium in our life. Whatever we think, believe, feel, visualize, vision, image, read, talk about, are all processes which affect us or impress on our mind what we believe. It is our belief that what we believe, we achieve. As Jesus said, it is done unto us as we believe.

How do I learn to put this teaching into practice in my life?

Other than attending Sunday services, the most powerful way to practice this teaching is by taking Science of Mind classes. Here you learn the metaphysical principles used by spiritual masters throughout history. You learn about your unity with an infinite power for good, which you can use. You learn how to apply universal principles in your daily life and get results, as well as the art of positive prayer, which we call Spiritual Mind Treatment. You learn the value of daily spiritual disciplines and commitment while finding new friends and relationships with your classmates, people who think as you do. And you learn you really can create a new life by changing your thinking and beliefs.

What opportunities are there to meet people and get involved in the Center?

In addition to the many activities at the Center, our "Sacred Service Teams" are our volunteers. The focus of sacred service is to bring our highest and most conscious self to all we do with reverence for the Sacred.

Friends and members of the Center who participate in this aspect of giving bring their energy, consciousness and commitment to creating a healthy and vibrant spiritual community together. This endeavor is viewed as a significant part of our spiritual practices.

We encourage all to experience this Oneness of Spirit by joining a Sacred Service Team. Membership in the Center is not essential in order to participate. We welcome you into selfless service to God!

What do your members say they wished they had learned earlier in this teaching?

We asked members of our leadership team this question and here are some of their answers:

- ♦ *How really simple everything is!*
- ♦ *Understanding that there is only One God and having faith that we are all part of this oneness.*
- ♦ *Spiritual Mind Treatment (affirmative prayer) isn't so much about what we might manifest or create, as the quality of what we want to feel and who we learn we are.*
- ♦ *The power in the Law of Cause and Effect.*
- ♦ *The value in not having expectations of others, the deep mystical love aspect in this teaching, how rich it is in spiritual awakening.*
- ♦ *How empowering it is to know I control my life.*

Dr. Ernest Holmes was a friend to all and saw only the good and the highest potential in everyone. His love of life is reflected in this teaching. He continually reminded everyone, "There is a Power in the universe greater than you, and you can use it." Here at the Center, we welcome your questions, but most of all we welcome your commitment to bringing more happiness, joy and love into your life!



Prayer Request Form

TRANSFORMING LIVES, REALIZING DREAMS, EMPOWERING PEOPLE

Practitioners are specifically trained to help you with affirmative prayer (Spiritual Mind Treatment). Practitioners treat for the one requesting the prayer. If your prayer request is for someone else, that person's permission is required; otherwise, the practitioner will treat for you.

(Please write clearly.)

Describe the problem/condition/effect.

Describe the change you would like to see and how it makes you feel.

Name _____ Date _____

Your pronouns? (eg: she/her, he/him, they/them) _____

Would you like a treatment emailed to you? _____

If yes, Email: _____

If you would like additional prayer support, please contact a Practitioner for a full session. Suggested amount is \$45. A list of practitioners is below.

Submit prayer request to practitioners@csl-bellingham.org.



CSL Licensed Prayer Practitioners

Andrea Wood

Deb Dole

Francine Kitchen

Heidi Ruth Dittrich

Joanne Allison

Kalish Leviel

Katherine Wingerter

Kit Zinn

Michael Tatlock

Phil Flores

Ronna Biggs

Susan Jancic

Wanda Maddox

All can be reached by emailing
practitioners@csl-bellingham.org.

Five Steps of Prayer

- 1) Recognition: God/Spirit is all there is.
- 2) Unification: I am one with God/Spirit.
- 3) Realization: I accept and embody my good.
- 4) Thanksgiving: I give thanks.
- 5) Release: I let go and let God/Spirit.