

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





Senior Minister 2025-present



Rev. Dr. Andrea Asebedo
Senior Minister (2011–2024)
Staff Minister 2026-present

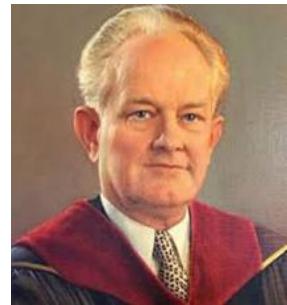


Rev. Debora Gay
Staff Minister 2023-present



Rev. Colleen MacGilchrist
Minister Emeritus
Founder, CSL Bellingham ~ 1988

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

OUR GLOBAL VISION FOR CENTERS FOR SPIRITUAL LIVING

We envision all people, all beings, and all life as expressions of God.

We see a world in which each and every person lives in alignment with their highest spiritual principle, emphasizing unity with God and connection with each other; a world in which individually and collectively we are called to a higher state of consciousness and action.

We envision humanity awakening to its spiritual magnificence and discovering the creative power of thought; a world where each and every person discovers their own personal power and ability to create an individual life that works within a world that works for everyone.

We envision a world in which we live and grow as One Global Family that respects and honors the interconnectedness of all life; a world where this kinship with all life prospers and connects through the guidance of spiritual wisdom and experience.

We envision a world where personal responsibility joins with social conscience in every area of the political, corporate, academic, and social sectors, providing sustainable structures to further the emerging global consciousness.

We envision a world where each and every person has enough food, a home and a sense of belonging; a world of peace and harmony, enfranchisement and justice.

We envision a world in which resources are valued, cared for, and grown, and where there is generous and continuous sharing of these resources.

We envision a worldwide culture in which forgiveness (whether for errors, injustices, or debts) is the norm.

We envision a world which has renewed its emphasis on beauty, nature, and love through the resurgence of creativity, art, and aesthetics.

We envision a world that works for everyone and for all of creation.

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.

Affirmative Prayer: Spiritual Mind Treatment

The Spiritual Mind Treatments that follow 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.

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 for my good.
- 5) Release: I let go and let God/Spirit.

Affirmative Prayer 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!

Affirmative Prayer 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

Affirmative Prayer 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*

Affirmative Prayer 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 use the Bible?

In many respects, we believe the Bible is one of 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, 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.

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

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

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

Questions and Answers

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.

Questions and Answers

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?

- ◆ *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 CSLB, we welcome your questions, but most of all we welcome your commitment to having more happiness, joy and love in your life!



What is this Symbol and what does it mean?

This is our teaching symbol, designed by our founder, Ernest Holmes (1887-1960). It symbolizes the creative process of both Universal and individual Life based on the profound idea that we are “made in the image and likeness” of the ONE. Its literal definition is “The descent of Spirit, through Law, into form.”

The Circle represents Infinite Spirit or the ONE. This circle contains three sections representing three aspects of the Divine Reality, or a “trinity” of Life.

The top section represents Spirit, the Absolute Nature of the Divine, the impulsion of Love and the Desire to Create. It can also be understood as the Creator, or First Cause. This is the seed of thought, belief or intention.

Within that Infinity is Spiritual Law. Law is accessed by each of us, first by our conscious awareness. Then, we empower some of our thoughts with feeling. Thoughts surrounded by feeling become beliefs—and our beliefs create our experience of conditions, forms, effects. The center section represents this Law of Cause and Effect (Soul), meaning the orderly process through which the Will of God (the impulsion of Love) becomes manifested or created. This is the soil into which the seed is planted.

The lower section is Body, meaning the physical, created universe which is understood to be the actual manifestation (incarnation) of Spirit in Form. This is the growing plant which is the result of the seed being planted.

The “V” symbolizes the creative process itself, reminding us that any impulsion or cause, be it a thought, intention or belief, moves through Law and becomes part of the physical. For every form, experience or effect there is a cause whether consciously planted or not.

By developing a new belief in the goodness and givingness of life, each of us can manifest a new way of being in the world: greater happiness, harmony, prosperity, anything we can imagine. Consciously using the Law of Mind toward these ends, we contribute something positive into the collective belief system of all humankind, setting an intention of a higher good for all.

CSL Licensed Prayer Practitioners

February 2026

Andrea Wood

Beverly Leonard

Cindy Clay

Francine Kitchen

Heidi Ruth Dittrich

Joanne Allison

Kalish Leviel

Rylen Wingerter

Kit Zinn

Leo Brodie

Mary Bellue

Phillip Flores

Ronna Biggs

Susan Jancic

Taffy Wallace

Wanda Maddox

Wendy James

All can be reached by emailing
practitioners@cslbellingham.org.

Prayer Request Form

(This form is also available on our website: <https://cslbellingham.org/prayer-request/>

TRANSFORMING LIVES, REALIZING DREAMS, EMPOWERING PEOPLE

Licensed Prayer 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 or submit by email: practitioners@cslbellingham.org.)

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 \$50-\$100.



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Member, Centers for Spiritual Living