

Science of Mind Seekers

MESSAGE



"Reverend (Dr.)
Cynthia Ramirez
Lindenmeyer

Spring Equinox

Today is the Spring Equinox, the manifestation of Universal Mind regarding balance. Amazing that our planet experiences darkness and light equally. You and I are each individualizations of Universal Mind as Spirit is personified through us, and while we have free choice, we still are subject to the principles of the mental law of the Universe (cause/effect). Our thoughts and intentions are the seeds that the soil (mental law) produces, thereby making us co-creators. The concept of the will of God brings to mind the idea that we as humans are at the end of some Divine leash. However, when we realize that we are co-creators (as expressions of Spirit), then we understand why we have the innate desire to explore and express the awesomeness of Spirit within.

Balance engages the subjective and objective—the subjective is our inner world of thoughts, beliefs, and feelings while the objective is the outer world that reflects to us our inner being. I know for me that when I do not meditate and take time to be still and listen to Spirit, then the outer world greatly impacts my thoughts. On page 271 of Science of Mind, Ernest writes, **"There is a law of unfoldment, which says one can advance only by going from where one is to the place where one would like to be."** In other words, we can only demonstrate at the level of our consciousness.

Most social media, news, sports, entertainment, and human interaction are done at a very low level of consciousness as we live in a world of duality that thrives on the existence of good versus evil and (in my opinion) generates quite a bit of victim consciousness. For me, my inner world knows peace only when I take time for silence, become aware of my thoughts and core beliefs, and remember I am an expression of Spirit. Religion is also infected by dualism.

The predominant interpretations of the Jewish and Christian Scriptures are rooted in theodicy, seeking to answer how a good God could allow evil. Yet higher consciousness transcends the dualistic understanding of good and evil, for humanity invented an understanding of evil and chooses to live in the illusion of separateness from God, a core belief that generates duality upon duality.

The practical application: Return to who you are, a Divine incarnation and expression of Spirit where the mind occupies a temporal body. As Spirit expresses through us, our mind expresses through our body. Take whatever is troubling you, release to the inner world where Spirit dwells, and find the balance in the outer world. Sounds easy, yet constant mindful training is needed to evolve the consciousness!

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**Ernest Holmes,
Science of
Mind, pg. 271**

Remember the message of the Spring Equinox!
Source manifests balance in nature and in us.

