



*Divine Science Federation International*

1480 SW Ninth Ave  
Fort Lauderdale, FL 33315  
USA

954.903.9143

[DivineScienceFederation.org](http://DivineScienceFederation.org)

## *Spirit in Action*

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Spiritual Reflection edition

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Daily Prayer Treatment for October 1 by Rev. Dr. Durrell Watkins

“[Universalism] not only told me of God’s love for all...but that [God] was concerned with each individual’s unfoldment, and that came from the within and not from the without...”

Albert C. Grier

Dear God, I give thanks for the love that you are, a love which is all inclusive, unconditional, and everlasting. As I focus on the power of love, I manifest harmony and joy in my life. And so it is.

*God loves me and God’s will is that I flourish.*

Daily Prayer Treatment for October 2 by Rev. Dr. Durrell Watkins

“...I learned the relationship between my thoughts and my well-being...” Albert C. Grier

What I think about habitually I manifest eventually. A clear mental image powered by emotion draws the thing to me or propels me toward the thing. What I focus clearly and continuously on I will attract, move toward, or create. My mind is powerful. I will use it wisely and for great good.

*I am aware of the power of my mind.*

Daily Prayer Treatment for October 3 by Rev. Dr. Durrell Watkins

“Nothing [is] true that [is] not eternal.” Albert C. Grier

Truth is eternal, without beginning, without ending, and without limit. The Truth that I Am must be an eternal verity. I Am, and so I am an expression of the one Substance, the one Life, the one Power. I Am one with the One, and so it has ever been, and so it will ever be. Amen.

*Forever, I Am.*

Daily Prayer Treatment for October 4 by Rev. Dr. Durrell Watkins

“...religion...[is] simply the right understanding of Life.” Albert C. Grier

Divine Science combines the discoveries of science, the opinions of philosophy, and the revelations of religion to form a way of life that explores and embraces the spiritual laws of our spiritual universe. “Science” is the systematic pursuit of knowledge with demonstrable results. “Philosophy” is the love (and pursuit) of wisdom. And “Religion” means “to bind together”...religion, at its best, brings us together and lifts us up. Divine Science is spiritual science, philosophy, and religion...a love and practice of Truth, Wisdom, and Unity.

*Since God is All:  
Truth, Wisdom, and Oneness  
are mine to acknowledge, embrace, and experience.*

Daily Prayer Treatment for October 5 by Rev. Dr. Durrell Watkins

“I saw that by right thought I could obtain, or rather realize, health and all the good my life required.”  
Albert C. Grier

Wise teachers tell us that when we know better, we’ll do better. As we learn of the omnipresence of goodness itself, and we realize that we must be part of that divine goodness, we experience and share more good in the world. To know better is to do better, and I am thankful.

*When I know better, I do better.*

Daily Prayer Treatment for October 6 by Rev. Dr. Durrell Watkins

“...The Truth is a matter not of teaching but of revealing.” Albert C. Grier

Teachers help us discover the Truth within us. They guide us with questions that help us see things we overlooked before. They give us permission to experience Life in new and joyful ways. Teaching isn’t just depositing information. Teaching is empowering one to learn for oneself.

*I am thankful for teachers who helped me discover Truth for myself.*

Daily Prayer Treatment for October 7 by Rev. Dr. Durrell Watkins

“[Jesus was] not like [God] but [was] one with God...He...many times called himself the Son of Man. That Jesus revealed God is true, but even more true it is that he revealed man.”

Albert C. Grier

May I live so fully into my humanity that I express divinity, as Jesus did. Amen.

*I am fully human, and therefore, also divine.*

Daily Prayer Treatment for October 8 by Rev. Dr. Durrell Watkins

“...healing...has its origin in the Spiritual nature of the Universe, which is to say in [our] unity with God.”  
Albert C. Grier

One with God means one with good, All Good. I am one with life, one with joy, one with wisdom, one with unlimited abundance, one with endless love. Being one with God, the Good, All Good is available to me, and so I am thankful and blessed. Amen.

*I am one with all good.*

Daily Prayer Treatment for October 9 by Rev. Dr. Durrell Watkins

“Whoever you are, wherever you may be, the Golden Key to harmony is in your hand now.”  
Emmet Fox

There is good for me, now; I claim it and I receive it with joyful gratitude. Amen.

*By focusing on Good always, I am open to receiving my good, always.*

Daily Prayer Treatment for October 10 by Rev. Dr. Durrell Watkins

“...in scientific prayer it is God who works, and not you, and so your particular limitations or weaknesses are of no account in the process” Emmet Fox

I don't beg God for help, nor do I try to persuade God to lend aid. I recognize God as good and as the only power and presence, and I choose to allow God to be God in my life, that is, I let God's perfection show up in perfect ways in my experience of life. It's all God, and it's all good.

*“For God is carefully working in you both to desire and to do that thing which you desire.”*

The Apostle Paul

(Philippians 2.13, Aramaic Bible in Plain English)

Daily Prayer Treatment for October 11 by Rev. Dr. Durrell Watkins

“You are only the channel through which the Divine action takes place, and your treatment will really be just the getting of yourself out of the way.” Emmet Fox

There is one Universal Substance, and I am pressed out of It, made from It, forever one with It. Therefore, I relax and allow this perfect Life to express perfectly in, through, and as my life. There is nothing to hinder my divine unfoldment, and so I give thanks for the Good that is mine to enjoy. I deserve good because I am good; indeed, I am part and parcel of the All Good. What joy this brings! And so it is.

*I let God be God in my life, and all is well.*

Daily Prayer Treatment for October 12 by Rev. Dr. Durrell Watkins

“...all that is absolutely essential [to getting results from prayer] is to have an open mind, and sufficient faith to try the experiment. Apart from that, you may hold any views on religion or none.” Emmet Fox

Dear God, we spend our lives trying to understand you better, seeking meaning and purpose, attempting to experience you more fully. Our theologies and rituals and understanding of myths evolve over time, but through it all, we trust in your goodness and that goodness shows up for us time and again. Thank you, God. Amen.

*I allow God's goodness to show up for me.*

Daily Prayer Treatment for October 13 by Rev. Dr. Durrell Watkins

“Stop thinking about the difficulty, whatever it is, and think about God instead.” Emmet Fox

Today, I turn from anxiety, and toward hope. I turn from disappointment, and toward anticipation. I turn from regret, and toward gratitude. I look for the good. I see and seize opportunities. I remind myself that God is everywhere, fully present and God is good, and so it is that my good comes to me easily. I rejoice! I am glad. I have peace within. Amen.

*I focus on God, the Good.*

Daily Prayer Treatment for October 14 by Rev. Dr. Durrell Watkins

“Do not try to form a picture of God, which is, of course, impossible. Work by rehearsing anything or everything that you know about God. God is Wisdom, Truth, inconceivable Love. God is present everywhere; has infinite power; knows everything, and so on. It matters not how well you may think you understand these things; go over them repeatedly.” Emmet Fox

God is big, infinite, ALL...in my human experience, that’s too much to fully grasp, and yet I experience God in many ways. I know God to be goodness, love, beauty, wisdom, peace, joy, power, presence, substance, light, life and more. All that God is, is good, and so I can trust my entire life to God’s goodness. I am in God and in God, all must be well. I am happy. I am grateful. Amen.

*All that God is, is good. I remind myself frequently of my unfettered access to divine goodness.*

Daily Prayer Treatment for October 15 by Rev. Dr. Durrell Watkins

“Your object is to drive the thought of the difficulty right out of your consciousness, for a few moments at least, substituting for it the thought of God.” Emmet Fox

I won’t scare myself today. When troubling thoughts come, I will calm them and release them. I will replace troubling thoughts with thoughts of God, the good. My faith is in infinite goodness.

*I replace troubling thoughts with God thoughts.*

Daily Prayer Treatment for October 16 by Rev. Dr. Durrell Watkins

“If you are very frightened or worried it may be difficult, at first, to get your thoughts away from material things. But by constantly repeating some statement of absolute Truth that appeals to you, such as ‘There is no power but God,’ or ‘I am the child of God, filled and surrounded by the perfect peace of God,’ or ‘God is Love,’ ‘God is guiding me now,’ or, perhaps best and simplest of all just ‘God is with me’ – however mechanical or dead it may seem at first – you will soon find that the treatment has begun to ‘take’ and that your mind is clearing. Do not struggle...be quiet but insistent. Each time that you find your attention wandering just switch it straight back to God.” Emmet Fox

I am the child of God, filled and surrounded by the perfect peace of God.

*God is with me.*

Daily Prayer Treatment for October 17 by Rev. Dr. Durrell Watkins

“You cannot have one kind of mind and another kind of environment. This means that you cannot change your environment while leaving your mind unchanged, nor can you change your mind without your environment changing, too.” Emmet Fox

When I change my habitual thinking, I change how I feel, and when I change how I feel, I change how I experience the world. When I direct my thoughts with intention, I am exercising great power. May I do so wisely and well today. Amen.

*When I change my thinking, I change my world.*

Daily Prayer Treatment for October 18 by Rev. Dr. Durrell Watkins

“To see God means – as far as our...speech can express the thing at all – a realization of perfect essential unity with Divine Goodness Itself.” Emmet Fox

Since God is All-in-all, everywhere I try to see God, I find God. God can't hide from me, nor will She ever try to hide! God, the Good, is everywhere and I am always in the presence of divine Goodness. Alleluia!

*I am unified with divine goodness.*

Daily Prayer Treatment for October 19 by Rev. Dr. Durrell Watkins

“Divine Science is based on a belief in the Omnipresence, Omniscience, Omnipotence, and Omniaction of God – One Presence, Knowledge, Power, and Action. In other words: God is all both invisible and visible.” Ida B. Elliott

When I am overwhelmed, or overwrought, or despondent, or fearful...it is because I have forgotten that God is all, both visible and invisible. That's okay. I don't need to punish myself for slipping into old and unhelpful patterns of thought and belief, because I am free right now to change my mind again! I can remember, right now, or in any instant, that God is all and God is good. And when I remember, I feel better. Great ideas come to me. Hope is renewed. Joy is stirred within me. God, the Good, is All...and I can return to that blissful awareness whenever I choose.

*Thank you, God, for holding me in the love that you are, and for blessing me with the Goodness that you are. All is well. Amen.*

Daily Prayer Treatment for October 20 by Rev. Dr. Durrell Watkins

“[We are] the expression of God and [are] forever one with [our] Source.” Ida B. Elliott

Beliefs are just well rehearsed opinions and can be changed. The only thing blocking the flow of my good from my unlimited and never-ending Source is a thought or belief or fear or unhealed memory...and whatever it is, can be changed. My Source is unlimited, and I am forever connected to the Source. Today, if I discover anything blocking or slowing down or detouring my good, I will gently and happily remove it. My good is meant for me and it will arrive easily and in abundance. And by faith I declare this to be so.

*I am forever one with my Source.*

Daily Prayer Treatment for October 21 by Rev. Dr. Durrell Watkins

“I accept the Omnipresence without any reserve.” Ida B. Elliott

God as omnipresence is my truth, my encouragement, my peace, my source of joy. I rely on and give thanks for the omnipresence.

*I accept the Omnipresence of God.*

Daily Prayer Treatment for October 22 by Rev. Dr. Durrell Watkins

“...as an expression of God [we are] inherently perfect...” Ida B. Elliott

Thank you, God, for being Perfection, and for being the ground of my being, for expressing through me, for being the Life of my life. I shine today as a beam of light emanating from a divine Sun. I am innately good and will, therefore, embrace my good and express goodness today and every day. Amen.

*I am a perfect expression of a perfect God.*

Daily Prayer Treatment for October 23 by Rev. Dr. Durrell Watkins

“...all is Mind.” Ida B. Elliott

All is Mind. All is Life. All is Light. All is Energy. All is Love. All is Principle. All is Substance. All is God. There is One Power, One Presence, and it, all good. I am a perfect idea in divine Mind, a perfect expression of divine Life, a perfect ray of divine Light, a perfect conduit of divine Energy, a perfect embodiment of divine Love...I am one with the One because One is All. This relieves every fear and fills me with confidence, peace, and joy. And so it is.

*One is All.*

Daily Prayer Treatment for October 24 by Rev. Dr. Durrell Watkins

“...the Principle of the universe, the fundamental Truth is One Infinite Good.” Ida B. Elliott

I deny that there is more than one Power, and I deny that the One Power is anything other than perfect, omnipresent, and everlasting. I know, declare, and celebrate the Truth that God is All and God is Good. God is everywhere, fully present. That means that where I am, God is. What God is, I am. Miracles are inevitable. Fear diminishes, for there is nothing to fear, and I behold the light of love everywhere I look. Om. Alleluia. Svaha. Amen.

*I believe in, trust, and give thanks for one infinite Good.*

Daily Prayer Treatment for October 25 by Rev. Dr. Durrell Watkins

“There is one Principle or Fundamental Truth, invisible and visible. Call it Infinite, spirit, Mind, Energy, God or whatever [you conceive] it to be. It is unhindered by name for It is that which Is: undefeatable, undefilable, imperishable, Infinite and Eternal, always working according to the law of Its own nature.”

Ida B. Elliott

Higher Power, known by thousands of names through the ages, and limited by none of them, you are That Which Is, the Great I Am, the Ground of Being, the All-in-all. By whatever names I know you today, I call on you to guide me in the paths of joy, health, harmony, and abundance.

I receive these blessings with gratitude, and with a willingness to thrive more each day. Amen.

*God is good and is always working to help me experience my good.*

Daily Prayer Treatment for October 26 by Rev. Dr. Durrell Watkins

“The qualities used to deal intelligently with...problems are vision, wisdom, love, tolerance, and patience. No problem is too complex to solve if all these factors are called into activity.”

Florrie Beal Clark

God in me, your grace is equal to every need. I recognize your presence, I trust your power, I depend on your grace, and I calmly face every situation while believing that joyful outcomes are possible and many blessings are at hand. Thank you, God. Amen.

*I give thanks for solutions.*

Daily Prayer Treatment for October 27 by Rev. Dr. Durrell Watkins

“As the air in this room and all about us is filled with countless unseen vibrations, so also is it filled with Good, God’s presence.” Edgar White Burrill

Omnipresence – the word thrills. Omnipresence – to say it is to experience immediate relief. Omnipresence – nothing can seem hopeless when that word is held in mind. There is a Presence, a divine Presence, an Omnipresence, a Power that is everywhere completely present, and to dwell on that glorious thought is to find empowerment, peace, and contentment.

*My faith is in the Omnipresence of God.*

Daily Prayer Treatment for October 28 by Rev. Dr. Durrell Watkins

“...God...is not a person, not a thing, but a Power that is loving, intelligent and just, ever-present everywhere and at all times...” Edgar White Burrill

I am in the presence of God, the presence that God is, the Power that is beyond naming, that which is No Thing and yet is in all things, that which is not a man or a woman but whose light dwells in every person; yes, I am in the divine Presence and in that Presence every amazing thing imaginable is possible. So, let the miracles commence. Amen.

*God is a power that is ever-present at all times.*

Daily Prayer Treatment for October 29 by Rev. Dr. Durrell Watkins

“Evil, if potent at all, would have to exist where God is, and that is impossible. So fear it not. If the One is Allness, then everything else is no thing, nothing....such a realization...destroys all our fears...”

Edgar White Burrill

If God is all and God is good, then evil is an illusion without substance. It cannot last because it is not ultimately real. In God’s presence there is only Good, and God’s presence is everywhere, always. I won’t fret about evil, argue against it, try to prove it, or worry about its occasional appearance; instead, I will remember that evil cannot last because only God is really real and God is all good. And so it is that good must prevail.

*I believe in and celebrate the good.*

Daily Prayer Treatment for October 30 by Rev. Dr. Durrell Watkins

“...God is open to every earnest seeker.” Nona Brooks

To honestly and earnestly seek Truth, Goodness, Meaning, Hope, Connection to a Higher Power, God... is to find something wonderful, joyful, and enlivening. We can always go deeper. The more we seek, the more we find. God is never hidden from us; we are immersed in God. We are immersed in Good. We can discover and experience more and more of the Good. Thanks be to God.

*I seek and I find.*

Daily Prayer Treatment for October 31 by Rev. Dr. Durrell Watkins

“You can imagine what a comfort it was to me when I learned of Omnipresence; it taught me that I am one with the God of Love, and Power within me is the ability to live up to the divine ideal.” Nona Brooks

Divine Love fills me, flows through me, holds me, and guides me. Love is the power to heal, to comfort, to renew, to strengthen, and to dissolve fear. O Love divine, Universal Love that leaves no one out, I bask in your presence, I welcome your blessings, and in your Names I bless the dear ones in my life. Miracle working Love, I celebrate you and I am thankful for my oneness with you. Amen.

*I am one with the God of Love.*

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Quotes used in October reflections come from:

- Albert C. Grier – Founder of the Church of Truth; friend of and collaborator with Divine Science.
- Emmet Fox – well known Divine Science minister, spiritual writer, popular lecturer, had influence on early AA and positive thinking movements.
- Ida B. Elliot – was president of the California College of Divine Science.
- Florrie Beal Clark – mid-twentieth century Divine Science minister in Oklahoma City.
- Edgar White Burrill – a literary professor who along with Ernest and Fenwick Holmes and Christian D. Larson influenced Robert Alfred Russell (an Episcopal minister who embraced New Thought philosophy).
- Nona Brooks – one of the founding voices and longtime leader of the Divine Science movement.
- Annie Rix Militz – founder of the Homes of Truth.

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#### NEW THOUGHT LEADERS TO CELEBRATE IN OCTOBER

Albert Grier (1864 – 1941) – a Universalist minister before becoming Founder of the Church of Truth in 1912. He also led a Divine Science congregation. He wrote in Truth and Life, “To the inward eye of faith no condition is hopeless.” Grier viewed Jesus as a teacher who demonstrated that the Christ Consciousness was within each of us, and by following Jesus’ teachings we could become aware of that indwelling Christ Consciousness and demonstrate it as Jesus did.

Barbara L. King (1930 – 2020) – The first bishop of the International Christian New Thought Movement of Churches. Mentored and ordained by Johnnie Colemon, she studied theology at the Unity School of Christianity and at the Baptist Missionary Training School in Chicago. She held degrees in Sociology (Texas Southern University), Social Work (Atlanta University), and Ministry (D.Min, Ecumenical Theological Seminary). She founded Hillside Chapel and Truth Center in Atlanta and was enthroned as a village chief in West Africa. She was a mentor to Iyanla Vanzant.

Brown Landone (1847 – 1945) – as a child “BL” was considered an invalid. When he was 13, BL was alone at home and smelled smoke. He remembered his parents saying that if they ever had to leave suddenly, there was a chest in the attic that must be saved. Without considering his weakness, BL went upstairs, grabbed the heavy chest, and started carrying it downstairs. He somehow carried the chest the whole way. He considered that if he could unconsciously summon strength to do what seemed nearly impossible, then perhaps he could summon such power consciously, at will. He determined right then to not be “bedridden” anymore, and, indeed, Landone lived in good health for most of his life, which lasted to the age of 98. Landone studied theology and medicine, and in his medical practice he discovered that positive suggestions often did as much good for his patients as medical treatment. Brown Landone was also an author.

Christian D. Larson (1866 - 1955) - Studied at Meadville Theological School (a Unitarian seminary) and was influenced by “Mental Science” teachings. Larson was one of the teachers who influenced Ernest Holmes and later Larson worked with Holmes for Science of Mind magazine. In 1912 Larson developed the Optimist Creed, which in 1922, was adopted by the Optimist Clubs. Larson taught, “We have... marvelous powers--even miracle powers--in the depth of mind and soul; and they are there to be used. We can use them, however, only as we deepen our thought, raise our consciousness, and go farther into the spirit...”

Florence Scovel Shinn (1871 – 1940) – an actor, illustrator, and writer. She wrote mainly about metaphysical spirituality. She believed that “Owing to the vibratory power of words, whatever [one] voices, [one] begins to attract.” Louise Hay once acknowledged Shinn as one of her early spiritual influences.

Goddard Neville (1905 – 1972) – Neville was born in Barbados and moved to the US in 1922. He was a spiritual writer and lecturer. He wrote, “An awakened imagination works with a purpose. It creates and conserves the desirable, and transforms or destroys the undesirable.” He was mentored by a mystic known as “Abdullah” and provided psychological insights into religious themes and texts.

Myrtle Fillmore (1845 – 1931) – Myrtle contracted tuberculosis at a young age and spent many years experiencing frailty. She attended a lecture by metaphysician E.B. Weeks in 1886 and learned of the efficacy of affirmative prayer. She started declaring for herself, “I am a child of God, and therefore I do not inherit sickness.” In time, she found herself to be the picture of health. She was so excited about the discovery of the power of affirmative prayer that she started working with others with healing needs. She and her husband Charles went on to found the Silent Unity prayer ministry (and Unity School of Christianity and Unity Village, all of which are still in operation today). At the age of 86, Myrtle made her transition from this experience of life to the next on October 6, 1931.

Paul Tillich (1886-1965) – 20th century theologian who denied the existence of the God in whom he deeply believed; that is, he denied God was a being (even a supreme one) but instead was the ground of being. God does not exist; rather, God IS existence. God is the power to be. Theological language and symbols, for Tillich, were symbolic. He never identified with New Thought and yet, Tillichian theology is compatible with New Thought.

Ursula Gestefeld (1845 – 1921) – a student of Mary Baker Eddy, she became an independent teacher of spiritual healing. She wrote a treatment for releasing the past; it included these words: “I have no sorrow, no regrets; I am filled with praise and rejoicing...Nothing that anyone can say of me can hurt me or turn me aside. I press forward steadily with no thought of blame for them who judge me according to the dead past...All malice, hatred, and enmity are left with the past. I bow only to love; I feel only love, for every human being. I begin to know God, for God is Love.”

OCTOBER'S LESSON  
Excerpt from, *Primary Lessons in Christian Living and Healing*  
Annie Rix Miltz (1914)

Perfect Good includes all good. The true Life is a whole life with nothing in it of death or disease. Divine Health is wholeness, or holiness, in Spirit, soul and body. Absolute Truth is one; there cannot be two truths contradicting each other, else one of them would not be the whole truth.

All good can be gathered under one name, God, who is all that is good and the good of all. The one God of us all is the one good of us all, to which [human-beings] have given an infinite variety of names, such as Intelligence, Prosperity, Right, Freedom, besides deific names, such as Brahm, Jupiter, and Jehovah. "That which exists is one: sages call it variously." *Rigveda*.  
"There shall be one Lord, and his name one." *Zechariah*.

The spiritual Mind is ever uniting. It seeks God in everybody and everything, and makes that the point of oneness with all. It operates by love.  
"I drew them with bands of love." *Hosea*.

Whenever there is dislike or inharmony, its source can be found in the carnal mind. According to Max Miiller this is the way we can know which mind is operating in us:

*The carnal mind and the spiritual mind are seen to act in this way:  
the carnal always detects differences while the spiritual notes similarities.*

The tendency of the human intellect is to differentiate, and this tendency can be checked by not enlarging upon the differences between those manifestations of God which in essence are one, such as Spirit, Soul, and Mind. If we see the identity of these in the Highest we can clearly analyze the appearance of difference to the human mind, and disclose that it is but a matter of the point of view from which these things are seen, or perhaps a difference in the use of terms.

The broad, deep mind can see the unity of all religions and expressions of Truth. It is waste of time and distracting to thought to seek and tell the differences between the beliefs of humankind. Let us be content to find the good and the true in every teacher and his [or her] teaching. Then if it ever devolves upon us to point out a stumbling stone we can, like Jesus, do it impersonally and with authority.

Universal tolerance finds Truth omnipresent, and has no respect of persons, creeds, or institutions, yet gives true deference to the real of each.

*The SIA Daily Treatments  
and the DSFI Daily Study  
are both posted each day on the  
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