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## *Spirit in Action*

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March 2022

**The SIA Daily Prayers and the DSFI Daily Study are both posted each day on the Divine Science Federation International Facebook page.**

***"May Peace Prevail on Earth!"***  
**Masahisa Goi**



INSIDE: Prayer by Iyanla Vanzant, 31 Daily Prayer Treatments, brief bios of spiritual luminaries, & a Lesson by Durrell Watkins

“Prayer for the Overwhelmed”  
Iyanla Vanzant, Every Day I Pray

Dear God,

I don't need to know how. I don't need to know when. I don't need to know why. All I need to know is Who. Thank you for being the one Who is always there for me. The one Who never fails to respond to my frantic pleas for help. Thank you for being the one Who is always dependable, ready and able to support, protect and guide me through the situations I face in my life. Thank you for being the one Who knows the answer and offers it freely. No matter where I am or what I may need, you are always the one Who will take me by the hand and pull me through. Thank you for being the one Who knows me better than I know myself, Who loves me when I can't find love within myself. No matter what the situation or experience, you, God are Who I need and what I need. Thank you for being just Who you are and for supporting me, guiding me, pushing me into being a better me. For who you inspire me to be, I am so grateful. And so it is!

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**DAILY PRAYERS & REFLECTIONS**

Mar 1 Daily Prayer by Rev. Dr. Durrell Watkins

“Just keep your conscious mind busy with expectation of the best.” Joseph Murphy

*I expect and accept blessings today. All is well; thanks be to God. Amen.*

Affirmation. Gratitude. Release. (3 steps)

Mar 2 Daily Prayer by Rev. Dr. Durrell Watkins

“If you could only love enough, you could be the most powerful person in the world.” Emmet Fox

*God is Love and I Am made in God's image and filled with God's Light; therefore, I Am Love. I Am loving. I exude the healing and harmonizing power of love. And so it is.*

Acknowledgement of God. Recognition of unity with God. Affirmation. Release. (4 steps)

Mar 3 Daily Prayer by Rev. Dr. Durrell Watkins

“Our inward thoughts give form to our feelings.” Malinda Cramer

*Good thoughts lead to good feelings, which lead to good actions, which lead to good results. I choose good thoughts today.*

Affirmation. (1 step)

Mar 4 Daily Prayer by Rev. Dr. Durrell Watkins

“Your desire is your prayer.” Joseph Murphy

*My wish is to be my best, do my best, give my best, and accept the best. Let it be so.*

Clear intention. (1 step)

Mar 5 Daily Prayer by Rev. Dr. Durrell Watkins  
“Do it trembling if you must, but do it!” Emmet Fox

*Fear has no power over me. When fear strikes, I face it and move through it. I will not allow fear to keep me from flourishing. Goodbye fear! I choose Love instead. I embrace hope. My good is at hand. Alleluia!*

Denial. Affirmation. Gratitude. (3 steps)

Mar 6 Daily Prayer by Rev. Dr. Durrell Watkins  
“There is no mystery in healing for God is Health.” Nona Brooks

*God is Life and Life is eternal, whole, and perfect. I allow God to express through me today in beautiful ways. I accept and give thanks for Abundant Life. And so it is.*

Acknowledgement of God. Recognition of unity with God. Gratitude. Affirmation. Release. (5 steps)

Mar 7 Daily Prayer by Rev. Dr. Durrell Watkins  
“Busy your mind with the concepts of harmony, health, peace, and good will, and wonders will happen in your life.” Joseph Murphy

*What I think about consistently, I bring about eventually. That is, thoughts that I hold and that produce strong feelings show up in my life as experiences or manifestations. God give me the grace and wisdom to think beneficial thoughts that produce beneficial feelings that lead to beneficial outcomes. Amen.*

Affirmation. Clear intention. Release. (3 steps)

Mar 8 Daily Prayer by Rev. Dr. Durrell Watkins  
“There is nothing in the universe that you cannot do or be if you are mentally ready.” Emmet Fox

*I am a perfect Idea in the Mind of God. Indeed, divine Mind is the only Mind. Since there is but one Mind, one Life, one Source, one Power, one Presence in the universe, I must be part of the One; and, All That It Is, is available to me. I can do great things. And I will, starting now. Amen.*

Acknowledgement of God. Recognition of unity with God. Affirmation. Release. (4 steps)

Mar 9 Daily Prayer by Rev. Dr. Durrell Watkins  
“Old age does not mean the burden of years; it means the fruition of a life. Years are our friends...if we live in harmony with [them] and think of them as opportunities for development...It is human ignorance in relation to process that makes us old, not the experiences of time in its passing. It is our attitude toward time that keeps us free from the limitations that the [world] would [impose on] us.” Nona Brooks

*I have the wisdom of ages as well as youthful vigor. I continue to learn, to grow, to share, to experience joy, to make myself useful, to love, to dream. I am fully alive! What a gift. What joy. Amen.*

Affirmation. Gratitude. Release. (3 steps)

Mar 10 Daily Prayer by Rev. Dr. Durrell Watkins

“Never finish a negative statement; reverse it immediately...” Joseph Murphy

*To repent is simply to make a change. The repentance that brings hope and renewal is the changing of a fear thought to a love thought. Then, I remember my At-One-Ment with God. Then I am blessed and I am a blessing to others. Blessed repentance. Positive change. The power of intentional thought. Amen.*

Clear intention. Acknowledgement of God. Recognition of unity with God. Affirmation. Release. (5 steps)

Mar 11 Daily Prayer by Rev. Dr. Durrell Watkins

“You must positively claim health, harmony, and True Place, if you really want those things.” Emmet Fox

*I set my intention. I choose joy. I embrace peace. I expect vitality. I allow divine Light to guide me in the ways of success and fulfillment. My intention is clear, and blessings are certain.*

Affirmation. Recognition of a divine power. Release. (3 steps)

Mar 12 Daily Prayer by Rev. Dr. Durrell Watkins

“To change environment or our conditions we do not have to work directly with them but with our own thinking about them.” Nona Brooks

*When I change my attitude about a situation, the situation itself seems to change; certainly, my experience of it changes. I give thanks for the power of thought, and for the ability to choose my thoughts wisely. Amen.*

Affirmation. Gratitude. Release. (3 steps)

Mar 13 Daily Prayer by Rev. Dr. Durrell Watkins

“All of us have our own inner fears, beliefs, opinions. These inner assumptions rule and govern our lives. A suggestion has no power in and of itself; its power arises from the fact that you accept it mentally.” Joseph Murphy

*Old fears, doubts, and regrets that I may not consciously remember but are lodged deep in my subconscious...I replace them now with thoughts of hope, peace, success, enthusiasm, vitality, and joy. I repeat these ideas over and over until they sink deep within. And as the old, unhelpful ideas and feelings pop up, I will notice them without judgment, forgive myself and others for planting those unwanted seeds, and I will lovingly release them. Healing can begin now. I know it. I demand it. I allow it. I am accepting only what is Good today. And so it is.*

Affirmation. Clear intention. Acceptance. Release. (4 steps)

Mar 14 Daily Prayer by Rev. Dr. Durrell Watkins

“You must get rid of all sense of resentment and hostility. You must change your own state of mind until you are conscious only of harmony and peace within yourself, and have a sense of positive goodwill towards all.” Emmet Fox

*I breathe. I bless myself with appreciation. I give the gift of love to the world. Happiness and harmony are mine by divine right. I embrace these gifts with gratitude. Amen.*

Affirmation. Gratitude. Release. (3 steps)

Mar 15 Daily Prayer by Rev. Dr. Durrell Watkins

“The Substance of the body is Spirit; there is nothing else for it to be...Knowing the body to be Spirit, we come into the perception of its true nature. We no longer condemn it to weakness and limitation. We see it as holy, as whole - an expression of Universal Life. We reap the fruits of our thoughts, for we begin to see the true state of the body.” Nona Brooks

*Today, I bless my body and give thanks for it. I love it and care for it. In response, it cares for me. I enjoy my body; it is Spirit made manifest. It is good. Amen.*

Affirmation. Gratitude. Recognition of a divine power and unity with it. Release. (5 steps)

Mar 16 Daily Prayer by Rev. Dr. Durrell Watkins

“God is the source of my supply...there is always a divine surplus.” Dr. Joseph Murphy

*Thank you, God, for divine provision. Thank you for grace equal to every need. Thank you for infinite possibilities. Thank you, God of Abundance, for all that is mine and for all the Good that awaits my claim upon it. Amen.*

Gratitude. Acknowledgment of God. Affirmation. Release. (4 steps)

Mar 17 Daily Prayer by Rev. Dr. Durrell Watkins

“Silence is the bosom of the Infinite Life, and contains the indelible record of all the truth that ever entered the [human] mind.” Warren Felt Evans

*In the Silence, I experience peace. In the Silence, my hope is renewed. In the Silence, I realize my oneness with All Life. In the Silence, the answers come. In the Silence, Assurance makes herself known. In the Silence, Truth is revealed. I now reverently enter into the Sacred Silence.....*

Affirmation. Recognition of a divine power and unity with It. Clear intention. Silence. (5 steps)

[Simply sit quietly, following your breath, and just be. When thoughts arise, notice them but don't engage them, don't follow them, don't judge them. Just let them pass. Return to the Breath. Simply be in silence. It can be for a minute, or 10, or 30, or 70...Simply, “Be still and know that I Am God” (Psalm 46).]

Mar 18 Daily Prayer by Rev. Dr. Durrell Watkins

“With the realization of success, we receive the gift of success.” Florence Scovel Shinn

*Today, I know that I am “part and parcel of God.” All that God is, is available to me. All that God is, is present to me. Indeed, I am an expression and experience of God. All Good is for me, and with gratitude I embrace my Good now. And so it is.*

Recognition of a divine power. Awareness of unity with It. Affirmation. Gratitude. Release. (5 steps)

Mar 19 Daily Prayer by Rev. Dr. Durrell Watkins

“Age has its own glory, beauty, and wisdom that belong to it.” Joseph Murphy

*Thank you, God, for the days behind me. Thank you, God, for the days before me. Thank you, God, for this precious moment. At every stage of life, I am gifted and full of potential. Every moment of life is God-filled. Today is a great day. I am a wonderful age. I give thanks for my beautiful life. Amen.*

Gratitude. Recognition of a divine power and unity with It. Affirmation. Release. (5 steps)

Mar 20 Daily Prayer by Rev. Dr. Durrell Watkins

“Most fail by waiting for some particular kind of opportunity, instead of being ready to seize every opportunity.” Wallace Wattles

*Life is filled with infinite possibilities, wonderful opportunities, and grace equal to every need. I am ready to see and seize opportunities. I expect and accept miracles. And so it is.*

Affirmation. Acceptance. Release. (3 steps)

Mar 21 Daily Prayer by Rev. Dr. Durrell Watkins

“Live appreciation; radiate it, let it shine through you, but by all means learn to make your lips declare the truth your heart has known.” Julia Seton Sears

*I declare with my mouth and believe in my heart that I am a child of God and my birthright includes joy, peace, and vitality. Thus, it has ever been, is, and evermore shall be. Amen.*

Acknowledgement of God. Recognition of unity with God. Affirmation. Release. (4 steps)

Mar 22 Daily Prayer by Rev. Dr. Durrell Watkins

“You must make certain to give your subconscious only suggestions which heal, bless, elevate, and inspire you in all your ways. Remember that your subconscious mind cannot take a joke. It takes you at your word.” Joseph Murphy

*I will be intentional about my self-talk today. I will tell myself only what I wish to be true, only what is uplifting and life-giving, only what is True of God’s goodness. Amen.*

Affirmation. Acknowledgment of God. Release. (3 steps)

Mar 23 Daily Prayer by Rev. Dr. Durrell Watkins

“We must rid the mind of any sense of struggle, for if we plant the seed the soil will do all the work for us. The seed is the word and the soil is Creative Mind. We cannot grow the flower; God blooms the rose.” Fenwicke Holmes

*I plant seeds that contain infinite possibilities into the fertile ground of consciousness. I water the thought-seeds with love and remove the weeds of despair and regret, and in the perfect time and in marvelous ways, the seeds sprout and grow into mighty miracle producing plants. This is a natural and divine process. I allow it to work as it will. All is well.*

Affirmation. Recognition of divine Law. Acceptance. (3 steps)

Mar 24 Daily Prayer by Rev. Dr. Durrell Watkins

“...begin by listening within for the inner voice of love; for until we hear that voice within, we may not hear it in the world. But once it is heard and recognized within, it will be heard in all God’s creation.” Daisy Baum

*God’s voice is the voice of love. It is healing. It is comforting. It is encouraging. I listen for it. I respond to it. All is well.*

Acknowledgment of God. Affirmation. (2 steps)

Mar 25 Daily Prayer by Rev. Dr. Durrell Watkins

“Know that in your deeper mind are Infinite Intelligence and Infinite Power.” Joseph Murphy

*Deep within me are wells of wisdom, cisterns of courage, storehouses of serenity, and hallowed grounds rich with hope. Within me is great power, and I can access this power at any moment. I choose to use this sacred power for good. Amen.*

Affirmation. Recognition of divine power and unity with It. Release. (4 steps)

Mar 26 Daily Prayer by Rev. Dr. Durrell Watkins

“There is one God...who is above all and through all and in all. God is love and God is Omnipresent; hence love is above and in and through all. Every visible thing in creation is pervaded by the Omnipresent Love, and is filled with its power and perfection. I will open my eyes to the truth of love everywhere. God hath not given me a spirit of fear; but of love, and of power and a sound mind. Love shall so shine from me that it will illumine all my world.” Daisy Baum

*God is all in all. God's power flows through me. God's essence dwells within me. God's love expresses as me. The light of God's love shines in and as my life. I bless the world with love. Amen.*

Acknowledgement of God. Recognition of unity with God. Affirmation. Release. (4 steps)

Mar 27 Daily Prayer by Rev. Dr. Durrell Watkins

“Since Omnipresence is all-inclusive as Life, Substance and Intelligence, the individual must help to make up that all-inclusive Life, and in so far as one is awake to the truth of this statement one enjoys the fullness of Omnipresence.” Daisy Baum

*I am part of God. This Truth fills me with joy. I live in the power of this Truth. I Am part of God. God's Good is for me, and is part of me, and is being made manifest in my life. I rejoice!*

Acknowledgement of God. Recognition of unity with God. Affirmation. Gratitude. (4 steps)

Mar 28 Daily Prayer by Rev. Dr. Durrell Watkins

“You are as young as you think you are. You are as strong as you think you are. You are as useful as you think you are. You are as young as your thoughts.” Joseph Murphy

*What I think about myself is what I experience as being true for me; therefore, I choose to think good thoughts about my life. I am wonderful. I am happy. I deserve success. I am abundantly blessed. I am lovable. I attract miracles. I am a good person. I feel good about my life. I love myself and allow my light to shine. And so it is.*

Affirmation. Release. (2 steps)

Mar 29 Daily Prayer by Rev. Dr. Durrell Watkins

“Health is my real and eternal state. Knowing this truth frees me from every appearance of discord. I declare health for everyone who is not conscious of its presence. Thou art the only Presence, and in thee is my eternal life.” Daisy Baum

*I affirm wholeness and vitality, for myself and for everyone I hold in my heart today. Life seeks to express through each of us, and wishes to do so vibrantly.*

Affirmation. Awareness of divine Life and unity with It. (3 steps)

Mar 30 Daily Prayer by Rev. Dr. Durrell Watkins

“[We are each] indeed the Word of God, the pure and perfect idea of God made manifest. Every individual is a Word or Idea brought into form by the eternal activity and has a pure and perfect spiritual body which never can be affected by negation, save in feeling and mentality...Being the Word made flesh, we are divine and immortal, for this statement refers to each of us as it did to Jesus. Each of us is God’s Word in the flesh.” Daisy Baum

*I Am God’s word incarnate. As I realize and remember this, I flourish and experience great joy. Thanks be to God. Amen.*

Acknowledgement of God. Recognition of being one with God. Affirmation. Gratitude. Release. (5 steps)

Mar 31 Daily Prayer by Rev. Dr. Durrell Watkins

“Supply operates according to a very simple law – the law of co-operation. It is to be found in circulation and not in accumulation, although the latter has been the basis of many a life-long effort to supply human needs. It is only through co-operation that you can demonstrate supply.” Daisy Baum

*I share gladly, trusting always in divine Abundance. I gladly participate in the circulation of divine Supply. I give generously. I receive gratefully. I live joyfully. And so it is.*

Affirmation. Release. (2 steps)

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***Divine Scientists Quoted This Month***

- Daisy Baum**
- Nona Brooks**
- Malinda Cramer**
- Emmet Fox**
- Fenwicke Holmes**
- Joseph Murphy**

***Other Metaphysicians Quoted This Month***

- Florence Scovel Shinn**
- Julia Seton Sears**
- Wallace Wattles**

***Metaphysicians to Think about in March***

***Nona Brooks (1861 – 1945)*** – a major figure in the New Thought movement and one of the pioneers of Divine Science. Nona taught, “We no longer feel that we must overcome God’s reluctance, but rather that we are to lay hold of [God’s] willingness. More willing is [God] to give than we are to receive.” She also stressed divine Omnipresence: “...let us turn to our Basis, Omnipresence. This means God everywhere; therefore, God includes me.”

***A.K. Mozumdar (1864 – 1953)*** - Born in India, Mozumdar came to the U.S. to teach his understanding of spiritual principles. Mozumdar's beliefs about the connection between the mind and the body are now widely shared by both religious and secular thinkers. Mozumdar taught that God is within us, inseparable from us. Mozumdar’s quotes include: “That which you imagine with a positive assurance becomes a reality to you” and “Convince yourself that you have the ability to do a certain thing, and you will have the ability.” Ernest Holmes was a friend and admirer of Mozumdar.



**Annie Rix Militz (1856 – 1924)** - was the founder of both the New Thought publication Master Mind magazine and the Homes of Truth. Militz wrote, “We trust God not only as our physician, but as our banker, our defender, as our [spouse], our [parent], our all in all...”

**Emmanuel Swedenborg (1688 – 1772)** – Swedish scientist, philosopher, and Christian mystic. His writings influenced William Blake, Elizabeth Barrett Browning, Ralph Waldo Emerson, Balzac, and Helen Keller. His writings also offer the theological framework for the Swedenborgian Church.

**Grant Lynn Ford (1939 – 2019)** – Pentecostal Minister, Independent Catholic Bishop, Metropolitan Community Churches (MCC) Pastor, and Divine Science Minister. Bishop Ford had a talent for blending high church liturgy, charismatic enthusiasm, and New Thought teaching into a unified experience of celebration. He pastored the Sunshine Cathedral in Fort Lauderdale 22 years before retiring. He was succeeded by his hand-picked replacement, Rev. Dr. Durrell Watkins, another religious pluralist/liturgist/New Thought practitioner. Grant was a life-member of the International New Thought Alliance.

**Horatio W. Dresser (1866-1954)** - His parents were students of Quimby. He was graduated from Harvard and later became a Swedenborgian minister. His many writings include *The Christ Ideal*, *The Perfect Whole*, *Spiritual Health and Healing*, *Handbook of the New Thought*, and *The Power of Silence*. He also compiled and edited a selection of Phineas Quimby’s works: *The Quimby Manuscripts*. Dresser believed, “Any individual can be, in time, what he [or she] earnestly desires to be, if he [or she] but set his [or her] face steadfastly in the direction of that one thing and bring all his [or her] powers to bear upon its attainment.”

**Meister Eckhart (1260-1329)**—Dominican theologian and mystic. Eckhart’s writings were largely condemned in his lifetime, however he is today seen as a prophet of modern spirituality. He wrote in mystical and paradoxical terms of the union of the soul with God, of a God-consciousness that is attained only by emptying and detachment. His thoughts show many similarities to Zen Buddhism. He liked to say “Do not cling to the symbols, but get to the inner truth!”

**Mikao Usui (1865 – 1926)** - the founder of the complementary healing technique known as “Reiki” (universal life-force energy). Reiki practitioners allow themselves to be a channel of Universal Life-force Energy, imagining symbols as they place hands on or near certain spots of a person’s body (they also give “distant treatments” for people far away). Practitioners share the energy but remain detached from the outcome. They trust the energy will flow freely to accomplish whatever is most needed. The principles Reiki practitioners try to live by are simply: “Do not be angry. Do not worry. Be grateful. Work with diligence. Be kind to people.” Reiki is not a religion and can be practiced by people of any or no faith tradition.

**Paramahansa Yogananda (1883 – 1952)** – a spiritual teacher who emphasized each individual’s ability to experience Truth for herself or himself rather than relying on inherited or “blind” belief. He believed every individual has the ability to experience the Divine directly and should rely on that experience more than on religious dogma. Yogananda wrote, “As long as you are making the effort, God will never let you down!”

**Rene Descartes (1596 in France – 1650 in Sweden)** – Descartes wrote, “God is the First Cause which must have produced the idea of God in the thinker.” Of course, his most famous quote is, “I think, therefore I am.” He believed that Mind knows Itself before anything else. He encouraged methodic doubt, saying it “is necessary for honest thought.”

MARCH BONUS: **St. Patrick (389-461)**—Missionary Bishop of Ireland. He was born into a Christian family in late Roman Britain. At 16 he was captured by Irish raiders and taken into slavery, where his only consolation was his faith. Years later he escaped and returned to England, where he eventually became a Bishop. He felt called back to Ireland where he spread the Christian faith.

**An Introduction to the Divine Science Philosophy...**  
by Durrell Watkins  
(an excerpt from an information booklet used at Sunshine Cathedral)

Divine Science appeals to both the mystic and the practical theologian, and can be most simply described as a philosophy that embraces positive thinking, the unity of all life, and the omnipresence of God.

The Divine Science Federation International states: “We stand firm in God, the One, Omnipresence, and gladly accept every conclusion that flows from this ultimate Truth...Divine Science is a practical teaching that can be practiced and applied to everyday living to improve our relationship with God within ourselves, within others, and in the world, for all good to unfold.”

**The Philosophy Known as Divine Science**

The primary theology promoted at Sunshine Cathedral [a church that teaches Divine Science principles] is the idea of “Omnipresence.” Some would call it spiritual monism (there is one substance of all reality and it is spirit), others might call it panentheism (all that is, is within a divine whole), but mostly we say, “There’s not a spot where God is not.” That is the beginning of our spiritual work, our theological outlook, and our shared worship. Omnipresence is the theological foundation of Divine Science...

Divine Science is the oldest organized philosophy in the New Thought movement. Phineas Quimby and Emma Curtis Hopkins were teaching New Thought ideas prior to Divine Science (and most New Thought ideas can be found in Ancient Wisdom traditions, Greek philosophy, and Eastern mysticism as well as in modern Psychology and Quantum Physics), but Divine Science organized churches, magazines, and schools early in the New Thought Movement.

Malinda Cramer had a healing experience in 1885 which was the “birth” of Divine Science. Two years later, Nona Brooks had a healing experience and started teaching the same philosophy that Cramer had embraced. They found each other and discovered they had experienced similar blessings and were sharing the same teaching, which Cramer had been calling Divine Science (a term used earlier by Christian Science founder Mary Baker Eddy). Brooks then started calling her teaching Divine Science as well (with Malinda’s approval), and when Cramer died, Brooks became the de facto leader of the Divine Science movement.

Divine Science ministers have served not only Divine Science churches, but other churches as well, independent and denominational. There are Divine Science ministers who are writers, bloggers, chaplains, staff clergy, interim ministers, settled ministers, teachers, spiritual coaches, and prayer practitioners. Divine Scientists had influence in the early Twelve Step Movement and in the teachings of Positive Thinking.

Divine Science, like all New Thought teachings, can be embraced by anyone. Catholics, Protestants, Humanists, members of other New Thought groups...anyone can embrace the teachings of Divine Science. In fact, like “Positive Thinking,” A Course in Miracles, and Ernest Holmes’ “Science of Mind”, Divine Science is meant to be a source of encouragement and empowerment for anyone, regardless of denominational affiliation, who wishes to have a more positive experience of life.

Books, newsletters, and affirmations can be found at [DivineScienceFederation.org](http://DivineScienceFederation.org). Daily Lessons can be sent to you for free by email. Keep up with the Divine Science Federation International Community on Facebook.

## Definition of Divine Science

Divine Science “is classified knowledge of Being manifesting in existence – God expressing in creation – the Creator revealed in the creature.” (Divine Science: Its Principles & Faith by Divine Science Church & College)

## Divine Science is Part of the New Thought Tradition

New Thought is experiential, non-dogmatic, non-hierarchical, and investigative. So, be prepared to ask questions, to imagine possibilities, to transcend pre-conceived ideas, and to experience the divine deeply and personally.

New Thought is empowering in that it affirms that we each have the power to shape our lives and to make meaning in our lives. It is not a “blame the victim” teaching, but rather, the belief that we need never see ourselves as victims because we are never truly powerless. If our lives are not as fulfilling as we’d like, we can do the mental and spiritual work to improve them. New Thought doesn’t blame us for our failures or lack, but it does challenge us to make changes and it promises us that we can! New Thought gives us the tools to take responsibility for our own happiness and fulfillment.

Many of the ideas discovered or intuited by New Thought pioneers or the great thinkers that influenced them are now common in positive psychology, humanistic psychology, transpersonal psychology, process philosophy, Eastern philosophies, Jewish & Christian mysticism, Quantum physics, holistic medicine, business and leadership coaching, personal coaching, athletics, 12 Steps, the arts, the practices of those who identify as spiritual but not religious, the Pentecostal “Word of Faith” movement, Positive Thinking, and even in contemporary liberal/progressive Protestant Christian thought.

New Thought has influenced many movements and some aspect of New Thought is often practiced by people who know almost nothing of the history and development of the New Thought tradition.

New Thought differs from Christian Science (though they share some ideas) and New Thought is not the same as New Age. The Word of Faith movement has borrowed many New Thought principles, but they differ dramatically in the area of theology (that is, ways of understanding and talking about God).

While New Thought is hardly monolithic and because of its investigative nature is non-doctrinaire, nevertheless there are some basic beliefs and practices shared by many New Thought students and practitioners.

The primary beliefs of New Thought could be summarized as:

- \*God is omnipresent and is the source and substance of all life and contains within It infinite possibilities.
- \*God is “spirit” and spirit is the “stuff” from which the universe and everything in it is made.
- \*True human self-hood is divine and is in some way eternal.
- \*Positive thinking is a force for good.
- \*Prayer isn’t about beseeching a distant deity for favors but is more about cooperating with universal, spiritual laws that can bring about positive change.

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## A Prayer for DSFI

by Rev. Dr. Durrell Watkins

(first printed in December 2021 Spirit in Action)

*In the divine Omnipresence we dwell, and from this Holy Presence we draw strength, comfort, courage, wisdom, hope, and peace. We are always part of God and in Truth, God is us! So, fear has no place, no power, no reality for us. We reject fear for the lie that it is, and instead embrace and demonstrate calm assurance, profound faith, and blessed peace. Our endeavors are bound to succeed. Our message of Truth is being heard and is bringing healing to people's lives. We are experiencing and sharing prosperity. We are guided by Wisdom and we are showing the world the power and the peace that comes from conscious union with God. We bless the whole world...We bless the Divine Science Federation and are blessed by its mission and message as well as by its global, growing community. We give thanks for every Divine Science center, ministry, and school. The Light of Divine Science shines brightly. And so it is.*



# Divine Science Statement of Being

God is all, both invisible and visible.

One Presence, One Mind,

One Power is all.

This One that is all is perfect life, perfect love, and perfect substance.

\*[We are] the individualized expression of God and [are] ever one with this perfect life, perfect love, and perfect substance.

\*Man is...and is...