

## ***Affirmation of the Month***

“People, even more than things, have to be restored, renewed, revived, and redeemed; never throw out anyone.”

--Audrey Hepburn

“I wake up every morning knowing that all that is required of me is to do what feels right to do with what shows up to do, because I am One with the Source.”

--Esther Hart

*Journey to Personal Freedom*

## ***The Positive Living Centre of Victoria***

### **Centre News for September 2011**

#### ***Kim's Korner***

A Course in Miracles tells us that the world we see is an illusion. This makes perfect sense because it has no permanence, including this body which we are only using temporarily. All that we see has been created by the combined thoughts of the human mind. New thoughts create it anew. It is like the changing scenes on a movie screen and it is easy to be tricked into thinking it is real, and to get caught up in its dramas and sometimes traumas. As spiritually committed individuals the task is to know that no matter what is unfolding and no matter how real it seems in the moment it is only passing through. In the Christian Bible it says, “My mind is stayed on Thee.” There is deep wisdom in this passage, it tells us to lift our mind above the happenings of everyday existence and look to a higher ideal. For Christians this is Jesus, for Buddhists its Buddha, in New Thought it is often referred to as Infinite Intelligence, Divine Mind and also God. The name doesn't matter, the intention to lift ourselves beyond appearances is the key, this intention moves us into a new state of mind. There are countless practical methods to support us in the lifting of our minds. We can pray, meditate, or use conscious breathing. A phrase I use in prayer and as an affirmation to lift me out of negative thoughts is, “God is, I am, and all is well.” This statement is one of my anchors and works every time in taking me back to a peaceful center. I support you in finding and using your anchor; that action or statement that lifts you to a place of peace. Peace is our rightful state of mind.

Submitted in love,  
Kim

## ***President's Remarks***

Coralie is organizing an outing one Saturday to go up island. The response to the email that I sent out about this showed that we don't have enough people to rent a bus. Therefore we will probably car pool, or possibly rent a mini-van.

Some of the places being considered are:

Chemainus (shopping and murals)

Shawnigan Lake Trestle

Cowichan Bay

Petra & David's farm

Organic farm

Whippletree Junction

Other ideas are welcome.

Please email Coralie ([coralieelliott@hotmail.com](mailto:coralieelliott@hotmail.com))

and tell her if you are interested in going and what Saturdays work for you. There were some people that could not make it on September 24<sup>th</sup>, which was our original plan.

Also, please let her know if you are willing to drive and how many people you could take.

She will probably have a short meeting after church one day to discuss the outing.

Sounds like fun!

Love,  
Cathy Fletcher  
President

## ***Book Table / Lending Library***

The book table will reopen in September and we will have some new materials to offer you. Here is a partial list of the new books and CDs available:

*Discover a Richer Life* by Ernest Holmes

*Chakra Meditation Music* (CD) by Caroline Myss

*Why People don't Heal and How They Can* by Caroline Myss

*Anatomy of the Spirit* by Caroline Myss

*It's Up to You* by Ernest Holmes

*You Can Heal Your Life* by Louise Hay

The Library and Book Table are resources to benefit everyone, so please borrow books as well as buying those you wish to keep in your personal library. In October copies of *Five Steps to Freedom*, the book we will be using in the Spiritual Mind Treatment Workshop, will be available.

You are welcome to look on line at Dempsey's website in Vancouver to see if there are books that you would like us to order. Through the Centre we are able to sell books to you at cost without any taxes being charged. There is a huge array of spiritual literature there for you to choose from so make a list and bring it in on Sunday and the Book Table volunteer will be pleased to pass it along for our next order.

Love and Light!  
Joanna