

**NEW THOUGHT SPIRITUAL PRINCIPLES and BELIEFS**  
**Compilation from Religious Science, INTA, the Web, & Rev. Gail Albert**

**1. We believe there is, One Spirit, Mind, Power, Presence, Intelligence, Wisdom, Love, Abundance, Joy, Peace, Infinite Being, - GOD.**

*Only ONE Power – No devil*

*We create evil by our own negative thinking and experiences.*

*EVIL is LIVE backwards*

**2. We believe God is Only Good, Supreme, Universal and Everlasting.**

*There is a power for good in the Universe greater than you are—and you can use it!*

*-Ernest Holmes*

**3. We believe the Unity and Oneness of God and Humanity. The Divine Nature dwells within and expresses through each of us, by means of our acceptance of it, as health, supply, wisdom, love, life, truth, power, beauty and peace.**

*God in us, as us, is us*

*We are created in the image and likeness of God*

*Jesus said; “Do you not know, ye are gods?”*

*We are not sinners – We make mistakes (sin=mistake)*

**4. We believe in the power of prayer and the capacity of each person to have a mystical experience with God and enjoy the grace of God.**

*No intermediaries. Just you and God*

*Scientific Prayer Treatment*

*Recognition – GOD IS...*

*Unification - I AM ONE WITH GOD*

*Realization – I ASK, ACCEPT, KNOW, BELIEVE,*

*No doubts, erase negatives from mind*

*Gratitude – THANK YOU GOD*

*What I ask for and/or something better.*

*Release - LET GO, LET GOD, Surrender to Thy Will*

**5. We believe in the freedom of all persons to choose their spiritual paths and faiths. We honor and respect all faiths, cultures, creeds, and races.**

**The Presence of God is within all people, places and things.**

*We support LIFE Affirming paths.*

**6. We believe that we are all spiritual beings, having a human experience, living in a spiritual universe, governed by spiritual laws. When we are in alignment with Spirit, we can heal, prosper, harmonize and be at peace.**

*“We teach that our experience of life is a mirror image of the consciousness that we hold and that we can attract new experiences into our lives by consciously choosing our thoughts and beliefs and that each of us is the author of our own experience.” Rev. Gay Beaugard*

*Law of Mind – It is done unto you as you believe*

*Law of Attraction – You attract what you think,*

*What you feel, - Your consciousness*

*Energy of attracting or repelling*

*Law of Cause and Effect – Hula Hoop  
What goes around comes around  
Responsible for choices, thoughts, words, deeds and  
Consequences.  
The Golden Rule*

- 7. We believe our mental states become our experience in daily living. Thoughts are Things**  
*We create our lives by our thoughts, words and deeds.  
There are no accidents, nor victims.  
WORDS have an effect on your body.  
Dis-ease – Mind is not at ease.  
Body is not at ease.*

- 8. We believe we can create the kingdom of heaven in our life here and now.**  
*Some days are heaven, others are not.  
The more we keep our mind on God and the ways of God, the more  
Heavenly days we will have.*

#### **Tools and Techniques**

Meditation, Contemplation, Prayer, Affirmations, Right Speech, Visualization,  
Goal Setting/Planning, Journaling.

- 9. We believe in loving one another unconditionally, promoting the highest good for all, teaching and healing one another, ministering to one another and living together in peace, in accordance with the teachings of Jesus and other enlightened teachers.**

#### **Jesus the Christ**

#### **The Christ -The Divine Principle – GOD**

The Perfect-God Conscious man.

The true Spiritual –Higher Self of every individual.

“The Christ” “The Word of God manifest in and through man. Each person “puts on the Christ” to the degree that he surrenders his ego and human self and becomes his God Self.

#### **Jesus THE CHRIST.**

Jesus knew His Divinity and surrendered to it daily. The Divinity, God in Him did all the healings and teachings. He was fully God Conscious. He was the Christ – GOD in form. Jesus the Christ was the Way Shower, the Teacher, the Awakened One, the Great Example, not the exception. Each one of us has the CHRIST potential within us. Jesus said: “What I do, you can do also, and even greater things.”

- 10. We believe our souls are evolving and becoming aware of our Spiritual Nature & Reality and our willingness to refine our beliefs accordingly.**

*Always be OPEN at the top. – Ernest Holmes*

### **Family Spiritual Center**

Revs. Gail and Stephen Albert

Seminars and Services Tuesday Evenings (varied) 7pm

Creekside Community Room

13495 Poway Rd., Poway

Mailing Address: 17762 St. Andrews Dr., Poway, CA 858-487-8885

[revgailalbertccc@san.rr.com](mailto:revgailalbertccc@san.rr.com) [REBOOT @san.rr.com](mailto:REBOOT@san.rr.com) [www.familyspiritualcenter.org](http://www.familyspiritualcenter.org)