

A New Year and a New You
By Ernest Holmes, founder of Science of Mind.

As we approach the New Year there is no need to let ourselves be bound by our old thought patterns, the resistance and the inertia of negative habits. Some may say, "If you weren't very happy last year, how can you expect to be happy this year? Why can't you change this situation?"

I covet for all of us in the New Year that we shall no longer be just theoretical, just filled with hope which is wonderful but that some dynamic proof shall come to each one, that each shall know that there has to be a way, a technique to approach and use that Power greater than we are. It is so simple that very few people will believe it. It is the meaning back of our words, the feeling, the acceptance that give the words the only power they have. Prayer should be simple.

Treatment should include only the use of such words as have a meaning to us and we should feel their full significance. We must come to know that this very peculiar and illusive thing we call our mind is not our mind at all but the One Mind operating through us. I believe there is only One Spirit and we live by It, there is only One Law and It operates through us.

We must come to realize there is such a thing as spiritual energy, spiritual mind power. That each in the sanctuary of his own heart and soul may silently register the aspiration of his heart and if he can induce his own mind to accept it, so shall the Universe honor him. "For everyone that asks receives and he that seeks finds and to him that knocks it shall be opened." Luke 11:10. It is impossible for it to fail. We may thus embark on the greatest adventure of the ages without arrogance, without fear and I trust with the minimum of disbelief. And you and I in embarking upon this great adventure, can we, by what we do in the silent sanctuary of our own contemplation, meditation and prayer, see something happen in our world of experience as a result of it which had not happened before and prove that these signs shall and must follow them that believe? Or do we put the whole thing in reverse and in our pessimistic utterances repeat the old formula of fear and failure and doubt and uncertainty? Or do we remain in neutral while nothing happens? This is for us to decide!

The old year passes into the new and heralds in the possibility of triumph, the triumph of the Spirit in us. But it cannot be done by the dictate of some external authority, it can only occur in our own consciousness when faith shall triumph over fear and love over hate and compassion over unkindness. Then at last we shall sing, unto God be the glory.
