



## WITHIN THESE WALLS

Allow us to introduce ourselves to you. We are a community of people dedicated to creating a world that works for all.

Our main teaching is from the book called *The Science of Mind* by Ernest Holmes, the founder of this international teaching established less than 100 years ago. We are of Christian lineage and we are made up of people from all walks of life, referring to ourselves as metaphysicians.

### **WITHIN THESE WALLS:**

- We accept total and complete responsibility for our lives and for the experience of our lives.
- We believe in the Unity of One Life and we create a loving and ongoing relationship with this One Life.
- Through this relationship we create a beautiful, glorious and joy-filled life.
- We practice non-gossip.
- We practice non-judgment.
- We blame no one for our life situation.
- We practice non-complaining.
- We speak words of kindness, acceptance and love.
- We are honest and speak the truth.
- We live authentic lives where we learn to be true to ourselves while still being kind to others.
- We believe that we are all original blessings.
- We practice speaking, thinking and imagining our lives as vital, workable and vibrant.
- We believe in service and community.
- We seek to be good and responsible citizens.
- We practice being in integrity at all times.
- We practice forgiveness of ourselves and others.
- We live a life where we are always practicing gratitude.
- We believe in Prayer as a life-transformational tool.
- And while we believe in our innate perfection, it is okay to feel, to be angry and to make mistakes.