

PATHWORDS

The Bi-monthly Newsletter of the Center for Spiritual Awakening

November ~ December ~ January 2018

Winter is a time to pause, reflect and renew for the coming Spring. Our Creator partnered with Nature and with infinite wisdom, designed this time for you to reflect on your life, set new goals and look back at what needs to change.

~ Eileen Anglin

You can open your mind to prosperity when you realize the true definition of the word: you are prosperous to the degree that you are experiencing peace, health and plenty in your world.

~ Catherine Ponder

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Changes are Necessary

As rivers have their source in some far-off fountain, so the human spirit has its source. To find this fountain of spirit is to learn the secrets of heaven and earth. — Lao Tzu

We are all living in a world of continual change, a world in which thought, thing and experience are all in a constant state of flux. It is the very nature of the universe that there should be continued change and variation. It is a living world, the creation of a living creative Intelligence, not a static world created by a God now dead or departed who has left it to decay. No. It is vital and alive. The Mind that created it is not apart from it but is always active in and through it. But behind that which changes, behind that which causes the change, we have found that there is something stable and changeless. Something eternal upon which all of the external events depend for their very existence. Behind the endless process of change and the infinite variety of experience and expression, there is That which does not change.

We should never be afraid of change, never fearful of what will come. Instead, we should bring to bear on each new event the influence of the creative nature of our thought — an influence that is founded on an inward calm, a sense of certainty and peace, which will reflect itself in the changing scene of our everyday lives. As we look for and discover the nature of the Infinite which does not change, we find that we develop a complete trust in the integrity of It. (con't Pg 2)



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CENTER FOR SPIRITUAL AWAKENING

522 Central Avenue
Pacific Grove, CA 93950
Office: 831-372-1942
Website: www.csa-pg.org

SPIRITUAL DIRECTOR, Dr. Bill Little

Office Hours:
Monday - Thursday, 2:00 - 5:00 PM
Call or Email for Appointment
831-372-1930
siddhabill@gmail.com

EXECUTIVE DIRECTOR, Coleen Gsell

Office Hours:
Daily (Except Thursday & Saturday)
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- Staff / Tech and Production Team
- Volunteering
- Website

We are again reminded of Einstein's remark that "God does not play dice with the cosmos." And we then come to possess a feeling of security which is enhanced by the knowledge that each of us has a personal and intimate relationship with the Infinite. It is from this inward basis of certainty — this sense and awareness of our relationship to God, who is changeless but from whom flow infinite expressions — that all our thoughts should flow. ...

The whole purpose of our lives is to live Life.

Life is not to be avoided. There is no need to feel that one should forego any beneficial pleasure or joy in living. It would appear that there is a need for us to express creatively the Infinite residing at the center of us. Inasmuch as nothing is big or small to God, we could in turn say that nothing is big or small in our own lives, and enter as joyously into what we call the small things of life as into what we call the larger things, for they are all part of the whole pattern of living. There is no trace of selfishness in our desire to experience greater happiness, health and abundance, even though through ignorance some might say there is. They would be the ones who would cut themselves off from the sunlight, feeling that to stand in its full light would deprive someone else of its benefit. Or they would take only a quick glance at a beautiful sunset or at the stars in the heavens for fear there would not be enough left for another to look at. No one in experiencing health, happiness or abundance of any kind need feel that he in any way deprives another. The source of them all is limitless.

All we are doing in seeking a greater expression of them in our lives is permitting a fuller expression of Life Itself in and through us, and It can never deprive Itself of anything. This does not mean that we can deliberately and intentionally try to attain our good by taking it from another. If we seek to deprive another, we also deprive ourselves. What we desire for ourselves we must also desire for others; then the experience of all is enriched. When we do this, we find that we have consciously used our thought in a creative manner. Instead of feebly grasping and struggling for tangible, changeable effects, we are at that creative place from which the desired effects emanate. We are the ever-flowing spring, the source of life-giving water, not squabbling in the marketplace over the scarcity of the cup of stale water. In speaking of our daily activities, we need to keep firmly in mind that what we experience in our affairs and relationships is no less a reality than anything else in the physical world. They are just as real as the chair we are sitting on. And both originate in the same manner, a result of the creative nature of thought. We should develop the practice of communing daily with the Spirit that resides within us. And such a communion should be based on a deep inward sense of belonging to Life, of being part of It, of trusting It and having confidence in It, and of knowing that as we do so, the future is certain in such degree as we make the present a time of joy, of happiness, of peace and of goodwill toward others.

These are not merely sweet-sounding words; rather, they point to the very center of Being Itself, which is an infinite harmony pervading everything and finding fulfillment in a limitless activity. As we express the fundamental needs of life — to live, to be creative, to be happy, to be whole and to join with others in a community of spirit, of thought and purpose and endeavor — we make our lives and the lives of those about us things of fulfillment and joy.

This excerpt is from "A New Design for Living" by Ernest Holmes and Willis H. Kinnear

Life Is What You Make of It

The two fundamental propositions which we must remember are that we are creative centers in Mind, and that our thought is creative through the action of a Power greater than we are.

If these propositions are true, it follows that everything in our personal experience depends upon our mental and emotional reactions to life and our deep realization of the intimate relationships we have with the Infinite. In this way, we see that life is what we make it and there are tremendous possibilities implied; but at the same time, this seems to place a great responsibility on our shoulders that we do not always desire to recognize or accept, regardless of the potentials involved.

For the most part, we seem to want to shun responsibility, we want to do things the easy way, we would like to just coast along and have everything taken care of for us. However, we have outgrown our crib and we have spread our wings and are on our own, both in our physical lives and in the life of the race of man on earth. We are maturing and in doing so, we cannot evade or ignore the nature of things as they are. We do think, our thought is creative, and as a result our life is what we make it.

It is a case of sink or swim.

And there is something within us that does not want us to sink, so we learn to swim, although our first efforts may appear feeble.

Where previously we may have frantically splashed around getting nowhere, barely keeping our heads above water, we now know that swim we can, and swim we will, carrying ourselves along the stream of life with direction and confidence.



This excerpt is from "A New Design for Living" by Ernest Holmes and Willis H. Kinnear



WHAT WE BELIEVE

by Dr. Ernest Holmes

We believe in God, the Living Spirit Almighty; one, indestructible, absolute and self-existent cause. This One manifests Itself in and through all creation but is not absorbed by Its creation. The manifest universe is the body of God; it is the logical and necessary outcome of the infinite self-knowingness of God.

We believe in the incarnation of Spirit in everyone and that all people are incarnations of the One Spirit. We believe in the eternality, the immortality and the continuity of the individual soul, forever and ever expanding.

We believe that Heaven is within us and that we experience It to the degree that we become conscious of it.

We believe the ultimate goal of life to be a complete emancipation from all discord of every nature, and that this goal is sure to be attained by all.

We believe in the unity of all life, and that the highest God and the innermost God is one God.

We believe that God is personal to all who feel this indwelling Presence.

We believe in the direct revelation of Truth through the intuitive and spiritual nature of the individual, and that any person may become a revealer of Truth who lives in close contact with the indwelling God.

We believe that the Universal Spirit, which is God, operates through a Universal Mind, which is the Law of God; and that we are surrounded by this Creative Mind which receives the direct impress of my thought and acts upon it.

We believe in the healing of the sick through the power of this Mind. We believe in the control of conditions through the power of this Mind. We believe in the eternal Goodness, the eternal Loving-Kindness, and the eternal Giving-ness of Life to all.

We believe in our own soul, our own spirit and our own destiny;
for we understand that the life of all is God.

And So It Is.

BUSINESS PROSPERITY PAGE



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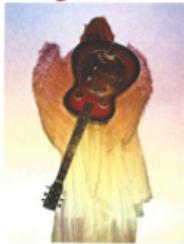
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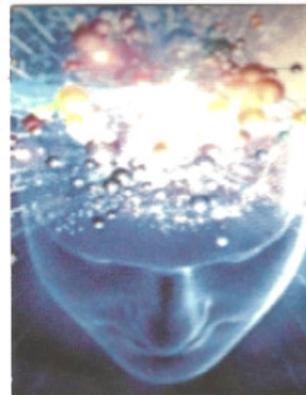
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OutReach Update: Your Gift Makes all the Difference to Someone In Need!

OutReach Basket—Community Room

Thank you for all the items you have already brought! Everyone is invited to be involved by bringing essential items to the OutReach Basket in the Community Room.



Although we have a "Monthly Focus," new items of hair and body care, oral hygiene, non-perishable snacks, toilet paper and female hygiene are always greatly needed.

Your donations are distributed throughout each month to Safe Place and Gathering for Women. Let's continue to have CSA share its abundant love with our community!

***Donations welcome each week throughout the year*

Safe Place: Runaway/Homeless Youth

Safe Place is a comprehensive program for runaway and homeless youth that provides everything from street outreach and survival aid to counseling and family reunification.

Your donations of essential items to the OutReach Basket are greatly appreciated by Safe Place. Thanks to you, CSA also contributed \$400 last year to support Safe Place operations and projects. This continues to have a positive impact in our community. We intend to



give a similar monetary donation this year.

Safe Place has a "Dream List" that focuses on preparation for colder weather: Pants, Coats, Tee-shirts, Men's & Women's Shoes, Socks, Long Johns, Sweaters, Waterproof Boots, Tarps, Ponchos. If you can provide any of these items, please contact Shirley at smillico@chservices.org

Friends of Homeless Women



The most vulnerable and underserved in our community are homeless women who are single and over 50 years of age; without dependent children, mental illness, current domestic nor substance abuse. Many are female veterans who are not served by male-focused vet programs. Friends of Homeless Women is a collaboration of several churches, organizations and agencies to bring awareness to this unmet need in our community.

CSA donated \$200 last year to The Fund for Homeless Women. Plans are in process for a similar donation with a matching fund from Community /Foundation for Monterey County for a total of \$400 this year.

if you'd like to become more involved or want more information, you are welcome to attend their meeting the last Wednesday of each month at St. Mary's by-the-Sea in Pacific Grove.

Interested in being on the OutReach Committee?

Contact Carol at (831) 238-1999 or carmelcarol@yahoo.com

Genesis House

It is with deep gratitude that we are able to continue our gift of Thanksgiving Dinner to the residents of Genesis House and their family members. Genesis House is a residential drug and alcohol recovery facility in Seaside. Over 50 people join together to experience the support of one another on Thanksgiving Day.

We have sponsored this blessed event for residents and their families for over 15 years. Plans are already in place for this month's Thanksgiving feast.

Food Bank for Monterey County

The Food Bank for Monterey County is a certified Feeding America food bank and is the largest supplier of emergency food in Monterey County. Your donations of food make a difference each year in the lives of low-income families, seniors and individuals threatened by hunger. Let's help reach the goal of distributing 6 million pounds of food this year! Please bring your non-perishable food items to the Food Bank barrel in the Community Room.



***Please bring your non-perishable food items to the collection barrels throughout November and December.*

Gathering for Women



Gathering for Women is a refuge for homeless women on the Monterey Peninsula. Every Tuesday at the Unitarian Universalist Church, women are provided with a caring community, a hot nutritious meal, needed clothing, and limited emergency assistance along with education to promote health and safety. The intention is that every homeless woman will eventually be housed with appropriate supportive services.

CSA donated \$200 last year to Gathering for Women. Plans are in process for a similar donation with a matching fund from Community Foundation for Monterey County for a total of \$400 this year.

“Sock It To Me” - Sock Drive

This long standing tradition was started by member Larry Miller and has resulted in thousands of pairs of socks being distributed by CSA among the homeless men, women, and children of Monterey Peninsula. We continue this holiday tradition each year. New socks and a snack are lovingly packaged for distribution to the Monterey Peninsula homeless population.



***Please bring men's, women's and children's new socks to the community room, and let's overfill the holiday stocking with a record count this year. The last day to bring socks is Sunday, December 17th.*



CSA SPECIAL EVENTS AND EDUCATION

Please visit www.csa-pg.org to register or purchase tickets

Saturday, November 11	6:30	Gala at the Hacienda Concert Edwin Huizinga & William Coulter
Thursday, November 30	6:30 – 7:30	Meditation Practices "Inner Light" with Dr. Bill Little
Friday, December 1	6:30	A Hometown Holiday Concert Michael Martinez, Dave Holodiloff & Friends
Sunday, December 24	7:00 – 8:30	Christmas Eve Candle Lighting Service <i>No morning service, please join us in the evening</i>
Sunday, December 31	5:00 – 6:30	Burning Bowl Ceremony
Saturday, January 6	9:00 – 12N	Moving with the Beloved PS202a Rev. C. Johnson-Bianchetta
Friday, January 5	6:00 – 9:00	First Friday Pacific Grove Art Walk
Monday, January 8	6:30 – 8:30	What's in the Way IS the Way David Martin, RSc.P
Tuesday, January 9	6:30 – 9:00	Practical Spirituality PS102 ONLINE – Dr. Kim Yalda <i>Prerequisite: PS10 (this year or in a previous year)</i>
Tuesday, January 9	6:30 – 9:00	Path of the Body: Traditional Chinese Medicine PS202 Dr. Michael Arnold
Thursday, January 11	6:30 – 7:30	Meditation Practices Agneta Lenberg

SAVE THE DATE!



Dearest CSA Community,

Thank you for making the Harvest Moon Festival a wonderful success!

It was a fabulous weekend filled with delicious food, exciting music, community, and fun!

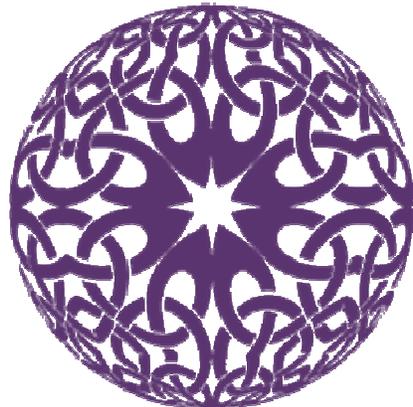
The Festival helps support our wonderful spiritual Center. This effort demonstrates that when we all pull together it keeps us strong and vibrant.

Thank you for your very generous donations, purchases, participation, and volunteerism!

With love and gratefulness,
Dr. Bill, Nancy, Coleen & CSA Board of Stewards

CSA is on the move and The Mindshop is included!

New and exciting changes are in store for The Mindshop! Community members will now have the opportunity to donate quality new and/or gently used items to The Mindshop to help attract interest, sales, and abundance for the Center and its members.



Vintage Items and Treasures we are seeking include:

- ❖ Jewelry
- ❖ Art
- ❖ Antiques
- ❖ Sculptures
- ❖ Collectibles
- ❖ Fine Furniture
- ❖ Fine Pottery and Ceramics
- ❖ Musical Instruments
- ❖ And of course, used Metaphysical Books!

HOLIDAY HOURS

**Open 7 days a week through the Holidays!
Lots of NEW inventory, too.**

WONDERFUL Article in Pacific Grove's Cedar Street Times

Featuring Dr. Bill Little and CSA

November 3, 2017 By Gary Baley

"Sanctuary of the Soul"

"Ancient Wisdom in a Modern Way", the motto of the Center for Spiritual Awakening, is emblazoned on the interior cornice in the Center's lobby 522 Central Ave at the corner of Fountain Ave. in Pacific Grove. It is also found along with the Tai Chi symbol on almost every piece of collateral material printed or posted online. This motto advances the guiding principles of the Center, namely to coalesce the essential truths found in all religions with current scientific knowledge. The center's spiritual director, Dr. Bill Little holds a PhD in Physics and is grounded in the spiritual traditions of Christianity, Buddhism, Hinduism, Taoism, and Native American teachings. "How can I help you?" was his welcome as I stepped into his modest office and took a firm handshake. On the wall alongside his diplomas from the Georgia Institute of Technology and Religious Science International there was a portrait of Punjab Judge Thomas Trovord whose works influenced the New Thought Movement which later inspired Ernest Holmes to found the Religious Science movement. I had expected a stuffy academic type, but Bill was pleasantly approachable. Lean and standing about 5' 6" with short greying hair and

glasses, his demeanor suggested an athlete rather than a math professor at Monterey Peninsula College. I asked him to talk about his teachings. "You find in Buddhism, Christianity, and Hinduism, we are meant to be the conduit of a Divine Mind" he explained. "Traditional religions are centered on an enlightened personage such as Buddha, Jesus, Krishna, and Mohammed; but the non-traditional approach to religion realizes that same state of enlightenment can exist within every individual." "That is the process of spiritual awakening. That's how we awaken from a finite experience into an infinite experience," He said. I asked him to explain Gary Baley Sanctuary of the Soul The Center for Spiritual Awakening, Pacific Grove infinite experience. He said "Through meditation we can drop through the mind and sense a vast spaciousness". Buddhist call it "the void"; Holmes "the infinite mind"; and physics "the unified field". "Modern physics is drifting into the metaphysical, the universe is made of mind" he said. "The very act of thinking or observing brings about change" he explained. These truths are found in the words of Jesus "It is done to you as you believe" and in the passages of Buddhist text "what will happen to you is what you think – no more, no less." Dr. Little has been the spiritual

director at the Center for Spiritual Awakening for 40 years, and his congregation numbers about 150. Sunday Chanting – singing divine names – opens the heart in the Meditation Room from 9 to 9:30 am. Sunday services are from 10 to 11:30 am in the main chapel where "We gather either physically or online to celebrate the truth of who we really are. The individual is cosmic at the core and by repeatedly exploring this truth from many points of view, we come to accept it fully" Dr. Little explained. "The service is designed to provide a long period of uninterrupted spiritual awareness for all present. Music and prayer, as well as digital media, are used to amplify the talk. The overall effect is to quiet the rambling mind and access the deeper sense of 'I,'" he said. Following the Sunday program, from 11:45 to 12:30 The Circle Group meets where "we look deeply at the topic of the day and how to integrate it into our own spiritual path. We discuss, without ego, ways in which each person might look at their lessons and what to do with that insight." The Center conducts a children's program Sundays from 10 to 11:30 am. Kids enjoy a variety of sharing in circles including singing, storytelling, reading, yoga, creative arts, and free play. The weekly focus may include:

Communication, Self-Expression, Inspiration, Confidence, Integrity, Intuition, and Imagination. The teachers want each child to feel that they are heard, to feel safe, and to acknowledge the importance of their own gift to the Universe. The Mindshop is a bookstore and gift shop where you can find an abundance of metaphysical books and "magical gifts for all". It also provides a tranquil garden setting for quiet reflection, meditation, or reading.

Weekly programs: On the first Wednesday of the month one Healing Alternative Choice is presented. It may include acupuncture, Ayurveda, Reiki, chiropractic, Roling, yoga, or hypnotherapy. The second Wednesday is Metaphysical Movie Night complete with popcorn, beverages and goodies followed by discussion. The third Wednesday explores and practices "The Work", which is a process of inquiry that enables one to change thinking as to avoid suffering. The fourth Wednesday is a Candle Side Chat directed by Dr. Little, where spiritual questions are raised and discussed in a circle setting. The fifth Wednesday, if present, is a Spiritual Book Club meet. **Educational Programs:** The Center for Spiritual Awakening is dedicated to honoring the traditions of the Science of Mind Church, New Thought Churches, the

Religious Science Church of Ernest Holmes and those who have contributed to the global awakening of our oneness in God. Numerous credential and degree educational programs are conducted over the course of the year including: Mindfulness Meditation, Path of the Body – Yoga, Taoism, The Higher Self, Thriving in the Heart of Wealth, Walking in this World, Practical Spirituality, Conversations with God, Timeless Earth Wisdom, and Feng Shui. A core group of classes takes students from basic metaphysical thought to the ministerial level in yearly increments. Credits assigned to every class and certificates are awarded to those who complete a specific curriculum. The Educational Committee is a group of five ministers and teachers who approve and schedule classes and workshops for each semester so that students may reach their educational goals as quickly as possible. Often members of the Center offer classes in their area of expertise which enriches the educational experience. The Committee also keeps records of credit hours taken by a student so they can track their progress toward a degree, or transfer credit to another center. **Community Engagement:** The Center for Spiritual Awakening hosts and participates in many community events and parties throughout the

year including: concerts, Summer Solstice Party at the Hacienda, a Hacienda Gala with Bach Musicians, Point Lobos discovery walks, multi-media art classes, Christmas Candle Lighting program, and a New Year's burning Bowl Ceremony (meditation to release resentment and worry of the year), to name a few. "We are a vibrant community that welcomes everyone. We explore the intersection of science and spirituality and the common threads of wisdom woven through the world's major religions. On this path we are led to a spiritual awakening." The CSA maintains a website at www.csa-pg.org, and you can reach them by phone at 831-372-1942 or by email at TheCSA.Info@gmail.com.

*An article from
Pacific Grove's Cedar Street
Times by Gary Baley
November 9, 2017
Volume X, Issue 6*



I OWN CSA

A Spiritual Program for Abundance, Prosperity and Wealth

MISSION STATEMENT

By doing “nothing” except Science of Mind Treatment, we meet and exceed all Center for Spiritual Awakening’s operating expenses and attract prosperity and wealth into our personal lives.

The CSA community is writing treatments everyday for 30 days. The treatments are focused on the prosperity of CSA and for your own personal prosperity.

Download a copy of the treatment workbook from our website at www.csa-pg.org or pickup one in our Community Room. **Begin your treatments today!**



PODS

Prosperity Pods are a once-a-month gathering with the goal of increasing wealth, prosperity and abundance for CSA individuals in their personal lives and Center for Spiritual Awakening. There are no leaders; each group is hosted by a person or a couple who opens their home for this small, informal CSA gathering. Prosperity Pods are about abundance and community! We will initially meet for six months.

We have Prosperity Pods set up in Monterey, Carmel, Pacific Grove, Carmel Valley, and online. Interested? Email the CSA office at thecsa.info@gmail.com or 831.372.1942.



Please provide a short testimonial about CSA and/or our spiritual teaching – ideas:

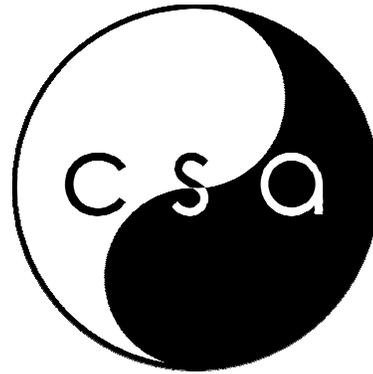
- Has this teaching helped or made a difference in your life? Perhaps you could provide an example of how a treatment successfully worked for you.
- Has your life been improved or enriched by being a part of the CSA community?

We would love to receive your testimonial! Please email it to the CSA office at thecsa.info@gmail.com.

CENTER FOR SPIRITUAL AWAKENING

Sunday Program Times

Sunday Program	10:00 AM
Children's Program	10:00 AM
Chanting	9:00—9:30 AM
Circle Group	11:45 AM - 12:30 PM



Every Sunday, **Circle Group** 11:45 a.m. to 12:30 p.m. Join in and share your thoughts about Sunday's topic. Everyone is welcome to attend and enjoy this insightful conversation.

SUNDAY 10 AM PROGRAM

Nov 5: Late Fall in the Mind
 Nov 12: Not Guilty!
 Nov 26: Love Cannot Leave
 Dec 3: Re-Identify
 Dec 10: Letting Go of Illusions
 Dec 17: From Human to Divine

Dec 24: Evening Candle Lighting Program
 7:00—8:30 PM — **No morning program**
 Dec 31: A Completely New You
 Jan 7: The Year of True Power
 Jan 14: From Solid to Liquid
 Jan 21: Learning to Ask
 Jan 28: Discernment & Detachment

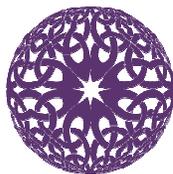
WEDNESDAY PROGRAMS

First Wednesday, 6pm—8pm:
 Healing Alternative Choices
 Second Wednesday, 6pm –8pm:
 Spiritual Cinema

Third Wednesday, 6pm-8pm
 Inspired by the Work
 Last Wednesday, 6pm-7pm:
 Candleside Chat

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 of
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 Spiritual Awakening

Open 7 Days a Week for the Holidays

HOURS:

Monday & Tuesday 12 p.m. — 6:30 p.m.
 Wednesday CLOSED (OPEN during holidays)
 Thursday 12 p.m. — 6:30 p.m.
 Friday & Saturday 12 p.m. — 5:00 p.m.
 Sunday After Program to 5 p.m.