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Moving You Towards A Full Life

*A look at New Thought principles
with Reverend Kathianne Lewis*

by Krysta Gibson

Reverend Kathianne Lewis does not fit the image many people have of a minister. She likes to wear hats with glitter on them and she loves to ride horses. "People like me or they don't. I don't fit the mold. I don't look like a minister or act like one."

Thirty years ago, a friend introduced Kathianne to New Thought principles via the teachings of Ernest Holmes. Today Reverend Kathianne teaches and lives by them. The Seattle church she has been heading up since 1989 is called the Center for Spiritual Living. This is not like the church many of us grew up in. There is teaching and preaching, sure, but there is also a lot of laughing, hugging, singing, and fellowship.

According to Reverend Kathianne, New Thought principles, which are actually not new at all, are very practical and touch every area of a person's life. What are these teachings all about?

"The first basic principle is that there is an underlying unity to everything, a fabric that weaves all life together. We call this oneness. If you start with that premise, then whatever I am doing around me I am doing to me so I can't escape the effects of my own actions. In a very practical way, that is one of the things we are currently learning about the environment. We can't do something in one country and not have it affect all countries. That's a global context for these teachings," she says.

"We try to teach people how to be more awake to what they are doing because we can be so unconscious and habitual. We think we are being good people and really we're being selfish, unkind, or afraid. And if we are afraid we will be giving out fear and will attract someone who wants to play upon that fear factor.

"This is also known as the law of cause and effect, or karma, and it shows up in all the major religions since it is an ancient principle. We assist people in trying to become aware



of their unconscious activities. Most people know this but don't apply it. Our church is about people becoming more awake to what they are thinking and what they are doing — what they are habitually putting into their atmosphere — so they are more aware of the choices they are making.

"For instance, if I am complaining all the time, I am using a great deal of energy to enhance what I don't like. So we encourage people not to complain. Having a complaint-free zone is something we have been doing for years. It can seem trite. But when you understand you live in a fabric and that anything you do in there is going to affect other parts of the whole fabric, you begin to see things differently."

The Center for Spiritual Living offers many different classes and groups on topics such as self-esteem, grief and loss, and parenting. One of the most popular is the employment ministry which helps members find work or to find better work if they are underemployed.

"People will say things like 'nobody wants to hire me at my age,' or 'I have too much or too little experience.' These statements perpetuate the condition. We help people move beyond their reasons and to leapfrog above themselves because they are so stuck. They have to leap out of themselves to even consider a new possibility. The reason perpetuates the conditions so we help them move beyond their reasons. If we live in a field of all possibilities but they are only letting themselves see two, then they aren't really living in the field. So we help them live in the oneness field where there are all sorts of possibilities," Reverend Kathianne says.

Some people have said that New Thought principles avoid dealing with the darkness of life, the negativities, and that people who believe in these principles are Pollyannas. "We do acknowledge darkness, pain, and negativity, but we think there is more to life than that. This is about being awake and aware and at choice. It really is a choice day-to-day," says Reverend Kathianne.

"Stuff happens. Will my feeling badly help the world right now? Will my feeling badly help me mend my relationship or find a job? We try to feel everything here. In fact we have tissues in the church pews all the time because people do cry. We expect there to be a whole range of emotions.



I'm bored with my stories. Let's hear yours

by Diane Oggian

Living in my head are a million stories, stories which have become my life. I have a story about how I look, I have a story about how much money I have, and another about my pets and my residence. Sometimes I get stultifyingly bored with my own stories.

As a lightworker, I understand that my thoughts, my "stories," are what limits my life. But I get tired of trying to fix that, so I focus on others. It's easy to do, because I own a metaphysical retail store in north Shoreline, and lots of people come into the store, and of course, they are loaded with their own stories.

I can become fascinated by their stories. Some are uplifting and positive, but the vast majority are sad and self-limiting, and I find myself putting aside my own work while I attempt to help others with their issues, sometimes by just listening. Customers often come for astrology readings, and it is here where the hardwiring of our personal stories is revealed, through the natal birthchart.

Almost without exception, we are individuals in spiritual crisis of one kind or another. With the current planetary alignment of Saturn (planet of reality) opposing Neptune (planet of illusion), there are many people hurting out there. What's real? What's a big fat illusion?

To make things even more complicated, sometimes what is real is an excuse for rigidity, and sometimes what is an illusion is a cover-up for creativity. It's very hard work, and very spiritual work, to be willing to wade through the stories we have each first been hardwired for, then through the years reinforced, to find the underlying core treasure in each story we carry. Many women, for instance, have incredible

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