

Observation and Evolution

When I first attended a Science of Mind church 25 years ago, it was all about “change your thinking, change your life.” I was told to just think “high thoughts” to improve my job, finances or body. I tried that and it didn’t work, so I stopped going. During the pandemic, I started watching services online. Now everyone talks about not doing a spiritual bypass and going into the bad feelings instead. I’m confused.

Do we go up or in? My experience, both personally and as a mentor, taught me the importance of facing troubles with courage and prayer. Acknowledging what is challenging, while taking responsibility to create what you want instead, ignites your inner spiritual power. Avoiding what disturbs you, or bypassing, allows old, ingrained error beliefs to keep their tight grip on your life. When in this pattern, even the most passionate higher thoughts or affirmations won’t effect permanent change. They do, however, empower change once what is hidden is addressed.

When something deeply buried is brought to awareness, its sabotaging power begins to release. However, for sustainable transformation to take place, you must stay the course. As you think and behave in new ways, those error beliefs (like unworthiness, victimhood and powerlessness) will fight like mad for survival. This is not only because your younger, supple mind absorbed them as truth, but they most likely took root as a survival mechanism. Although you may not need or want them anymore, be kind to yourself. They will relax their hold as you gently acknowledge and integrate them, rather than trying to kill them off abruptly. Be patient. This takes time and practice.

I’m grateful this teaching continues to evolve. As it, and each of us, continue to explore below the tip of the iceberg, the warmth of truth melts away ignorance and lifts us up to live as the incredible creations and expressions of God we truly are. So, dive in. Take a class, get an accountability buddy, see a practitioner. Your soul’s wisdom is at work. Partner with it and others on this path. Embrace the freedom and joy you deserve. And so it is. ❀



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