

Problems represent a deficit of spirit in some sense. Wayne provides the essential formula for spiritual problem solving from the wisdom of Patanjali, a yogi mystic and the teachings of St. Francis of Assisi. This book contains so much wisdom in perfect alignment with New Thought Principles.

Love and Blessings,

Thelma

Movie Night (on hiatus for the summer)

Coming next month:

Thursday, September 16th at 7:30pm

“The Rabbit-Proof Fence”

This is the story of two Australian aboriginal girls who walked 1500 miles to escape from an internment camp. Their incredible courage and endurance shows the underlying strength of the human spirit.

The Positive Living Centre of Victoria

Centre News for August 2010

Kim's Korner

Thoughts to ponder in August come from Dr. Roberto Assagioli. Sit quietly, and follow the breath to a quiet inner place. Contemplate the words:

“I have a body, but I am not my body. My body is in various stages of health or illness, it may be rested or tired, but that has nothing to do with who I am. I value my body as an instrument through which I experience life in the outer world. I have a body, but I am not my body.

I have emotions, but I am not my emotions. My emotions are diversified, changing and sometimes contradictory. They may swing from sadness to joy, from love to anger, from calm to agitated, and yet my essence, my true nature, does not change. A wave of emotion may temporarily submerge me, but it is temporary, it is not the real me. I have emotions, but I am not my emotions.

I have a mind, but I am not my mind. My mind is a valuable tool of discovery and expression, but it is not the essence of my being. Its contents are constantly in flux, it often refuses to obey me. It is an organ of knowledge in regard to both my inner and outer world, it is not who I am. I have a body, but I am not my body.

In truth I am the centre of pure self consciousness, I am the center of will. It is the permanent factor in the ever varying flow of my personal life " ?

This is an excellent exercise to aid us in bringing us in alignment with the truth of who we are. You may add "I have desires, but I am not my desires. I have roles, but I am not my roles," etc.

In Love, Kim

President's Remarks

For the past two months I have mentioned the **Long Range Planning** which your Board has been working diligently to complete and I am pleased to say that we have a plan for the future of the Positive Living Centre. We intend to present that plan on **August 29th** at a **Special General Meeting** and members will be receiving their invitation in the mail very shortly. Both members and non-members are welcome to attend. I know that this is a vacation period but we are hoping that most of you will be able to be present to share in the joyful anticipation of the Centre's future. ? ?

Tony Dann, President of the Board

The Library

Dear Friends,

As you all know the Book Table is closed for July and August, but the monthly **Science of the Mind** will be available for sale as usual.

Looking over my comments for last month I feel that it is still applicable to August and so I am taking the liberty of repeating my comments specifically concerning the book of the month.

In September our "Book of the Month" will be a wonderful book by Wayne Dyer called "**There's a Spiritual Solution to Every Problem**". When confronted with a problem, be it ill health, financial worries, or relationship difficulties we often depend on our intellect to solve it. In this inspiring book, Wayne shows us that there is an omnipotent force at our fingertips that contains the solution to all of our problems. He describes the seven components of spirituality: Surrender, Love, The Infinite Empty Mind, Generosity and Gratitude, Connectedness and Cheerfulness. Wayne tells us that we cannot send problems out of our lives by attacking them or even trying to understand them. The solution is to bring a spiritual essence to the "problem" of disease, harmony or discord.