

# THE CARLSBAD CENTER FOR POSITIVE LIVING

MARCH - APRIL 2008

RELIGIOUS SCIENCE CHURCH

390 Oak Avenue, Suite H Carlsbad, CA 92008 – 760-434-9579 [www.carlsbadcenterforpositiveliving.com](http://www.carlsbadcenterforpositiveliving.com)

## Transformation

When I first started learning how to write fiction, I was told that, "Every story is like Cinderella," and in a way, that is true. Whether it is Pretty Woman, the Nutty Professor, Jane Eyre or Spiderman, a good plot has to do with a main character who discovers that he or she is better than they believed before.

Here at the Center For Positive Living, we specialize in helping people discover their higher selves and use their hidden powers in new and wonderful ways. In my 19 years as a minister, I have seen so many wonderful transformations that it is impossible for me to remember them all. I have seen people who believed they didn't have long to live discover a Power Greater than Themselves and use it to rebuild their health. I've seen paupers build successful businesses. I've seen shy and lonely people become the life of the party and attract someone to love. I've seen great and wonderful changes many, times. Each change

is unique but they all come about through using principle in our lives. The biggest pay off for Religious Science practitioners and ministers is being a part of those transformations.

Transformation implies change and in order to change, we have to release some things and become or attract other things. If we want to move from shy to popular, we have to release self-critical beliefs and self-conscious behavior before we can form new ways of thinking, believing and being. One has to be willing to let one's light shine and stop hiding behind the past, our stories or false ideas about who and what we are. If we want to be rich, we need to change the way we think and use money. If we want to attract love in our lives, we need to stop complaining that others don't give us what we want and become loving people ourselves. I guarantee that we will have to change something in order to transform our lives.

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## Compassion

The Lord is compassionate and gracious, slow to anger and abounding in loving kindness." – Psalm 103:8

There is a commercial on TV that shows a woman stopping a pizza delivery guy from walking out into oncoming traffic, he goes on to help another stranger and after a series of random acts of kindness, it comes back to the original woman being helped. Now, I don't remember who the commercial is for but I do know it makes me feel good every time I see it. It reminds me that we are part of a loving world, that people generally

have good intentions and that when we lead with right action, we create more right action.

Now the evening news tends to provide a different message of violence and conflict. But as change agents, we know that love has more power than hate, goodness overshadows evil and compassion opens the door to heaven on earth. And as we continue to activate Spirit in our daily lives, we are being the change that is creating a more compassionate world.

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## Transformation continued from page 1

So many of us resist change. We hang on desperately to habits that are working against us. We resist change because we are afraid or confused. If we are to transform our existence, we need to focus on some simple procedures.

First of all, we must have a clear idea of what we want. Once we know what we want, we must direct our attention to the desired result, not get stuck in the problem. If, for instance, we want to be thinner, we need to focus on creating the diet and exercise choices that move us into the achievement of our dreams. We cannot allow ourselves to get stuck standing in front of the mirror, condemning ourselves because we are fat. ***Focus on solution, not problem.***

Once we are certain what we really want, we need to seek a support system for that desired change. If we want to be sober, we need to meet our friends at the movies, not in bars. It is stupid to say we'll just go to Callahan's and have a coke. Better to go to an AA meeting so we can have a solid support system.

## Compassion continued from page 1

Compassion is defined as desire or action to alleviate pain and suffering, to show a special kindness. Compassion is equally available for all to give. It does not require us have anything special or be anyone different. It does however require us to *Do Something*. It can be as simple as providing a smile or hug to someone in pain. It can be as easy as listening to a loved one with both your ears and your eyes. And it can be as important as reaching out and stopping a stranger from walking into traffic.

This newsletter is packed with activities that will inspire and open you to a greater level of compassion for yourself and others. Join us as we continue to evolve as individuals and as a community. Rev. Debby

Positive Living is bound to include some transformational change and you will find a great deal of support, education, and encouragement in our classes, workshops and Sunday services. This Spring the staff has prepared some wonderful transformational experiences you can participate in. See you there!  
Dr. Jane



"The change in identity we must undergo is marked by the shift from the creature human, who lives life as a self-conscious, survival-oriented person, to the co-creative human, who is inspired by spirit to express and embody divine intent."  
Barbara Marx Hubbard



"Meditation and the allied disciplines enable you to take your convictions deeper and deeper into consciousness so that they become a constant source of strength and security even when you are severely challenged or threatened".  
Eknath Easwaran



### Power Hour–Awakening

In March, we are going to look at key transformation points shared in the Eckhart Tolle book *A New Earth, Awakening to Your Life's Purpose*. Oprah and Tolle will be leading an on-line class ever Monday night for 10 weeks. We will be joining in community on Wednesdays, (except for March 12<sup>th</sup>), to share our thoughts and inspirations. This is an opportunity to take part in a national shift in consciousness energy and support a change from the inside out together.

## Caroline Reynolds

### Sunday March 16<sup>th</sup>, 12pm-2pm

Location: Center For Positive Living, 390 Oak Ave, Carlsbad, Ca 92008 – Cost \$30

Stretch yourself to your next level of consciousness and join inspiring author, Caroline Reynolds, for this exciting, innovative and interactive workshop that will show you how to:

- Find the right style of meditation for you
- Feel, read and transmit energy for yourself and others
- Stay centered and connected in your everyday life
- Align with your soul's truth to reach greater peace and fulfillment and receive the gifts in each situation



Caroline Reynolds is the internationally acclaimed author of 'Spiritual Fitness – How To Live In Truth and Trust'. In 2005 *Spiritual Fitness* became an accredited curriculum for both *Religious Science International* and *The Emerson Institute*.

Caroline is a widely respected teacher of practical spirituality who has lectured internationally in the UK, US, Europe, Canada and Australia and was a keynote speaker at the RSI Asilomar 2005 Conference. Originally from Wales, UK, now living in Laguna Beach, CA, she brings a fresh perspective of openness and compassionate realism to modern spirituality. She is a spontaneous and experienced facilitator who works organically with the soul needs of each group. For more info visit [www.carolinereynolds.com](http://www.carolinereynolds.com)

## Wise Women Outreach Workshop on Saturday, March 29<sup>th</sup> 10am – 1pm

I have an affirmation on my desk I read every day, which says, "She who attempts the ridiculous, may achieve the impossible". I decided it was time for me to attempt the ridiculous and by changing my thinking that, which I once thought impossible, has been achieved.

What each one of us labels as impossible to achieve, varies. We can change our mind about those things to become who we want to be. What is the impossible in your life that you believe is holding you back from living life to your highest and best dream?

Come to the Wise Women Outreach Workshop on Sat. March 29<sup>th</sup> from 10am–1pm at The Center for Positive Living and lets explore this together. I will share with you the secrets I have found that unlocked those old ideas and set them free.

Let's explore the letting go of old ideas that have us stuck. Join my friends from the Wise Women team as we explore together " Letting go and Letting God". Cost is \$35 including a light snack.

Rev. Rachel Lampert

### Fall Injury Prevention Lecture

#### Sunday, March 9<sup>th</sup> 11:30 am with Joanne Price

"Falls are the leading cause of emergency room visits, hospital stays, premature nursing home admissions and death among individuals over 65. This program can have a profound positive effect on changing these outcomes," says Ms. Price. This free 45 minute presentation is a vitally important link in the safety chain, to help assure safety and independence for seniors in their homes. Information on topics covered will be available for participants to take home.

## Support Our Center While Doing Your Everyday Shopping

Exciting things are happening in the lives of those in our "Unscheduled Income" group. We'll continue to meet 9:30–9:50 Sundays, through April. All are welcome to join us. The only commitment is to focus 10 minutes a day on abundance, and give 10% of your unscheduled income to the Center for Positive Living.

Do you ever think, "If only I had a penny for every time I did an Internet search" well, you do! Go to [www.GoodSearch.com](http://www.GoodSearch.com). You can add it to your toolbar, and make it your home page if you like. Designate Carlsbad Center for Positive Living as your charity of choice, and every time you used Good Search as your search engine, Center for Positive Living earns a penny! It's that easy.

Do you eat? Do you shop for someone who

does? Great! If you shop at Vons, you can help the Center for Positive Living earn money. (Ralph's and Albertson's coming soon!) The Center earns a percentage of all cards swiped, and signed up in connection with the CPL. To sign up, simply go to [www.Vonsclub.com](http://www.Vonsclub.com). Click on the Vons Club Card option and follow directions. Swipe the card when you shop Vons. If you know someone who shops Vons and is not signed up, invite 'into the club.' You may choose to sign up a credit card as well, earning money for CPL while buying gas, clothes, flowers, etc.

Ever shop Amazon? Terrific! By going to [WWW.CarlsbadCenterforPositiveLiving.com](http://WWW.CarlsbadCenterforPositiveLiving.com) then 'Bookstore' – scroll down to the bottom of the page and you'll be able to support CPL while shopping Amazon.

Happy web surfing and shopping! Rev. Claudia

## "Spirit Is Calling"

Recently I bought the book, *Spirit is Calling*. Each day I read the Spiritual message sitting quietly and contemplating the words resonating in my mind. I wait for an intuitive thought allowing Spirit to guide me in my writing.

In December CPL introduced the new DVD based on Louis Hays' book, *How To Heal Your Life*. In January I took Rev. Claudia's class based on Louise Hayes' book. I discovered I had a lot of unresolved resentments and that forgiveness works. As I released and treated, I let go. I got in touch with a longing for my woman friends. I made some new friends in the class.

From this class I was guided to sign up for the Wise Women Retreat with Dr. Jane Claypool. Wow! Forty seven women joined together in spirit,

laughing, crying, singing, dancing and expressing their needs and desires. I felt honored to be among them. My favorite workshop was when the women broke off into age groups where I discovered we have a common theme to live life and to feel good. Here at CPL joining in classes, making friends and learning the principles allows me to continue seeking joy in my life.

Come and join me in this Spring when we start "The Artist Way" by Julia Cameron. This is a book to expand one's creative side. Some of the things to enjoy are painting, cooking or walking on the beach connecting with mother earth! Stay tuned to class times and dates.

Practitioner, Gail Privetts RsCP

## March 2008 – Activating Transformation

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Qigong Meditation 1 <sup>st</sup> Sunday of the month 9:30–9:50 am	Unscheduled Income Group meets 9:30–9:50 2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> & 5 <sup>th</sup> Sunday		Day light savings time March 9th			Gay AA Meeting 6pm
2 Activating Transformation Rev. Matti Dobbs	3 Al-Anon 12pm  Visions meeting 6 PM	4	5 Board Mtg 5:00pm	6 Al-Anon 7pm	7 Al-Anon 12pm AA Meeting 7:30pm	8 Gay AA Meeting 6pm
9 Leaving Your Legacy Rev. Debby O'Donnell Joanne Price 11:30 am	10 Al-Anon 12pm	11	12 St. Pat's Dinner & Music 6:00 PM 	13 Al-Anon 7pm	14 Al-Anon 12pm AA Meeting 7:30pm	15 Gay AA Meeting 6pm
16 Darkness on the Path Caroline Reynolds 12 pm–2 pm	17 Al-Anon 12pm	18	19	20 Al-Anon 7pm	21 Al-Anon 12pm AA Meeting 7:30pm	22 Gay AA Meeting 6pm
23 The Circle of Life Rev. Debby O'Donnell 	24 Al-Anon 12pm  Book Club 2 pm	25 Meditation & Affirmative Prayer Workshop 7–9 PM	26	27 Al-Anon 7pm	28 Al-Anon 12pm AA Meeting 7:30pm	29 Wise Women Workshop 10am–1 pm Gay AA Meeting 6pm
30 The Power of Surrender Rev. Matti Dobbs New Member Sunday	31 Al-Anon 12pm	 Happy Easter				

### St. Patrick's Day Dinner Wednesday, March 12<sup>th</sup> 6:00 PM

Oh, Danny Boy! Put on some green, brush up on your Irish brogue, and come join us for an evening of corned beef, cabbage and potatoes. Irish food never tasted so good! And of course we will have a wee bit of music for ya! Cost \$10.00



## April 2008 – Activating Compassion

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Qigong Meditation</b> 1 <sup>st</sup> Sunday of the month 9:30–9:50 am	<b>Unscheduled Income Group</b> meets 9:30–9:50 2 <sup>nd</sup> , 3 <sup>rd</sup> , & 4 <sup>th</sup> Sunday	1 	2 <b>Board Mtg</b> 5:00pm	3 <b>Al-Anon 7pm</b>	4 <b>Al-Anon 12pm</b>  <b>AA Meeting</b> 7:30pm	5 <b>Gay AA Meeting</b> 6pm
<b>6 One Human Family</b> Rev. Debby O'Donnell	7 <b>Al-Anon 12pm</b>  <b>Visions Meeting</b> 6 pm	8	9	10 <b>Al-Anon 7pm</b>	11 <b>Al-Anon 12pm</b>  <b>AA Meeting</b> 7:30pm	12 <b>Gay AA Meeting</b> 6pm
<b>13 Empathy versus Sympathy</b> Dr. Jane Claypool	14 <b>Class</b> 9–11 am  <b>Al-Anon 12pm</b>	15	16 <b>Class</b> 10 am –12 pm	17 <b>Al-Anon 7pm</b>	18 <b>Al-Anon 12pm</b>  <b>AA Meeting</b> 7:30pm	19 <b>Gay AA Meeting</b> 6pm
<b>20 You are Not Your Story</b> Rev. Debby O'Donnell	21 <b>Class 9–11 am</b>  <b>Al-Anon 12pm</b>	22 <b>"Ask And It Is Given"</b> <b>Workshop</b> 7–9 PM Rev. Claudia	23 <b>Class</b> 10 am –12 pm	24 <b>Al-Anon 7pm</b>	25 <b>Al-Anon 12pm</b>  <b>AA Meeting</b> 7:30pm	26 <b>Gay AA Meeting</b> 6pm
<b>27 Modeling Compassion</b> Rev. Matti Dobbs	28 <b>Class 9–11 am</b>  <b>Al-Anon 12pm</b>	29	30 <b>Class</b> 10 am –12 pm			

## Rev. Claudia presents Meditation and Affirmative Prayer

In March Rev. Claudia will hold a Meditation & Affirmative Prayer Workshop on Tuesday, March 25<sup>th</sup> from 7–9 PM. This workshop will jump-start your meditation skills, teach you how to activate the Law of Attraction, teach steps involved in Affirmative Prayer, and provide a safe environment to learn, grow and have fun. We will explore different meditation styles, and write individual affirmative prayers. Cost is \$20.00

*“Workshops are a great way to keep the positive vibrations in motion and to have fun.”*

## So Many Books, So Little Time

Sometimes we are asked, “Are we Bible based?” Are we Christian? Ernest Holmes certainly refers not only to the Bible and to Jesus in his writings and lectures, but also to other notable writings of a spiritual, ethical and moral value. Holmes offers us a global vision of limitless ways to know God. Our philosophy, Religious Science, proclaims its goal as “Awakening Humanity to Its Spiritual Magnificence.” The first person to make this awareness of our divinity is ourselves, the I am that I am. Educating ourselves with books, classes, and discussions are necessary to expand our limitless mental capacities.

To add to your global experience of the life force, read the book, *Your Soul's Compass* by Joan Borysenko and Gordon Dveirin, They

In April, Rev. Claudia will hold a workshop: ASK AND IT IS GIVEN, based on the book *ASK AND IT IS GIVEN*, by Esther and Jerry Hicks. In this workshop, you will: Experience a change in your vibration with a change of your thoughts. Learn exercises to lift your vibration around abundance, health and happiness. Be able to identify your frequencies of vibration. Learn about your emotional indicators. Learn to shift your vibration to a higher level. Come join us Tuesday, April 22<sup>nd</sup> 7–9 PM. Cost: \$20.00.

interviewed spiritual sages of many differing belief systems to compare the truths each emphasizes in their spiritual lives. Finding Oneness with our Source is a universal goal for all people. Each sage has valuable wisdom to offer for leading a spiritual life. An article featuring Joan Borysenko appeared in the February 2008 issue of *Science of Mind*, “Seeing with the Eyes of the Heart,” that discusses more fully the merits of “Your Soul’s Compass”.

Rev. Barbara Heley

Go Amazon.com

To obtain copies of any selection of books, you may go to Amazon.com via CPL’s web site [www.carlsbadcenterforpositiveliving.com](http://www.carlsbadcenterforpositiveliving.com) linking to the bookstore, and then to Amazon.com. Any purchases (books or other items) made in this way will automatically provide a percentage of profit to CPL. We are deeply grateful for your use of this method for financial benefit to CPL. EZ for you beneficial for CPL.



### Tea With Ernest

#### Introducing Wednesday Afternoon Tea and Treats With Rev. Barbara Heley

Attitude Adjustment Hour from Three to Four, April 23, 2008

Let us express our “Hooray for Ernest Holmes” Using, *365 Days of Richer Living and Science of Mind*

How has Ernest helped us to be happy, healthy, wise and free?

Take time to think, act, & praise Holmes, “365 Days”.

He loved to party, seek social ways

To express our Source throughout our days

How to co-create, live and shine  
Our own radiant spirit divine

Join us for tea while we look at the wisdom a la Ernest Holmes’ book.

This may not be poet laureate quality, but it is an invitation to join us as we relax together as we speak Religious Science Love and Light using “365 Days of Richer Living”. This book will be available in the CPL bookstore at a 20% discount.

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**OUR VISION**

Awakening humanity to its  
Spiritual magnificence

**STATEMENT OF TRUTH**

There is a Power for Good  
in the Universe and  
*you can use it!*

**OUR MISSION**

To Teach, Demonstrate and  
Inspire a Positive Spiritual  
Approach to Living



**Remember to Spring  
ahead 1 hour  
March 9<sup>th</sup> at 2:00 am**

**Affirmative Prayer**

The CPL staff is well trained and available  
for one on one treatment work. Their fees  
are modest and no one is ever turned  
away. Contact numbers are:

*Ministers*

Rev. Debby O'Donnell

619.857.1929

Rev. Matti Dobbs

760.214.5628

Rev. Barbara Heley

760.967.1614

Rev. Claudia Mulcahy

760.434.9579

Rev. Rachel Lampert

949.215.1921

*Practitioners:*

Gail Privetts, R.Sc.P.

760.433.8082

The staff at CPL gladly offers treatment  
work on Sunday as our gift to you.