Last week we began our exploration of Step 6: *“Were entirely ready to God remove all these defects of character”* by looking at how we define *‘defects of character’* and considering a reframe of these words individually and as this phrase.

This week we’re invited to practice the principle of honesty at a deeper level, exploring our readiness to release our beliefs and behaviors that limit a full and unfettered experience of the truly abundant Life that is our birthright.

Below are three quotes by Ernest Holmes about the concept of habits. The invitation is to read through each quote and immediately write down your unfiltered thoughts that come into your awareness.

*A New Design for Living (1959)*: “*The limitations we find encircling us have but one source -- they spring from our thought. They are the result of our negative habitual thought patterns, conscious or tucked away in the subconscious, which may have been instigated by our past experiences or the blind acceptance of what now appear to be the wrong ideas and concepts of others.” (p. 65.2)*

*The Philosophy of Jesus (1973): “It is not going to take any more faith than we now have, for one of the greatest lessons we can learn about faith is that we always possess it. But too often we are using it negatively. As a matter of fact, we are always affirming something, be it for good or for ill. We are always either saying, “I can,” or “I cannot.” What we need to do is to eliminate the negative and accentuate the positive. In doing this we shall gradually acquire the habit of affirmative thinking.” (p. 14.4)*

*A New Design for Living (1959): “The practice of right thinking for the purpose of producing definite desired results is of utmost simplicity. It simmers down to the essential fact that we should make a habit of entertaining in mind only those thoughts and ideas which we wish to experience in outward form. If the experience is not right, change the thought or pattern which is the cause of it. We should so change our pattern of thinking that it more nearly expresses and coincides with that perfection which resides in Mind-God.” (p. 24.1)*

Identify…

* What habits are operating in your life?
* Which habits are serving you well?
* Which habits are negatively impacting your life?
* Which habits are you entirely ready to release?
* What do you want to experience instead?

Write a Spiritual Mind Treatment releasing the habits that no longer serve you and affirming your spiritual truth. You can find information about Spiritual Mind Treatment on our website <https://www.columbiacsl.com/our-philosophy/science-of-mind-treatment>