



Community of Infinite Spirit (CIS)
A Divine Science Ministry & School
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Dear Friends of CIS,

“Finding Our Freedom” by Rev. Christine Emmerling D.D.

Many people relate freedom to living in the USA; our freedom of speech, freedom of religion, freedom to pursue happiness. They are noble and when rightly used with discernment can make for a happy life. Many times, people think of being free from something as in, if I were only free from work, poverty, ill health, and unhappy relationship. Another way to look at this is in being free for something rather than from something. I will free up time so I can have some fun, read, exercise, visit family and friends. Free from something verses free for something. It's in the attitude and energy we feel as up or down, resistant or flowing.

In my prior career, I remember waking up with my first thoughts being, “I have to get up,” “I have to get dressed,” and “I have to go to work.” Over time, I found myself getting up later and later because I was resisting the feeling of “have to.” I learned to change “have to” to “choose to” and it made all the difference in my getting out of bed timely. Now I start my morning with “Good morning God, thank you for this day” and I smile.

Then we have spiritual freedom. The first step in our spiritual freedom is knowing that we are at-one with God, we are spirit, consciousness that is both invisible and visible. Meaning we are multi-dimensional beings of spirit. We have a multilayer body of light that in its densest vibration appears as solid. As a multi-dimensional being we have the freedom to explore the many dimensions of life. Such as when we go to sleep, we leave this 3D world and go into dreamtime. Dreams may be just rehashing the days events; many don't recall these types of dreams. When we go deeper into sleep our soul, or light body, may travel the universe and other dimensions depending upon our frequency and vibration. We may visit the realm of the deceased; we may recall our past lives and see into the future. These latter kinds of experiences are usually remembered. Being in a conscious meditative silence helps a person to connect with the Christ within and experience higher states of consciousness. “Ask and it will be given to you; seek and you will find; knock and the door will be opened to you” Matthew 7:7-8.

“Abundant Harvest” by Rev. Teresa Stuefloten, M.Div.

It's July and my garden is growing! The tomato plants are huge and beginning to produce juicy little cherry tomatoes. Our young fruit trees are also producing. We had a small harvest of delicious apricots. Then my next-door neighbor, who has a large apricot tree bursting with fruit, brought me a huge basket of apricots! A blessing that I will be sharing!

My daughter, a high school teacher who is now on summer break, decided to tackle an area of our vegetable garden that has been neglected for a while and was quite overgrown with mint, blackberry vines, sage and nasturtiums. It looks so much better now and we will be planting some vegetables soon for a late summer and fall harvest.

Just as we tend to an outdoor garden to ensure an abundant harvest, so we tend to our spiritual

garden to ensure an abundant harvest of Divine connection, peace and joy in our life. We can get so busy with things that need doing, and places we need to be, that it is easy for our spiritual practices to become neglected for a while. If that is true for you, how about committing to 10 minutes a day of meditation? Choose a time of day that you will commit to.

Even 10 minutes of meditation daily begins to bring an abundant harvest of blessings into our life. Meditation reduces stress, decreases anxiety and depression, and promotes better sleep. Meditation helps you to relax and feel more calm. Meditation also helps to lower your resting heart rate and your resting blood pressure.

But the best benefit, in my opinion, is the deep relationship with the Divine that is fostered with meditation. Closing your eyes and tuning within, the sense of Divine connection is right there in the heart, pulsing joy, joy, joy! You are not alone. You live and move and have your being in God, which is within you. That is an abundant and fruitful harvest!

Ways to Feed Your Soul

Call in at 1-518-418-1389 for the Sunday Service live Podcast at 11am PT, and Wednesday Chakra Meditation at 6pm PT. Go to our website, www.CommunityofInfiniteSpirit.org and click on "Healing Words" to listen to the Sunday service and Wednesday meditations or read them. Click on Facebook, Instagram and YouTube for our Podcasts, affirmations and writings. Help us grow by liking us, subscribe and share with your friends. Call in for an inspirational message at 408-286-6969. Divine Science courses are available by correspondence and online by Zoom. We have two metaphysical book study groups you can join online via Zoom. Contact Rev. Christine for more information 831-313-1696 or infinitepirit@comcast.net.

Daily Affirm the Divine Science Statement of Being: "God is all, both invisible and visible. One Presence, One Mind, One Power is all. This One that is all, is perfect life, perfect love, and perfect substance. I am an individualized expression of God, and am ever one with this perfect life, perfect love and perfect substance."

Spiritual Support

Rev. Christine Emmerling D.D. at 831-313-1696 / cell 408-293-3838 infinitepirit@comcast.net,
Rev. Teresa Stuefloten M.Div. cell 408-888-4637 or teresastuefloten@yahoo.com.

Your Donations Make a Difference: Your donations go to support this ministry's work. To donate go to our website at <https://www.communityofinfinitepirit.org/donate>. Or send it to Community of Infinite Spirit, 1160 Richard Rd, Hollister, CA 95023. All donations are tax deductible. Community of Infinite Spirit thanks you.

In Service with Love and Joy,

President Cheryl Magill; Secretary Rev. Teresa Stuefloten, M.Div.;
Treasurer Sheree Garrett; At-large Debbie Yardley;
Ex-officio Rev. Christine Emmerling, D.D.

Our Vision

We are a light unto the world,
for individual and global peace,
spiritual understanding and abundant life.

Our Creed is Love - Our Path is Service - Our Goal is God Awareness!