THE ABUNDANT LIFE IN ACTION

By Dr. François S. Clemmons

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Every soul is born with a certain measure of curiosity, and desire; a fear of falling, and a need for love. These needs vary from person to person, but for the most part are active and vital to the healthy soul. When our needs for the basics of life: freedom, love, community interaction, and rank, are thwarted, we develop frustrations, tensions, guilt, and shame—all of which have no place in the general sphere of activity of the average, healthy person. When our pain at living under these unacceptable conditions reaches a level which is unbearable, we are forced to seek change. In my opinion, change is the insistent urgings of the Invisible One to turn and recognize It and who we are, and to decide to cooperate with Creation. Because of our ignorance, we may well have been operating in full ignorance of these serious, universal principles. These principles affect us and determine our ‘quality of life’ whether we realize that they are in operation or not. Most of us are thoroughly familiar with the law of gravity, or Karmic law, or the law of time. On some level we are forced by society to cooperate with them. However, there are many other laws, equally important and powerful which we very often fail to grasp and acknowledge. For instance, most people are totally unaware of the law of the subconscious mind in action and it’s unlimited ability to produce in our lives whatever we desire and concentrate on—give our full attention to. Through a process of pain, suffering, and frustration we turn our attention to relief and the role of Divinity or Spirit in our lives. Our relief is totally dependent upon our own, individual ability to understand and cooperate with the ‘Law!’ It may sound harsh and cruel, but this is the empirical law of our nature which we cannot change or overrule. Our only real option is to ‘learn to cooperate’ with this Universal Life Principal and thus avoid the certain consequences of our ignorance and intractability. **We must choose to change;** The Law does not change. If our ego and willfulness are preventing us from acknowledging and accepting these conditions we are condemned to continue to suffer and experience more, and more intense alienation and failure. **We must change.** We must change our actions and therefore, most importantly, change our thinking. Pain, suffering, lack, loss, and separation from that which we desire, forces us to seriously consider change. Through change we work our way back into the ‘Arms of the Universe!’ The most learned and wise holymen of our universe have told us time and time again, that no matter how
necessary change is, it is not easy. If it were, we would make the
decision and act on it and thereby, experience happiness and success
with ease and conviction....and perhaps, learn nothing about our nature
or the Nature of the Universe. Alas, it is not to be so. We must
sincerely desire change and then set about accomplishing it. We must
want change more than anything else in the universe and then, and only
then, will we find the solution to our suffering. When we understand
better the nature of this Universal Life Principal, we understand that
cooperation is freedom; True Freedom. As we grow we know that all
good things are ours as long as we know how to ask for them. Nothing
outside of ourselves prevents us from knowing, asking and fully
receiving the desires of our heart. When we are thwarted and left alone,
we must come to the conclusion that there is a 'tie-up' somewhere in the
'Holy Pipeline.' On some level we are unwittingly giving our all-
powerful Subconscious Mind in Action the opposite order of what we
really want to experience. Coming to this conclusion is clearly beyond
the growth and maturity of many people. Everyone does not accept and
achieve his/her 'heart's desire'. This is a sad observation of Humankind,
but it is nevertheless, the truth. Taking the position of responsibility and
awareness puts us in the position of dealing only with our own
consciousness. This is how we as spiritual beings retain our power. We
have the power to create our own outer conditions and we have the
power to change our outer conditions. We, therefore, can analyze and
'tweak' our own, deeper, inner thoughts and decide to change. This is
one of the most powerful attitudes and thoughts we can have as spiritual
beings having a physical experience. How we recognize, approach, and
redirect our innermost thoughts is distinctly, and uniquely our own
personal business. No one can prevent us from action once our mind is
made up. The purpose of this seminar is to guide ourselves through this
process and thereby remove from our lives those unwanted conditions
that cause us pain, and to fully establish the conditions and relationships
that will bring us an undeniable sense of success, well-being, and
happiness in all phases of our lives. It is our intention to identify and
clarify these conditions in our lives and redirect the power of our
Subconscious Mind In Action to create conditions which will serve to
support our concept of the Abundant Life in Action!!! We go forward
with the highest expectations!!!!!!!!!!!
SELF-HELP SEMINAR
Dr. François Scarborough Clemmons
March 1, 2001
The Nature of Divinity—Omnipotent—Self Conscious Spirit—God
Intelligence
Omniscient
All Loving—Unconditional Love
Nature—Mother Nature--Physical
Humanity

What Is Life????????Sentient Being
Thinking
Imagination—Fantasy, Desire
Why Are We Here On Earth?????

Mankind
All Power—Heat; Cold; North Pole, South
Pole; Tornadoes—Nature Sun Outer Space
Greater Galaxy

****No Solid Answers, yet----Discussion

Value—Does our life/lives make a Difference?????

What role does Experience Play In Our Development????
Acacia Records-Instincts-Racial
What role does Environment Play In Our Development????
What Gifts Are We Born With????????
What Role Does The Subconscious Mind Play In Our Lives????
What Do Your Believe??????
About Yourself
About Universal Laws????
Creation—The Power Of The Spoken Word!!!!!!
Do You Believe In Miracles??
What Is Fear—The Lack Of Love!!

Invoking The Universal LAW!!!!!!!!!

1. The law of thinking—As A Man thinketh, etc.
   You magnetize all positive and negative experiences!!!
2. The law of supply—Universal abundance
3. The law of attraction—Equals
4. The law of Receiving
5. The law of Increase
6. The law of Compensation—Mr. Rogers’ Neighborhood—Stocks
7. The law of Non-Resistance
8. The law of Forgiveness—Mostly for oneself
9. The law of Sacrifice
10. The law of Obedience
11. The law of Success—What you think about all the time!!
12. The law of Fear—Magnetize

Part II

What Do You Think Of Your Body?? — Name ALL of the body parts—
And your attitude(s) about them: Take your time and be honest!!!!
The head, the eyes, the ears, the teeth, the lips, the nose, the
tongue, the throat, the eye brows, the eye lashes, the hair, the skin,
the hands, the arms, the fingers, the nails, the chest/breasts, the nipples,
the chest hairs, the neck, the Adam’s apple, the sternum, the navel, the
stomach, the ribs, the lungs, the waist, the inner organs, the pubic hair,
the sexual organs—specifically, the penis and/or the vagina, the balls,
the sperm, the sex act, the prostate, the thighs, the knees, the calves, the
ankles, the feet, the toe nails, the planters warts, the back, the butt, the
anus, the intestines, the liver, the pancreas, the kidneys, the way you
walk, the way you sit, the way you run, the way you throw, the way you
skip, the way you hop, your height, your size, the way you smell, your
masculinity, your femininity, your smile, your kiss,

Are You A Gift???????? To Yourself???? To Whom Else????????

Part III

POINTS OF DISCUSSION: Find/Stoke Your Fire!!!!!!!

What kinds of things do you enjoy doing????
What kinds of things would you do in the pouring rain????
What kinds of things would you do outside in a blizzard???
What kinds of things would you do if you were sick??
What kind of things bored you???
What kinds of things did/do you do because you’re expected to do them?
Do you enjoy them or dislike them.
Do you tell anybody???
What kind of things have you ALWAYS liked???

How Do You Express Yourself Emotionally:
When Happy?
When Sad?
When Lonely?
When Angry—Rejected,
How do you feel when you win??
How do you feel when you lose????
Do You Know Your Power????
Do Your ACCEPT your power??????

********When Was The Last Time You Cried?????????????????
What Does Crying Mean??????? For a man?? A woman????????
A boychild???????? A Girlchild?????? An Infant??????

Part IV
Do You Think Of Yourself As A Man/Woman/Adult?? or Boy??????
How Do You Show or Express it???????
Do Other people think of you as a man/woman/child????????
Does it matter to you????????
Does it matter at all????????
Do Your Parents Treat you as an adult???????? Yes, or No??????
How do they show this????????
Does it matter?????
Do you command respect from colleagues????????
   Friends??????
   Strangers??????
Have you ever been teased???????? Ridiculed????????????
Beaten Up?????
Do People Make You Nervous??????? Angry????
Do You Enjoy Pain??????
Do You Enjoy Inflicting Pain????
Is there anything you’d die for?????? Anybody???????
Do you relate negatively or positively to the following terms/professions:

1. Professional
2. Artist
3. Blue Collar
4. Teacher
5. Assistant
6. Mentor
7. Disciple
8. Supervisor
9. Freelance
10. Accompanist
11. Leader
12. CEO
13. Vice President
14. President
15. Treasurer
16. Secretary
17. Genius
18. Responsibility
19. Overtime
20. Retirement
21. Holidays
22. Vacation
23. Apprentice
24. Hard Work
25. Nurturer
26. Hachetman
27. Detective
28. Travel

PART V

WHAT DO YOU EXPECT TO GET OUT OF THIS SEMINAR??????

Partnership/Companionship/Marriage/

1. What kind of partner are you looking for????
   A. Age
   B. Height
C. Color/Race
D. Emotional
E. Conservative
F. Liberal
G. Generous
H. Parsimonious
I. Educated
J. EarthMother/EarthFather???
K. Sexy?
L. Clean/Meticulous/Doesn’t Matter
M. Considerate
N. Political
O. Professional/Working?
P. Loner/Introvert
Q. Extrovert/Lots of friends
R. Children
S. Dominant—Strong?
T. Subservient—Weak?
U. Outdoorsy
V. Homemaker
W. Sick
X. Healthy
Y. Responsible-Reliable

What are you willing to give to have a ‘relationship’.
Do you just want sex??????
Do you see yourself as capable of taking care of someone??????
What will you compromise??????
What will you not compromise???????

PART VI
General Questions

1. What do you give away????????
   a. Money,
   b. Jewels
   c. Things
   d. Time
   e. Talent-Skills-Creativity
   f. Love-Yourself
   g. Ideas
2. How Do You View Change????
3. Do You Want To Have A Special Relationship With God?? With Anyone??????(A Guru, or Mentor, or Artistic Partnership???, etc.)
4. Are you always right???????
Does it matter??????

Science of Mind—Ernest Holmes

Most people are unhappy on some level. If we wish to come to God—Spirit for the healing of our situation, let us come in peace and with spontaneous joy, for Spirit is joy; let us come also with Thanksgiving, for a thankful heart is in harmony with life. We must give our attention to the Essence behind all things which appear in the physical. God only knows love and love only knows love. That which we can perceive mentally through love we can manifest. The successful man is sure of himself. Or he practices until he can perceive of himself as successful. As much gathers much/more, as like attracts like, so success breeds greater success and this conviction is attended by absolute certainty. All thought of failure and depression must be erased from the mentality, and positive thoughts of achievement should take their place. The Cosmic Mind is neither wishy-washy nor willy-nilly. It is positive, certain of Itself and sure of the outcome. Any idea planted into the subconscious mind will grow into a real condition. One needs only to have faith the size of a grain of mustard seed. Our life is determined by our consciousness. What one/you thinks, determines one’s consciousness and thus one’s life. We must understand how powerful we are. What we believe will manifest. No one can give you more than you ‘know’ or are willing to accept. If you do not believe that you are special and worthy of God’s gift, yea, even He cannot give it to you. You must be willing to change your consciousness until you can see the ‘reality’ of who you are and how you have always been a ‘son of God’. Then, and only then does God’s bounty become apparent and already present in our life. It is impossible for God to deny you your desire when it is subsumed in love. God is not able to deny love and does not wish to deny love. Love is the central flame of the Universe and the essence of God. As a son of God, you must know that you are love.....that you are loved and that Love answers your demand. That is how you manifest and use your power.
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**** Come, And Let Me Heal You

Come and I will heal you.
The inner power of Life within me is God,
And God has all power.
I will heal and help all who come to me.
I know that the realization of Life and Love within me heals
All who come into Its presence.
I silently bless all who enter my atmosphere.
It is not I, but the Father Who dwelleth in me, He doeth the works.
I heal all who come near me.
Amen!!

**** Excerpts from The Science Of Mind by Ernest Holmes

Addendum: Never Forget!!!!!!!!!

The singularly most powerful thing you can choose to do in life, is to Love!

The Second most powerful thing you can choose to do is to Forgive anyone whom you feel has offended you.

The Third most powerful thing you can do is Ask for Forgiveness!!!!

The Fourth most powerful thing you can do is choose to Pray. Prayer changes things!!!!!!!!

The Fifth most powerful thing you can choose to do is be willing to Change!!!!
The only sure thing in life is Change!!!!!

The Sixth most powerful thing you can choose to do is to Release the whole condition.
You are not wrong. You have done the very best you possibly could for your level of maturity.
I feel that I must add a bit of caution here. When we concentrate our spiritual energy and add our sincere desire in prayer, indeed, miracles do happen. There’s no reason not to expect a so called miracle from our work here together. However, it would be unreasonable to expect that through prayer, and fasting, and burning incense, we can change the color of our skin, or walk in outer space without the proper gear, or indeed change the nature of the ‘Law.’ To expect someone to obey us and do our bidding because we pray and meditate, is pure foolishness. No amount of fasting and praying, and chanting or dancing, and burning candles, is going to suddenly produce a result in our life which we cannot believe to be for us or true!!!!! If you do not believe, you cannot have. That is the Law.

We do not believe in Devils and Demons as Life in and of themselves. We recognize that sometimes we must deny and rebuke the energy of negativity which seems to surround us. We turn to God, as the only real presence in the Universe, and allow our consciousness to rise above the appearance of that which is of fear and anger. If we do not dwell on fear and negativity, it cannot find root in our lives. Devils and Demons are the creation of superstition and limitation by those who tried to explain their sense of separation from Spirit. Universal Love knows no fear or limitation. We are made of the substance of universal love and therefore take on Its nature. To know that we are loved and protected is power enough to thwart any thought of supposed devils and demons.

Noone can cast a spell or put any kind of hex on you without your cooperation. What you fear you will magnetize to yourself. Noone is more powerful than you are unless you believe that they are.