

## POINTS TO REMEMBER

Each of us is able to reach deeper within ourselves to break forth into new ground. This is a spiritual promise available to us, because **there is always more within us desiring to be expressed –new ways of experiencing life.** We are intended to gain continued newness and creativity.

The first century Christians experienced so many **signs, wonders, healings and miracles.** Yet virtually none was able to read, had access to modern-days medications or treatments – and this was after the time when Jesus and his disciples had passed on. **What did they know that worked for them?**

To grasp this, **we must accept two basic concepts. First, everything that has an outside must also have an inside.** For us the **outside** is the world, the earth - that which we call visible. **This we consider the world of Effects.** The **inside** is the mind, the Kingdom of Heaven - that which is invisible. And **we consider this to be the world of Cause.** A fundamental Truth is that **all permanent change must take place in the world of Cause.** First within, then without.

Yet many persons seek to bring about change by adjusting the external world about them. It's as though they see their lives as an accumulation of events, relationships, possessions and experiences. They try to bring about change by adding or subtracting here and there. But it doesn't work. **Real change comes about from within, from the world of Cause.**

The **second concept** is: **Of ourselves we cannot make the changes we need to make.** As **Jesus taught** again and again.