



April 2013
From the Desk of
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Dear Friends,

Here it is April already and time for spring cleaning. Every spring my mother would open all the windows in our farm house and get us kids to hit every nook and cranny until everything was clean. The favorite part of the cleaning was when she waxed the wooden floors and put me on a rug so that she could pull me all over the floors to shine them. It was great fun until my butt hit a splinter!

I was doing a little spring cleaning in my office this past week when I came across a lesson I received while in ministerial school. It was written by Elizabeth Searle Lamb in 1970. I thought I'd share it with you this month. It's titled *Spiritual Housecleaning*.

Time for spring housecleaning? Then perhaps it's time for spiritual housecleaning too. Mind and soul need a general cleaning to remove unnecessary clutter and wipe away the dust of negation that tarnishes the richness of life. Beliefs and ideas need sorting and straightening. The soul must be made clean and shining; then it will be ready to receive new spiritual possessions.

Four steps will accomplish spiritual housecleaning: denial, forgiveness, affirmation, and consciousness of at-one-ment.

Denial helps to get rid of the unwanted ideas and beliefs – fear, envy, pride, intolerance. Search deep for your own spiritual “fire hazards” and throw them out. Denial is the ability to see what needs to be thrown out, while knowing that those things have no power now to cause any damage in

our life. Through the power of God, deny their hold on you.

Use the vacuum cleaner of forgiveness. Forgive yourself for any shortcomings. Forgive others for real or perceived slights and hurts. Make this a thorough cleansing of the soul, getting rid of every speck of negative dirt that has been built up in the corners of your consciousness. How brightly the light of spirit can shine when this has been done.

Now, with strong affirmations of Truth, fill the spiritual spaces you have cleaned. Affirm your spiritual beliefs that there is only one power and one presence active in your life and affairs, God the good Omnipotent. Place your true desires here, surrounded by faith, love, joy.

When this is done, rest in loving conscious at-one-ment with God. Pray that His Presence be with you and stray with you. Love will come, joy will come, and peace will be yours as you come to realize that divine order is active in your life to bring you the highest and best results.

Now you can go forth, confident and unafraid into the world, but daily return in prayer to the shining inner sanctuary of your soul.

Remember friends, it is in this sacred space you get to commune with the Lord of your being. In this sacred space you get to place on your personal altar of prayer any and all concerns knowing that Spirit is there to receive them. In the quietness of your sacred space you wait and listen and hear when God speaks.

As Jesus taught, “But when you pray, go into your closet and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you (Matt 6:6).

Happy Spring Cleaning!