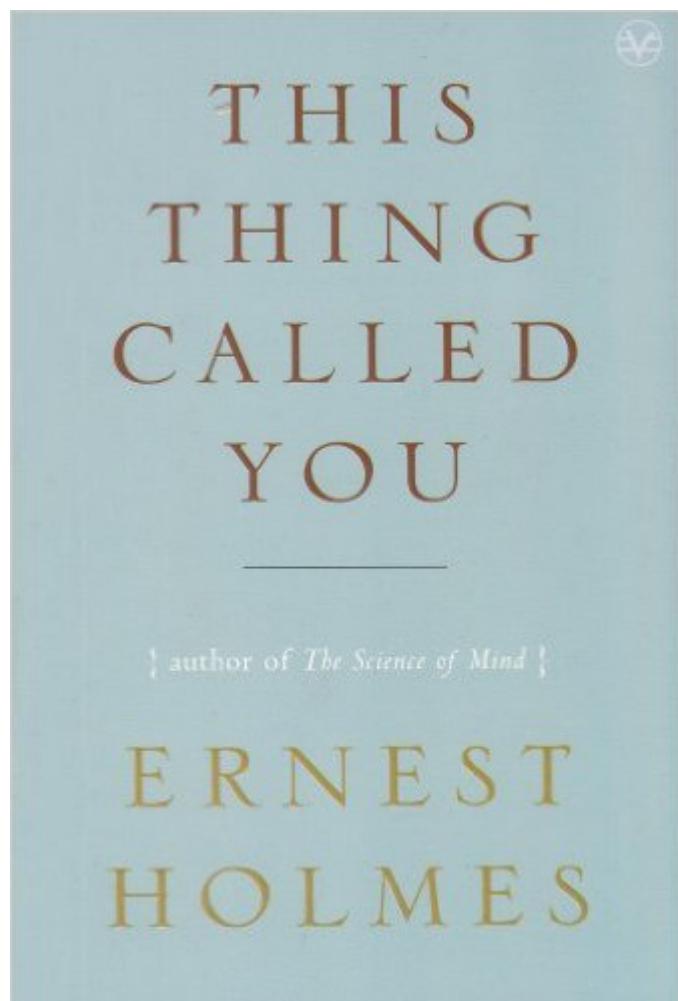


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# This Thing Called You



## Synopsis

The beloved classic that has awakened generations to the power within.Â One of Ernest Holmesâ™s cornerstone works, This Thing Called You is an intimate guide through which readers learn the important lesson of how they are an immutable part of the flow of life, and how they may fulfill the longing, within all of us, to live more fully.Â Â Â Â Â Â Â Â Â Â Â Â Â Â Â The book details methods of meditation used for healing, improving mind and body, and reaching oneâ™s divine self. Included are numerous inspirations, meditations, and prayers that individuals can apply to their lives, which reveal the unlimited potential of the spiritual psychology that Holmes founded.

## Book Information

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## Customer Reviews

Ernest Holmes wrote this incredible gem in 1948. I think my favorite passage is: "You have discovered the spiritual universe. Many others have discovered this same world, but each must make the discovery for himself. You are going to have a lot of joy sailing around this world of yours. Don't fight the opinions of others, or waste your time arguing over these things. Follow the inward gleam of your consciousness and you will arrive." (30) Knowing that we each seek the joy of living, Dr. Holmes speaks to us of: Omnipresence (34), Faith (18), Garden of Eden (38), Divine Guidance (63), Pure Intuition (101), Stop looking for an authority outside your own conviction (43), and Live in a state of expectancy (67). He gives us life changing inspiration and affirmations. Ernest Holmes founded the Science of Mind Movement aka Religious Science and wrote the revered textbook Science of Mind.

I just bought this book last year (1999) and its one of my fave already. Ernest Holmes is also the author of the popular book Science Of Mind. Frankly, his approach to Life is very wise and spiritual. His interpretation of spiritual texts like the Indian Gita, the Upanishad, the Bible etc, are truly practical and very wise. He knows how the mind works. He knows how spiritual healing works. He sometimes uses metaphors on how the mind works, and great metaphors they are! My favourite is his metaphor of 'the law of mind is like the law of gravity. Put a furniture over here, and gravity will hold it there. Think a thought and the law of mind will manifest it according to your thought". Read this book and he can put in you a faith in yourself or God so strong that it's unshakable.

I read this book many, many years ago...I believe it was one of the first metaphysical books I owned and studied from. For some reason, I was recently drawn to take it down from the shelf and start reading it again. Wow...every single page is filled with insight, wisdom, and profound Truth. Not that Truth can ever be encapsulated into words, mind you, words are but symbols upon symbols, but behind the words is a feeling, a remembrance, that what Holmes is speaking of points to the direction of Higher Truth.I decided to change all the pronouns in this book to the first person. So instead of reading it as "You" or "You are", I now read it as "I"/"Me" "I am"/"I will"...this unique slant gives me an even deeper perspective on how to apply this stuff to my everyday living and even though this stuff is incredibly powerful, nothing is going to happen if I don't personally apply it.To me, God, is a Living Force that I am a part of. I like to see God as the ocean and I am a wave in the ocean. The wave can never separate itself from the ocean; it is simply the ocean expressing itself as a wave. When I keep this image in mind and in heart, I realize with real eyes see that everything and everyone is an aspect of God, of Spirit, of Life.Do I still get crazed? Am I still deceived by appearances? Of course. Why just yesterday I was beside myself with worry, fear, and desperation. I don't really know why...I just was...but I took some time out of my day and just began to slowly breathe in and slowly breathe out and got still, centered and open and just allowed the Perfect Love of God to dissolve those fears, those worries, and those concerns. Not that God knows anything of fear or doubt or uncertainty, but God does know Itself in me, as me. God knows Perfect Love and Perfect Love is who and what I truly am. Maybe this is why I was lead to take this magnificent book off the shelf and start reading it again so I can remind myself of who and what I really am.I really hope you buy this book or if you already own it, take it off the shelf and start reading it again. You will get new insights, new revelations, new understandings and you will come to know at an even deeper level of awareness that the person you are now is the person Spirit desired to become.May You Let God be God in You today. Peace and Blessings, children of Light.

I originally read this book upon recommendation. It has since become one of my favorites. I have read it a full two times and refer to portions of it often. This book is practical. It uses examples from nature to help the reader understand their own unique purpose in this world. This book is a self-esteem book that was written before self-esteem became fashionable. One of Ernest Holmes best books.

This is an abridged edition published by BN with most of the Biblical references removed. The original edition of this beloved book by Ernest Holmes has a lyrical quality, with written prayers, references to Biblical verses and the teachings of Jesus. All that was sadly missing in this BN edition. The typesetting is also badly done, so that the original spacing and margins are awkward with type almost to the edge of the page. It makes it hard to read. Quite frankly I returned this book and caution readers to be careful when purchasing it.

Earnest Holmes has written a brief, clear explanation of our place in the universe. You can spend 15 or 20 years going to workshops, psychoanalysis, aromatherapy, psycho-kinesiology, acupuncture, energy-work, etc. etc. OR you can read this slim volume and spend a life of profound joy understanding you own divinity.

I keep this book by my bedside and read it every night before sleep. It is a goldmine of positive and empowering thoughts, a perfect antidote to entertainment reading blahs. There is poetry on every page. If you are interested in non-religious interpretations of the teachings of Jesus, or just wanting to expand your mastery over life, this book will suffuse you with inspiration and speak directly to your soul.

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