

Florence Scovel Shinn, *The Game of Life and How to Play It*

Outlined by A. Dechene in 2003 (?), and edited in January 2006 and April 2010

Chapter 1: The Game

- **THEME:** Life is a game and you have to know the rules if you want to win.
 - It's a game of giving and receiving
 - What you sow you will reap.
- The imaging faculty plays a big part in the game, and to be successful we must train our imaging ability to image only good.
- "Know thyself." Understanding how mind works is absolutely necessary if we are to train the mind.
 - 3 departments of mind. [Know thyself, know how your mind works.]
 - Subconscious.
 - Power just waiting for direction by images and feelings.
 - Conscious.
 - "Carnal mind." Sees the appearances of all kinds of evils.
 - Comes from without.
 - Superconscious.
 - Realm of perfect ideas, awareness of the perfect pattern.
 - Comes from within.
 - Plato's idea of the BEST.
 - Intuits our perfect destiny.
 - The conscious mind sees the superconscious' ideas as TOO GOOD TO BE TRUE (*vide Ponder, Open Your Mind to Receive*)
- We are often unaware of our true destiny, so we affirm what is not right for us.
 - **PRINCIPLE:** We should affirm divine right ideas coming to us in perfect ways.
 - **LAW OF SUBSTITUTION:** substitute the divine right idea for our own.
- Jesus: the Kingdom of God is within.
 - Kingdom of divine right ideas (Plato) for every problem or situation.
 - He taught the importance of WORDS.
 - By your words you are justified or condemned.
 - Words are the stuff of the mind, if we have the right words in mind we will experience right results.
 - Guard what you think and say—guard your words.
 - **[PRINCIPLE:** "I am"—the most powerful words you can speak.]
 - Subconscious does not understand jokes, it takes them literally.
 - We ever have a silent listener at our side that hears and records every word we think or say—the subconscious.
- Follow and develop your intuition, your hunches.
 - [Practice during the day, listen to the songs on the radio, be aware of the thoughts that just pop into your head, etc.]
 - Truth comes from within, therefore in-tuition.
 - **PRINCIPLE:** "Never violate a hunch."
- Note Shinn's way of combining a command with an affirmation (12).
 - "Infinite Spirit open the way for great abundance for _____. She is an irresistible magnet for all that belongs to her by divine right."
 - Demand the manifestation of what you've already received. (20)
- We live in a universe of abundant good, but it can only be brought into manifestation by desire, faith and the spoken word.
 - **PRINCIPLE:** Man must make the first move (Jesus: "Ask and you shall....")
 - Every desire is a demand on the universe.
- Only doubt and fear stand between man and the desires of his heart.
 - When he can "wish without worrying" every desire will be instantly fulfilled.
 - It is only a feeling of insecurity, on some plane, that keeps us from our good.
- **THE OBJECT OF THE GAME OF LIFE.**
 - To see clearly one's good.
 - To obliterate all mental pictures of evil.
 - This is done by impressing the subconscious with a REALIZATION of the good.
 - [Realization = a strong FEELING of faith, of confidence and security. CLEAR INTENTION.]
- THE SQUARE OF LIFE—THE GAME COMPLETED.

- Health.
- Wealth.
- Love.
- Perfect self-expression.

Chapter 2: The Law of Prosperity

- **THEME:** God is man's supply and man can release that abundance through his spoken word.
 - **PRINCIPLE:** you must have faith in your words and act like you do.
 - If you ask for success and prepare for failure you will get what you have prepared for.
 - **PRINCIPLE:** You must prepare for what you ask for, even when there isn't the slightest sign of it in sight.
- **PRINCIPLE:** There is a supply for every demand.
 - Give thanks that you have already received your good at the perfect time and in the perfect way.
- Work on the spiritual plane knowing you are unconditioned by appearances and common sense.
 - It is not easy for a beginner to get into the swing of this.
 - A big demonstration is often preceded by tormenting thoughts.
 - Because a big and bold statement of spiritual truth challenges all we have been taught and conditioned to believe in.
 - [We have been educated to believe in appearances and to believe that spiritual truth is TOO GOOD TO BE TRUE.]
 - Combat this by making affirmations repeatedly and by giving thanks.
 - We may have to work for hours in the silence. (27 & 50)
- **PRINCIPLE:** "Man can only receive what he sees himself receiving." (19)
- How a practitioner or friend works for you: "Go back to the bank and I will treat [for you]."
 - A friend or practitioner can be a great help.
 - It's easier to demonstrate for another than for oneself.
 - The power of vision (holding a perfect vision of someone else.)

Chapter 3: The Power of the Word

- **THEME:** Our words are powerful, and we can't be too careful of what we say.
 - Our words are the laws of our life.
 - What we speak and think we attract.
 - The psychology of superstitions [and its reverse: almost anything can be a vehicle for Truth].
- **PRINCIPLE:** There are not two powers [advaita].
 - Once you understand this your life will be filled with happy surprises.
 - Fear is a sign you are believing in 2 powers.
 - So dare to believe in your good and act like it.
 - **LAW OF NONRESISTANCE:** evil has no power or reality—so if we resist it we are giving it reality, we are believing in 2 powers.
- **PRINCIPLE:** All appearances in our life correspond to a state of our mind, so to heal a condition we must first heal our consciousness, our soul, our subconscious.
 - Psalm 23: "He restoreth my soul."
 - God and man are one when the subconscious is flooded with the ideas of the superconscious.
- **LAW OF LOVE:** Love those who seem to stand in the way of your good—if you don't, they will.
 - "Love your enemies, bless them that curse you...."
 - **PRINCIPLE:** Do not judge, continual criticism causes evils.
 - Any inharmony on the outside indicates inharmony on the inside.
 - Love and goodwill creates a protective aura around you.

Chapter 4: The Law of Nonresistance

- **THEME:** don't resist evil, for in doing so you act as if it were real.
 - Resisting evil is believing in 2 powers.
 - *Tao Te Ching:* be like water—it resists nothing and wears away everything.
 - Jesus: resist not evil, because in reality there is no evil.
- **SOUL SLEEP:** means you've been hypnotized by race belief—you believe in 2 powers, sin, sickness, poverty, death, etc.
- Children are very sensitive, be careful what you say around them.
- You can't be touched by negativity if you're centered in
 - Right thinking.

- Lovingkindness toward all.
- Fearlessness.
- **PRINCIPLE:** If it looks like a failure or a mistake, baptize it success.
 - If there is a negative person or situation, baptize it as positive.
 - [It's like Holmes' 180° method.]
 - Use it on individuals or whole nations.
 - This is not being a doormat if it's used with the courage of wisdom.
- "One's ships come in over a calm sea."
 - [Be calm, don't resist, don't worry. "Nothing can disturb My peace.]
 - So long as we resist a situation we will have it with us.
 - When a situation seems inharmonious know the disharmony is within—we are resisting something.
 - All your work is on the inside.
- Also bless the past and live in the present.
- **PRINCIPLE:** "Never use an affirmation unless it is absolutely satisfying and convincing to his own consciousness."
- **PRINCIPLE:** Every affirmation must be carefully worded and "cover the ground."
 - E.g., don't just affirm good work but also good pay [and an easy commute, friendly and trustworthy coworkers, etc.]
 - It's our divine right to have plenty, to be well paid, etc.

Chapter 5: The Law of Karma and the Law of Forgiveness

- **THEME:** What we believe in we get, but when we make a mistake it can be forgiven.
- **PRINCIPLE:** "The Game of Life is a game of boomerangs."
 - Man's thoughts, beliefs, desires, feelings, perceptions, words and deeds come back sooner or later.
 - This is the **LAW OF KARMA**.
 - "Vengeance is mine, says the Lord." Actually not God but the law takes its vengeance.
- **PRINCIPLE:** Jesus: "You will know the truth and the truth will make you free."
 - Knowledge of spiritual law will set you free of all unhappy conditions.
 - Just as when handled ignorantly electricity becomes man's deadly foe, so with the laws of mind.
- **PRINCIPLE:** We must "ask aright."
 - That is, we must demand only what is ours by divine right.
 - Relinquish your personal will and you will receive what is yours in the perfect harmony of the universe. Do not force your personal will upon the universe or any other person.
- **PRINCIPLE:** "Stand still" in the truth of your affirmation, do not worry, doubt or resist.
- There is a **LAW OF FORGIVENESS** by which we can wipe out our mistakes.
 - Jesus brought the gospel of the law of forgiveness, a law higher than the law of karma that could wipe out the effects of karma.
 - It wipes out the law of cause and effect.
 - Because of it man can reap where he has not sown.
- **PRINCIPLE:** "Man cannot force the external to be what he is not."
 - If he desires riches he first must be rich in consciousness.
 - A rich consciousness is orderly—**ORDER IS A LAW OF PROSPERITY**.
 - Disorder in your household and financial affairs is a sign of poverty consciousness.
 - Take interest in and keep order in your household and financial affairs. Get your affairs in order and expect prosperity.
 - Don't ignore your impulses to buy or give, they are signs of prosperity consciousness and will lead to greater wealth.
 - **LAW:** "Man's supply is inexhaustible and unfailing when fully trusted."

Chapter 6: Casting the Burden, Impressing the Subconscious

- **THEME:** We have a great desire to find a quick and easy way to impress the subconscious with good. The way is to **CAST YOUR BURDEN UPON THE SUPERCONSCIOUS MIND, THE CHRIST WITHIN**.
 - We violate a law if we carry a burden.
 - But using the conscious mind to impress the subconscious often won't work because it often only sees the problem and the fear.
 - **AFFIRMATION:** Sometimes we have to make the statement "I cast this burden on the Christ within and go free" over and over for hours.
 - Also, give thanks.
 - Also, do something that is a sign of faith. E.g., dance.
- **PRINCIPLE:** Fear is misdirected energy, and must be redirected into faith.
- **AFFIRMATION:** "I now thank God the Giver for God the Gift."

- **LAW:** Man's release will come when he realizes there is no power in evil.

Chapter 7: Love

- **THEME:** Love is God in manifestation, and the strongest magnetic force.
 - Jealousy is the worst enemy of love—[it is lack of faith in love.]
- **PRINCIPLE:** Love the divinity in everyone—namaste.
- **PRINCIPLE:** Money is God in manifestation, but it must always be kept in circulation, never hoarded or saved.
 - Not even the principal should be saved if there is something worthy to spend it on. Let go of it fearlessly and cheerfully.
- **LAW of use:** don't hoard the things you buy, use them and get rid of them.
 - A woman's closets were full of clothes she never wore, and jewels which never saw the light. She was judged incapable of managing her possessions and all her wealth was given to others to manage for her.
 - Congestion of things causes congestion in the body. It violates the law of use.
 - **AFFIRMATION:** Divine order is established in her mind, body and affairs.
- **PRINCIPLE:** If a person has become a problem to you, send light and love to the divinity in them.
- **PRINCIPLE:** Don't worry about your children, put them in God's hands.
- **PRINCIPLE:** Man is his brother's keeper in thought and should know that his brother dwells in the secret place of the Most High.

Chapter 8: Intuition or Guidance

- **THEME:** Nothing is so great of accomplishment if a man knows the power of his word and trusts his intuition.
- How do you make a demonstration?
 - **PRINCIPLE:** Speak your word and then don't do anything until you get a definite lead.
 - **AFFIRMATION:** Demand the lead, say "Infinite Spirit, reveal to me the way, let me know if there is anything for me to do."
- **PRINCIPLE:** Tithing—but with love and cheerfulness.
 - Pay bills cheerfully, fearlessly and with a blessing.
 - This attitude will make you a master of money.
- **LAW:** Intuition is a spiritual power and does not explain but points the way.
- **LAW:** What we condemn in others we draw to ourselves.
- Indecision is a stumbling block. Overcome it by saying this **AFFIRMATION** repeatedly: I am always under direct inspiration. I make right decisions quickly.
 - Don't go to the psychic realm for help. There many minds are not the one mind.
- Faith is an effort of will. The Prodigal Son got up the courage to leave the husks of negativity behind and return home.
- **LAW OF SURPRISES:** When one has made his demand he must be ready for surprises. Everything may seem to be going wrong when in reality it is going right.
- **LAW OF NO LOSSES:** Nothing can be lost in divine mind and abundance.
 - **AFFIRMATION:** I deny loss, there is no loss in Divine Mind, therefore I cannot lose that \$80,000 because it belongs to me by divine right—as one door shuts another one opens.
 - "I will restore to you the years the locusts have eaten."

Chapter 9: Perfect Self-Expression or The Divine Design

- **THEME:** Everyone has a perfect and unique place in the Divine Harmony. Everyone is a perfect and unique idea in the Divine Mind.
- Man's highest demand is for the divine design of his life.
- **AFFIRMATION:** Infinite Spirit open the way for the divine design of my life to manifest. Let the genius within me be released now. Let me see clearly your perfect plan for me. Give me definite leads and prosper me.
- The perfect plan brings with it the square of life, which brings happiness.
- Realization will not take hard work—or, if it does, it will flow naturally and almost seem like play. And the necessary supply will flow to you.
- Do not force a visualization of your destiny, let it flow to you.
- **PRENATAL AFFIRMATION:** May the God in this child have perfect self-expression. Let the divine design of his body, mind and affairs be made manifest throughout his life, throughout eternity.
- The Bible is about the science of mind, it is about releasing the soul from bondage.
- There is a terrible penalty [death in life] to be paid for not using one's ability, not following one's destiny.
- **AFFIRMATION FOR TESTS:** I am one with Infinite Intelligence. I know everything I should know for this test.
 - Never depend only on yourself in tests, always demand divine guidance, even when you are very confident.
- **PRINCIPLE:** Never stop demanding divine guidance, never feel God's help is no longer necessary. Practice the Presence of God every minute.
- **PRINCIPLE:** Nothing is too small or too great to call on God.
- **PRINCIPLE:** Never limit your faith to one channel of manifestation.

- **GOAL:** Poise. Poise is power, it opens the channels within you to let God’s power come through.
- **PRINCIPLE:** Stand still and watch God manifest your good for you.
 - Be non-resistant and undisturbed.
 - Fear and worry are deadly sins against principle—they are inverted faith.
 - “When man is fearless he is finished.”
- **LAW OF COMPLETION:** Whatever you demand is [immediately] a perfect and complete idea in Divine Mind [and a law of its own manifestation]—it must manifest by grace in a perfect way.
 - Demonstration is often delayed due to belief in incompleteness.
 - **PRINCIPLE:** Give thanks that your demonstration is completed even though it is not yet visible.
 - Act on the principle. Complete things you start.
- **PRINCIPLE:** Suppose you have many talents and don’t know which one to use now. Demand to be shown definitely and specifically.
- **LAW OF PERFECT BALANCE OF GIVING AND RECEIVING.**
 - **PRINCIPLE:** Be a cheerful receiver.
- **LAW OF REINCARNATION:** We are born to manifest the sum-total of our subconscious ideas.
 - **LAW OF FREEDOM:** Through truth we are set free of all karma to act out the divine design of our lives.

Chapter 10: Denials and Affirmations

- **THEME:** Be careful of your words, for we often decree misfortune through careless use of words.
- **PRINCIPLE:** Demand your good to come to you
 - By grace
 - As a divine right
 - In perfect ways.
- **PRINCIPLE:** As you grow in prosperity consciousness, demand “enormous” sums of money.
- **LAW OF EXPECTANCY AND LIMITATION:** You cannot release more than your subconscious thinks is possible. You are bound by the limiting expectancies of the subconscious.
 - You will become as rich as you feel you are.
 - “With God all things are possible.”
- **PRINCIPLE:** In making your demand you begin at your journey’s end. Declare that you have already received.
- Make your demand over and over to condition your subconscious—but this would not be necessary if you had perfect faith.
 - [Thoughts are things. The first time you make your demand with strong faith the chain of causation has been initiated.]
 - Never plead or supplicate, but give thanks that it is finished.
- **PRINCIPLE:** Correct prayer is command and demand, praise and thanksgiving.
- **PRINCIPLE:** Never compromise.
 - **AFFIRMATION:** Father I’ll take nothing less than I’ve claimed for myself—but I will take more.
- Demonstrations often come at the 11th hour [or after] because it is then that man stops reasoning and Infinite Intelligence has its chance to work.
- **PRINCIPLE:** 2 attitudes cause loss:
 - Depreciation: when you run down somebody or some thing.
 - Fear of loss.
- **PRINCIPLE:** When you cast your burden—let go of the problem—you will have instantaneous manifestation.
- **PRINCIPLE:** There is always something or somebody waiting to relieve you of your problem.
- **PRINCIPLE:** Always follow a denial with an affirmation.
- **PRINCIPLE:** There is no time or space in Divine Mind, therefore your treatment goes anywhere instantly and demonstrates immediately.
- Difference between visualizing and visioning.
 - Visualizing is controlled by the conscious mind.
 - Visioning is controlled by intuitions of the superconscious.
 - **PRINCIPLE:** Train your mind to receive these flashes of inspiration.
- **LAW:** When a man can say I desire only that which God desires for me, his false desires fall away and a new set of blueprints are given him by God within.
 - God’s plan always transcends reasoning consciousness and always is the square of life.
 - Many a man is building a bungalow for himself in consciousness when he could be building himself a palace.
- **PRINCIPLE:** Do not try to force a demonstration through the reasoning mind but act through intuition and definite leads.
- **PRINCIPLE:** There is tremendous power in the name Jesus Christ.
 - It means Truth Made Manifest.

- The Christ within is man made in God's image, the perfect self that can never know sorrow.
- **THE TRUE PHILOSOPHER AND MASTER:** "Man should make an art of thinking. The Master Thinker is an artist and is careful to paint only the divine designs upon the canvas of his mind; and he paints these pictures with masterly strokes of power and decision, having perfect faith that there is no power to mar their perfection and that they shall manifest in his life the ideal made real."
- **LAW:** All power is given man through right thinking to bring heaven to earth.
 - **Goal:** And this is the goal of the game of life.
 - THE RULES:
 - Fearless faith
 - Nonresistance
 - Love
- "Be ye transformed by the renewing of your mind."