

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

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Chapter 1: The Game

1. Life is a game, not a battle.
 - But you must know spiritual law to play with success.
 - OT and NT give the rules.
2. Jesus taught that it's a game of giving and receiving.
 - What you sow you will reap.
3. Imaging is crucial.
 - Whatever we imagine will eventually outpicture.
 - Therefore we must train our imaging ability.
 - Goal: to always image only good.
 - The imaging faculty = the scissors of the mind.
 - Day by day we cut out pictures and make a scrapbook of what we think reality is and can be for us.
 - [*This is the "real world" for us.*]
4. Know thyself: 3 departments of mind.
 1. Subconscious: power without direction.
 - Whatever we
 - A. Feel deeply, or
 - B. Image clearly
 - Will be impressed on the subconscious and carried out in the minutest detail.
 2. Conscious: sees only appearances.
 - Often negative, fearful ones.
 - The Tempter: reason, common sense.
 3. Superconscious: realm of (Platonic) perfect ideas.
 - A perfect plan for our lives.
 - Too good to be true?
 - Most people are unaware of it and therefore strive for the wrong things.
 - Level of deep spiritual intuition and realization of who we are.
5. **Law** of substitution.
 - Illustration: the woman wanted a certain man to be her husband, but he was not the right one.
 - S. treated for the perfect divine idea of a husband instead of for that particular man.
 - I.e., don't go to your ego-ideas for a solution, first go to the divine kingdom of perfect right ideas which are within.
6. The power of words.
 - What we say, especially over and over, is what we get, because our words form our subconscious.
 - Our subconscious records and acts on our every thought and word.
7. Intuition.
 - Become more sensitive to your intuition, follow hunches.
8. Abundance.
 - There is plenty for us everywhere, but it can only be brought into manifestation by
 - A. faith
 - B. or the spoken word.
9. Doubt and fear (and worry) [and cynicism].
 - Nothing else stands between us and our highest desires.
 - Fear and a feeling of insecurity are at some level man's only enemy.
 - Fear is inverted faith.
10. The object of the game of life.
 - "The object of the game of life is to see clearly one's good and to obliterate all mental pictures of evil. This must be done by impressing the subconscious mind with a realization of good."
11. The game completed, the square of life.
 - Health, wealth, love and perfect self-expression.

Chapter 2: The Law of Prosperity

1. One of the Bible's greatest teachings is that:
 - A. God is man's supply.
 - B. There is a supply for every demand.
 - C. A person can release to himself by his spoken word all that is his by divine right.
 - D. But only if he has perfect faith in his spoken word and acts it out (AS IF).

Principle: speak your word with thanksgiving.
2. Active faith.

Act as if you had already received.
Don't affirm success and make a contingency plan for failure.
Prepare to receive your good even when there is no sign of it.
3. "Getting into the spiritual swing of things is no easy matter for the average person."

A big demonstration is usually preceded by negative, tormenting thoughts.
Combat these by making affirmations repeatedly and by giving thanks that you have already received.
Know that every good is yours, just awaiting recognition.
4. In the OT God promised the Israelites they could have all that they could see.

When you KNOW spiritual law you will be undisturbed by appearances.
Spiritual vision pierces through the illusions of materiality and sees things as they really are.
[Plato's perfect forms of good.]
5. Demand what you know is already yours (by divine right).

Our good comes through us, not to us (sometimes S. contradicts herself on this, saying we draw our good to us).
6. Example: how a practitioner works.

She instructed her client to be confident and persistent and she would treat for him.
She treated: "Let the divine idea come out of this situation."
"I don't know anything about business, but I know all about God."
A detached helper who understands principle can be a great help.
The power of vision: No one can fail if one person sees him successful.

Chapter 3: The Power of the Word

1. When you know the power of your word you become very careful of your speech.

Through your speech you are continuously making laws for yourself.
Example: 2 people, 2 laws—the psychology of superstition.
 - A. I always miss my car.
 - B. I always catch a car.
2. Expectancy.

A horseshoe or a rabbit's foot create expectancy of good.
But there no power in these talismans, there is only one power back of them, God.
NB: Superstitions won't work as one progresses spiritually.
3. **Law** of forgiveness.

Man has the power to neutralize his mistakes.
4. There is **ONLY ONE POWER**.

S. had to get herself out of the belief that certain things bring disappointment. She used this affirmation:
"There are not two powers, there is only one power, God, therefore, there are no disappointments, and this thing means a happy surprise."
Fear always indicates a belief in 2 powers, Good and Evil, instead of one.
5. **Law** of nonresistance.

Realize there is only one power, there is nothing to resist.
6. Only 3 valid uses of words:
 1. To heal.
 2. To bless.
 3. To prosper.
7. Salvation.

The soul is the subconscious mind.
It must be saved from wrong thinking.

“When the subconscious is flooded with the perfect ideas of the superconscious, God and man are one.”

“I and the Father are one.”

That is, one with the realm of perfect ideas.

8. Illustration: the woman who was unjustly fired because of the jealous man.

She meditated in the silence for hours until she rested in the realm of the perfect ideas of love and forgiveness, and she did this for 3 nights.

This also cured her skin disease.

9. “As the within, so the without.” (Hermes Trismagistus and The Lord’s Prayer)

“Every disease is caused by a mind not at ease.”

Don’t ask, when someone is sick, “What’s the matter with you?” ask “Who’s the matter with you?”

Unforgiveness is the most prolific cause of disease and endless ills.

Man’s only enemies are within himself.

Personality is one of the last enemies to be overcome.

Work on yourself through work on your neighbor.

Don’t hold a single critical thought about your neighbor.

Bless him all day long.

Jesus: Love your enemies, bless them that curse you and do you wrong, do good to them and pray for them.

Good will produces a great aura of protection.

Love and good will toward others destroys your real enemies, which are within yourself.

Chapter 4: The Law of Nonresistance

1. “Nothing on earth can resist an absolutely nonresistant person.”

Tao Te Ching: water.

Jesus: Resist not evil (Mt 5:39)—because there is nothing to resist.

There is only one power, not two (good *and* evil).

Legend of Adam and Eve: They ate of the tree of maya, the illusion of two powers.

Two powers is a false law that we have been hypnotized into believing.

Children are especially sensitive to being hypnotized by the race consciousness.

This man cannot be touched by race thought:

1. He is centered and established in right thinking.
2. He sends out only good will.
3. He is without fear.

“Resistance is Hell.”

2. Baptize your failures as successes.

The Law of Transmutation, based on nonresistance.

Through your spoken word you can turn any failure into a success!

Example: A woman had a male friend who was always creating an atmosphere of negativity around her with his words. It was making her feel like she had not received (spiritually) her good. So she spoke her word: “Success! As there is only one power, God, this man is here for my good and my prosperity.” Later, through this man, she received a large sum of money from someone else.

[*Note the similarity to Ernest Holmes’ 180° technique.*]

[*Try this on the political situation every day or so.*]

“Make this statement, ‘Every man is a golden link in the chain of my good,’ for all men are God in manifestation, *awaiting the opportunity given by man, himself, to serve the divine plan of his life.*”

Does nonresistance make you a doormat?

“Man can only get the right idea of nonresistance, through spiritual understanding.”

Affirm: I (or this person or situation) am under grace and not under law.

Keep calm, don’t fret or try to control the situation: “*One’s ships come in over a calm sea.*”

3. An inharmonious situation comes from some inharmony within man himself.

When there is no emotional response to an inharmonious situation it fades away forever.

Affirm: “Non of these things move me.”

When clients asked S. to treat to change someone in their lives, she responded “No, I will give treatments to change you.”—when you change, the situation or people will change.

“Life is a mirror, and we find only ourselves reflected in our associates.”

“Man cannot force the external to be what he is not.” (ch. 5)

4. Past and future rob us of present good.

Bless all that troubles us from the past, and forget it.

Bless the future, knowing it holds nothing but good for us.

Live fully in the now. [*Compare E. Tolle.*]

I.e., don't resist the present by living in the past or future.

Show financial fearlessness, act out your prosperity in the moment, don't needlessly worry about the future.

5. Never use affirmations unless they feel absolutely satisfying and convincing to you.

Affirmations must be:

- a. carefully worded, and
- b. cover the ground.

6. "It is man's divine right to have plenty!"

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

1. The game of life is a game of boomerangs. We receive what we give.
2. JC: You will know the truth and the truth will make you free.
Knowledge of spiritual law makes freedom in this world possible.
3. Using the principles people can get what is not theirs by divine right.
But those who are immersed in spiritual law are immune to such effects, immune to the law of karma.
4. The most important step in demonstrating is the first step: Ask aright.
Only demand that which is yours by divine right.
I put this situation in the hands of divine wisdom. I bless it and do not resist.
Then STAND STILL and wait in confidence for your perfect result.
5. The law knows nothing about jokes.
6. Christianity revealed the law of forgiveness by which we can neutralize our mistakes.
By the higher law of grace and forgiveness we can neutralize karma, cause and effect.
7. Financial success depends on being orderly in your affairs and home, and dressing well.
Gifts are spiritual investments. Don't ignore your hunches about spending and giving.
Saving and hoarding lead to loss.
Do the things that intuitively make you feel rich.
"Man's supply is inexhaustible and unailing when fully trusted."
Be it done to you according to your faith, which is the substance of things hoped for.

Chapter 6: Casting the Burden, Impressing the Subconscious

1. Once you know the principles you look for the easiest and quickest way to use them.
S. found the easiest way is to cast her burden on the Lord.
Cast the burden and then stand still.
[*"Let It do it."*]
The superconscious is the part of mind that can fight man's battles and relieves his burdens, so let it.
Man violates a law if he carries a burden.
I.e., an adverse thought carried in the subconscious.
It is almost impossible to use the conscious to correctly direct the subconscious.
The conscious is limited in its vision and filled with doubts and fears.
A: I cast this burden on the Christ within and go free.
E.g., A: I cast this burden of lack on the Christ within and go free to have plenty!
The affirmation should be made over and over again, for hours if necessary.
After casting the burden by steadily repeating this affirmation you will see truth clearly again.
2. Darkness before dawn.
Often, before a big demonstration, all the ancient fears and doubts of race consciousness float up from the subconscious.
Stand firm, never waver, be fearless, affirm the truth, and act as if—this is active faith when all seems darkness.
Face your fear, walk right up to it and confront it.
Some people find music and dance help them throw off their burden.
[*Note how this is mythos in action: not the words or logic of the affirmation, but the repetition, the music, etc.*]
3. God is the Giver and the Gift.
Knowing this really impresses the subconscious.
[*Anything else but awareness of God the Good as the only Presence is "vain imagination."*]
Realize: There is no power in evil.

Chapter 7: Love

1. Love is God in manifestation and the greatest force for attraction of good.
It draws to itself its own.
It does not need to seek or demand.
Hardly anyone knows real, unselfish love.
See God as the real being of everyone: Namasté.
2. Every man and situation is our teacher.
We must become impersonal to learn what each man can teach us.
[Communion with God: *Negative illusions are there to teach us truth.*]
Suffering is not necessary, but we tend to personalize everything and forget perfect love, and thus put ourselves under the law of karma.
We often suffer loss simply through lack of appreciation. We become indifferent or critical and cease to inspire those who are important to us.
3. S. affirmed for a man who had been rejected by his wife's lack of appreciation:
I don't care what she says about you, you are a perfect idea in divine mind, and we will demand the perfect success and prosperity that are already planned for you by that infinite intelligence.
4. No one can prosper who despises money or those who have it.
Money is God in manifestation, as freedom from want and limitation.
But money must always be kept in circulation, not greedily or fearfully clutched and hoarded (but prudent saving is OK).
The law of use: don't hoard your possessions and your money.
If you aren't using something, give it away.
Violating the law of use causes some kind of congestion in your life. (ch. 8)
5. Follow the path of love, for God is love, and God is supply.

Chapter 8: Intuition or Guidance

1. Nothing is too hard to achieve for the man who:
 - a. knows the power of his word, and
 - b. follows his intuitive leads.
2. Principles:
 - a. God is our supply;
 - b. There is a supply for every demand;
 - c. Our spoken word releases our supply.
3. Man must make the first move. (Also in Ch. 1)
Ask and you shall receive.
4. How to make a demonstration.
Speak your word and then do nothing till you have a definite lead.
Demand the lead.
The lead will come from intuition or a chance remark, a passage in a book, etc.
[*This is what I learned from Gwendolyn, and it led to my marriage to Joy.*]
Tithing and other giving opens the way for receiving.
Don't demand just what you want, demand the perfect right thing in divine mind.
Give thanks that what was affirmed is already received.
Intuition does not explain, but points the way.
5. There is a mental correspondence for every disease.
We might receive a healing through recognition that we are a perfect idea in divine mind, but if we continue destructive thinking, fearing, doubting, hoarding, hating and condemning, then the disease will return.
We attract what we criticize and condemn and focus on.
6. For indecision affirm: I am always under divine inspiration. I make right decisions, quickly.
Don't look to the psychic plane for guidance, it is a field of opposites—just like the mental plane.
Go straight to spirit.
The Prodigal Son: It is God's will to give us all that we need and more, every righteous desire of our hearts.
But it takes an effort of the will to have that faith, it is much easier to fall back into race belief.
Faith is an effort of the will.
7. When one has made his demand upon the infinite he must be ready for surprises.
Everything may seem to be going wrong, when, in fact, it is going perfectly right.
E.g., nothing that belongs to you by divine right can be lost in divine mind, so anything that seems to be lost will in time be returned—or

its equivalent.

When a man makes his spiritual stand, all that is his by divine right is restored to him.

“I will restore to you the years the locusts have eaten.” (Joel 2:25)

The locusts are the doubts, fears, regrets, resentments of mortal thinking.

8. Man is here to prove God and bear witness to the truth by drawing plenty out of lack, and justice from injustice.

Chapter 9: Perfect Self-Expression or the Divine Design

1. There is a perfect idea held in Divine Mind of each man's perfect self-expression.

Man's highest demand is to see the divine design of his life.

Because manifestation comes from our images, we must first see this design before we can manifest it.

This perfect plan brings perfect happiness, the square of life: health, wealth, love and perfect self-expression.

Perfect self-expression will never be labor, but more like play.

And God is and will give the supply needed for your self-expression.

Many a genius has struggled for years with a problem of supply, when his spoken word and faith would have released his supply quickly.

2. One should never visualize or force a mental picture of the divine design for himself.

And parents should not force their ideas for their children's lives on them.

Parents should speak their word early in their child's life, or prenatally, for her perfect self-expression to manifest.

The Bible [*and the Tao Te Ching*]: God's will be done, not man's; God's perfect pattern, not man's.

The Bible is about the science of the mind, how to release the soul (subconscious mind) from bondage.

Speak your word to realize and accept that you are a perfect channel for Infinite Mind to express Itself.

3. Affirmation for students: I am one with Infinite Intelligence. I know everything I should know about this subject.

Don't speak your word just for the things that are difficult for you—don't rely on your ego but on God in all ways, even in the things you think you are good at.

When you think you no longer need divine assistance, that you can handle matter perfectly well on your own, that's when everything will go wrong.

Practice the Presence of God every minute of every day.

Rely not on your own abilities. Resist not God the Good in any way at any time.

4. Poise is power!

This should be the student's goal.

It gives divine power the chance to rush through a man.

Don't be disturbed by anger, fear and worry, and other disturbing emotions.

Sin in metaphysics: Whatsoever is not of faith is sin.

We prove our faith by walking right up to the thing we fear.

5. Belief in incompletion delays demonstration.

Know and affirm: “In Divine Mind there is only completion, therefore, my demonstration is completed. My perfect work, my perfect home, my perfect health.”

Whatever he demands are perfect ideas already in Divine Mind, so they must manifest when he speaks his word.

So also give thanks and make active preparation for receiving the invisible in the visible.

6. Suppose you suspect you have many talents.

Demand Infinite Spirit to show you right here and no what talent you are to express.

A: “I am fully equipped for the Divine Plan of my life,” and you will discover all the talents you need.

7. The Lord loveth a cheerful receiver, as well as a cheerful giver.

Give without thought of return, but if a return comes to you, receive it—it violates law to refuse it.

All gifts are from God.

8. Birth and death [*sickness, lack, discord, etc.*] are the wages of sin, the sin of believing in two powers.

How could we die if we believed in only one power, only in life?

Chapter 10: Denials and Affirmations

1. Thou shalt also decree a thing....

[Thou shalt also decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways. (Job 22:28)]

“All the good that is to be made manifest in man's life is already an accomplished fact in divine mind, and is released through man's recognition, or spoken word, so he must be careful to decree that only the Divine Idea be made manifest, for often, he decrees through his 'idle words,' failure or misfortune.”

It is therefore of the utmost importance to word one's demands correctly.

- And always make the demand for the divine right thing, and that it may manifest “under grace in a perfect way.”
2. As your understanding grows, demand enormous sums of money by divine right, under grace in perfect ways.
It is impossible for man to release more than he thinks possible.
We are bound by the limits of our subconscious.
Man often demands a specific amount and receives it, when he just as well could have asked for more.
 3. When making demands, always start at your journey’s end.
Declare that you have already received.
Continually affirming establishes the reality in the subconscious.
But, if you had perfect faith it would not be necessary to make the demand more than once.
[The method taught by Divine Science.]
Never plead or supplicate, but give thanks repeatedly.
Prayer is command and demand, praise and thanksgiving.
The student’s job is to make himself believe that with God, all things are possible.
 4. Never compromise, never settle for less.
Father, I’ll take nothing less than I’ve asked for—or more!
Then stand.
Demonstrations often come at the 11th hour, because then the mind gives up, allowing the divine mind to come through.
 5. Two attitudes cause loss.
 - A. Depreciating.
 - B. Fear of loss.
 6. Always follow a denial with an affirmation.
 7. Note that S. speaks of what we would today call non-local communication, or healing.
 8. Visualizing versus visioning.
Visualizing is governed by the reasoning mind.
Visioning is intuitive, governed by the superconscious mind.
Train your mind to be sensitive to divine images coming from the superconscious.
Know that they are revealing the square of life.
Know that they will transcend the limits of reason.
 9. Christ was both person and principle.
S. saw many healings accomplished by using the words: In the name of Jesus Christ.
The Christ within is the image of God, the perfect self.
 10. Mastery.
Man should make an art of thinking.
He should paint only the divine designs on the canvass of his mind.
All power is given man through right thinking to create heaven on earth.
This is the goal of the game of life.
The rules are:
 - a. Fearless faith.
 - b. Nonresistance.
 - c. Love.
- “Be ye transformed by the renewing of your mind.” (Rom 12:1)