



Science of Mind

Ernest Holmes

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In the early part of the twentieth century, a visionary named Ernest Holmes began a journey of exploration and research that profoundly affected thinkers throughout America. His work, based on the teachings of the great philosophers, the sacred wisdom of both Eastern and Western traditions, and the empirical nature of science, offers a philosophy of religion and psychology emphasizing the limitless potential of the human mind. Now, for the first time, *The Science of Mind* appears in paperback to coincide with the seventieth anniversary of Ernest Holmes's founding of the Religious Science movement. This book contains the fundamentals of Holmes's teachings and is a primary resource used by teaching centers and spiritual healers worldwide. Its universal principles apply to people of all spiritual backgrounds as they describe a higher level of existence attainable through the use of Nature's forces and the power of God. While imparting an unrivaled technique for living, Dr. Holmes's classic guide speaks clearly to a complex world caught in transition and searching for guidance.

Science of Mind Details

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From Reader Review Science of Mind for online ebook

Robin says

I found this to be the most clear and reasoned presentation of the basic New Thought world-view I have yet read. Whether all the cosmology proves to be exactly the way things are constructed it's a good working model for "how things work". The world-view is simple, to the point and not cluttered with lots of extraneous speculation about how many angles are involved with rhythmic movement on small objects (or other complex descriptions of what is difficult to know from our material perspective). This work is a good "owner's manual" to this "spiritual being having a material experience" world we live in. Highly recommended.

There are a few Biblical references, although, as with most New Thought works, they are interpreted metaphorically: as teaching tales someone spiritually wise might tell for what they show about the personal spiritual journey. In this view, the "Christ" is within each of us, and the person the Gospels was written about was just really good at allowing that inner light to express in his life. By this teaching, we can all learn to do what he did--in fact, that is what he wanted us to learn to do (not shame and criticize each other)! New Thought only acknowledges or focuses on the positive: only sees or speaks about goodness (at least that's the goal!). Holmes does an excellent job of explaining how that can be accomplished in ones life.

Claude Vertu says

Inasmuch as many of the the author's examples contradict his own teachings, the book still deserves 5 stars for its general overall excellence. The Science of Mind is a book that anybody who is serious about understanding universal/quantum concepts should absolutely read, and study, time and again, because it talks about the many aspects of science/religion/spirituality which are left out of most books published today, and in recent times, about these concepts. It goes well beyond the ideal of mere wealth attainment, generously spilling over into concepts such as God and divine purpose. If you've been left empty-handed by more recent "Law of Attraction" books, this book will explain why!

Gary says

There is a well thought out philosophical foundation that the author lays out in this book. The author is going to argue for "The One" of Parmenides (I don't think he cites Parmenides by name but speaks in his terms). Most modern Christian thought puts God outside of the universe (an atemporal, transcendental being of some kind), and makes Man (all people, but I'll use "Man" because that's the way they talked in 1926) completely separate from his creator.

The One is infinite and everything that exists is made of this mind substance and is just a rearrangement of this substance according to Holmes. The Rev. George Berkeley developed a coherent (and probably never properly refuted belief system) that everything that exist is in the mind of God. (If a tree fell in the forest and no one was there to hear it would it make a sound. Yes, of course, it would according to Berkeley, God would hear it). Holmes is taking Berkeley but putting a reverse twist on it, we are the mind of God and God is our mind. He'd would probably agree with the statement that "the Man who thinks is God". That's sort of an Aristotelian sentiment too. Because, in the Aristotelian worldview there is no creation ex nihilo, there is

only creation from something, an arrangement of stuff. Since Holmes is starting with the infinite substance being from God he reaches a similar conclusion to the Pagan thought of Aristotle.

Holmes very subtly reworks Christianity with some of the old Pagan beliefs put back in. Holmes, no longer makes Man an infinite distance from God and our Gratitude can be actualized (under traditional Christianity we can never pay God back fully for the Cross and can only try to be perfect in this life time, but Holmes allows us to be perfect). For Holmes, God is approachable, and might be outside of time, but still part of our universe. Karl Popper realized that Parmenides agrees with Einstein's "block universe" from Einstein's General Theory of Relativity. Time is taken out of the universe when it is looked at from the whole cosmos. Holmes is no dummy. He knows what he is doing and how he connects man to God through the medium of the ether (or in today's terminology I would say the "Higgs Field", which permeates the whole universe and gives all particles which have mass their mass).

Holmes does give a very non-standard interpretation on Christianity. Not that there is anything wrong with that (who wants to study the same old boring stuff?). His thinking does seem to overlap a lot with Quaker thought (probably by far my most favorite of all religions). He also has a whole lot of Mary Baker Eddy in his system, but with what I would call a 'lite' version. Because, he'll say go ahead and think the illness away but go to a doctor if need be.

He thinks there is a medium (an ether) where our thoughts can travel freely about. Our thoughts can effect (and affect) the world. He really likes Jesus, but puts a different spin on Jesus' words than traditional Christianity. Such as when Jesus said "I and the father are one" really means that all of us have the spark of God within us and God has it in us and we are all like the speck in the center of a page completely surrounded by the infinite mind (everything is mind). Duality (mind body dichotomy) leads to errors in thought. The author understands that and discusses some of those problems when he talks about absolutism and relativism. He knows that cause and effect get jumbled together and he replaces that way of thinking with Karma.

The author thinks mystics have always been real (great sages of ages past from all cultures who understand the wisdom acquired from the instinctual use of the mind), and the author thinks psychics of all kinds are real and can tap into the subjective consciousness, the part of the mind that contains the soul and contains our memories and can be accessed by using deduction, the necessary Laws that flow from the universe's (God's) existence. Spirit is that which becomes self aware and is not soul, the soil that allows the Spirit to be actualized.

There's definitely a large self-help component to this book. People who have been through bad experiences and need a helping hand will definitely be able to embrace this book with its positive mental attitude approach (but they first would have to wade through some of the compact language and pseudoscience contained in the book). I suspect that's why people give this book such high ratings. I liked his attitude on good habits and why they matter so keenly in making us who we become, "first the man takes a drink, then the drink takes the drink, and then the drink takes the man". The prayers (or meditations) in the end of the book probably would work for people who are at their wits end and feel they can't take it anymore. To get to the meat of the book, one does have to wade through a lot of psychobabble ('constipation is about recognizing ones freedom', I would say that it's about fiber, but immediately following that he says something intelligent about people with low self worth and how to realize that it is not real. So one has got to take the good with the bad with this book).

This book provides a different spin on Christianity. In my opinion, a more refreshing look, and he is not bad with his philosophy, but there is a lot of babble from the time period he writes which he accepts. I would be

fairly certain there are people this book could help, but it is not a science book whatsoever and does have a whole lot of psychobabble with it.

Vinay K. Venugopal says

Great book.. wisdom of ages.

Donna says

Life changing

Mari Young says

Best book EVER!!

John Lusk says

Must read

Cheryl says

I loved this book. It's easy to read, inspiring, and spiritually confirming. I found an old version at a thrift store at a very lonely time in my life, when I first moved to CA and missed family and friends. Another one of those creative visualization / law of attraction books.

Jim Razinha says

The Science of Mind

Don't be fooled by the title - I was, but only until the third paragraph. I don't remember how it got on my list, but once started, I felt I had to train wreck through it. I've read a number of *real* mind science books in the last couple of years and this is simply a largely Christian religious text with a few scientific mentions in it. There *is* a bit of pseudoscience, but Holmes clearly doesn't think so.

It's unfair to ding Holmes for a 1920s perspective, and it's unfair to pick on the non-science as this is clearly religious. Any reader without a critical eye can be taken in by the wrong definitions/examples. His examples of something as simple as inductive and deductive reasoning are wrong, but sound convincing.

I made a lot of notes, but after a while it became comical, so I decided to give up. Some of the gems is this one:

Take electricity as an example; we know that there is such a thing as electricity; we have never seen it, but we know that it exists because we can use it;... That logic evades me - we can make predictions about electricity, and test those predictions...but the simpler answer wasting scientists's time is because "we can use it".

It is known that certain people can read our thoughts, even when we are not aware of the fact... Um, wow.

The conscious mind controls the subconscious; and in its turn, the subconscious controls the body. No. Really no.

...as we have found that man is threefold in his nature, so we must also deduce that God is threefold in His Nature... "must"? Dude, there is no "must"...save in your manufactured very odd world. Non sequitur.

Psycho-analysis is a system of analyzing the soul, or the subjective mentality. It is a mental process of diagnosis which seems to be technically perfect when used by those who understand it. Right. Because psycho-analysis is an absolute science.

Strange as it may seem, we do not have the same physical bodies that we had a few months ago; they have completely changed; new particles have taken the place of the old; and the only reason why they have taken the same form is, that Instinctive Man has provided the same mold. Huh. No comment necessary.

So, I was a bit surprised to learn that the mythical (Biblical?) flood was caused by psychic confusion. Never heard/read that ever. I was also unaware that "very few diseases are inherited". I'll chalk that up to a 1926 understanding of genetics.

I think I should qualify this review...I looked up comments on other editions and learned that this may have been an abridged version. I can't imagine plowing through anything longer. This is a tortuous read. Holmes is all over the map here and doubles back on himself throughout. He obviously believed he was coherent. He wasn't.

I didn't like this, but not enough to rate it one-star.

Daniel Barenboim says

The book started off well enough, taking me on a journey through Christian beliefs in the spirit, soul, and body as they are related to the Holy Trinity (Father, Holy spirit, Son). Then it made some great assertions that we choose our outlook on life and that we are in total control of any outcome that may befall us. For these great concepts, I'd give the book 5 stars.

The reason it earns two stars is because of the constant repetition of the same thing and the pointless religious babble. Babble might be a harsh word but it does it justice when the other repeatedly says things like "God is all and all is God". These type of sayings could have filled up 25 pages of this book.

The real issue started when he began delving into levitation, psychics, fortune tellers, apparitions, etc.. At that point this book turned into an Encyclopedia of Witchcraft. Author claims he has personally had conversations with mysterious voices that "did not know where they came from" and that he has personally

seen a pencil writing while floating in midair "with no one holding it". Then with his other mystical claims, he admits that there is no research on it but he assumes that one day we will find proof for how these things happen.

There is no science in this book whatsoever. Science includes experiments, trials, data, anything! The whole book is conceived of his own personal beliefs and him validating that it is "Fact".

Jay says

What can you say about the book that explains... pretty much everything. This is the instruction manual for life.

Linda says

Amazing book!!! I recommend to anyone who is a seeker of the meaning of life. The first lesson is a bit confusing but don't quit!! The further along you get it all starts to come together! Truly a life changing book!

Suze says

Ernest Holmes' "New Thought" metaphysics is a synthesis from many great and varied sources. He was influenced mostly by Ralph Waldo Emerson, Thomas Troward, Phineas Quimby, Mary Baker Eddy and the Bible. The book's density, as in - a lot packed into every sentence and paragraph, made it slow going for me. But ultimately worthwhile in gaining insight into his thesis of the One Mind of which we are all a part; we are all the stuff of God – Godstuff – making the world with our thoughts - something that quantum physics appears to bear out years after this book was published.

Ray Justice says

Just loaded with thoughts and realities for understanding how we function as thinking human beings. I have had a copy of this book for many, many years.

Angelica Taggart says

I've read this book every year since 1981 ... everytime I find something new!
Powerful Stuff!

Alia says

Bless the heart of this author! This book to me was and still is a guide that is helping me in my life. When I got hold of this book, I was going through a tough time in my life trying to find happiness with myself while at the same time trying to prove myself to those I loved most. This book taught me how to deal with the most difficult situation with Spiritual help. One cannot read this book if you do not believe in God or are not Spiritual in any kind of way. I consider myself lucky to have a copy of this book. I would recommend to all who find it hard to see their Physical, Emotional and Spiritual Perfection.

Nancy says

I subscribe to "Science of Mind" magazine and really like the philosophy of the religion founded by Ernest Holmes. However, I could not finish his classic book. His use of Spirit, Soul, Subconscious, Conscious, Mind, etc. only boggled my mind. So, I gave up on reading it. Will have to content myself with articles of his that appear in the magazine and clearer interpretations of others as to his beliefs.

Sandy says

powerful stuff.... whether you believe in 'god' or not, this stuff is good and it works if you allow yourself to try the principles expounded upon and then just observe what occurs... That is the whole truth of the matter.... no matter what anyone might call it... religion, god, whatever, with a Positive Mental Attitude and Focus we can each change our lives. Period.

David Teachout says

At times sophomoric, at others deeply profound Holmes is here giving the total visionary outline of the religion or spiritual discipline he created. It does not have to be read in order and in fact likely shouldn't, instead perused as a spiritual guide to further understanding the principles of Religious Science. Contemplation is key here as is an appreciation for how standard religious words are used differently. Once clear a whole new world opens up.

Lucya says

This book is great! I could end my review here. This knowledge is power! Such well worth the time to read this. On our journey here, we all want to better ourselves, whether we admit it or not. You do not have to be poor, or miserable, or lonely. Choose what you want. Sit and wait. Know that it is coming. Live expecting good to come. It will. Stop! Do not doubt. Train yourself to think the right way. If you are living a life that is sad and just getting by, you must stop here and now and begin to think of only what you desire. It's working for me. At mid 50's, I now own my own home with 5 bedrooms in a beautiful part of my state. I do not work outside my home. My family is together. I am happy.

