

~ June 19~

How to Make Good Habits Inevitable and Bad Habits Impossible

The ultimate way to lock in future habits is to automate your habits.

James Clear, in his book, *Atomic Habits*, says, “A craving is the sense that something is missing. It is the desire to change your internal state.

Desire is the difference between where you are now and where you want to be in the future. Neurologists have discovered that when emotions and feelings are impaired, we actually lose the ability to make decisions. We have no signal of what to pursue and what to avoid. As the neuroscientist Antonio Damasio explains, “It is emotion that allows you to mark things as good, bad, or indifferent.”

To summarize, the specific cravings you feel and habits you perform are really an attempt to address your fundamental underlying motives. Whenever a habit successfully addresses a motive, you develop a craving to do it again. In time, you learn to predict that checking social media will help you feel loved or that watching YouTube will allow you to forget your fears. Habits are attractive when we associate them with positive feelings, and we can use this insight to our advantage rather than to our detriment.

Dr. Holmes, in his book, *The Science of Mind*, says, Evolution is a principle which, though invisible, finds manifestation in every form of life. Evolution can only follow involution. Involution is the idea, while evolution is the unfoldment of the idea. INVOLUTION PRECEDES EVOLUTION AND EVOLUTION FOLLOWS WITH MECHANICAL PRECISION, PROPELLED BY AN IMMUTABLE LAW... the Law of Cause and Effect.

Every time one conceives an idea, it is the Divine Expressing Itself. The Divine is eternally knowing, and eternally known, through everyone. It is God’s nature to know and there is an emotional **craving**, or desire for expression, inherent in the Universe. The Spirit INVOLVES, the Law EVOLVES. The Law does not know that It is evolving; it is Its nature to evolve and this nature is mechanical.

HOW TO REPROGRAM YOUR BRAIN TO ENJOY HARD HABITS

In his book, *Atomic Habits*, Clear says, “You can make hard habits more attractive if you can learn to associate them with a positive experience. Sometimes, all you need is a slight mindset shift. For instance, we often talk about everything we have to do in a given day. You have to wake up early for work. You have to make another sales call for your business. You have to cook dinner for your family.

Now, imagine changing just one word: You don’t “have” to. You “get” to.”

Read this prayer, **written by Dr. Jim Turrell** twice a day.

The Nature of Life is Unified in Love. The Goodness of Life is Unified in Joy. In this moment, I am one with the Divine Nature of Love and Goodness that moves by means of my unity, faith and acceptance. Right now, I declare my life to be the manifest experience of the Divine's Perfect Love and Absolute Joy. All other feelings or emotions that run contrary to my perfection dissolve in the power of my Trust in God—my divine creator. I give thanks for all my blessings and the opportunity to eternally evolve into a even greater experience of Joy, Peace and Love. Released, my word is now the seed vested in the Power and Glory of God's Universal Intelligence. And so it grows! And so it is!

Sunday Program

Welcome: J.R. Mendivil, RScP

SOLO

Featured Musician Mark Cardinal

Piano: Ron Levy, Bass: David Weeks-Wynne, Guitar: Kent Militzer, Drums: Scott Conner

Back up Vocals: Erica Turrell

Affirmative Prayer & Affirmation

Kyle Moore, RScP

Affirmation

Being in motion and taking action, while they sound the same are really quite different. Being in motion is research. Taking action is actually starting the habit. While both steps are important, if you get stuck in the research, it can quickly turn into procrastination.

— James Clear

SOLO

Featured Musician

READING

Erica Turrell

~ **June 19** ~

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OFFERTORY

Affirmation and Solo

When forming a new habit, don't worry about perfection. In the beginning, focus on repetition.

—James Clear

SOLO

ANNOUNCEMENTS

Closing Song