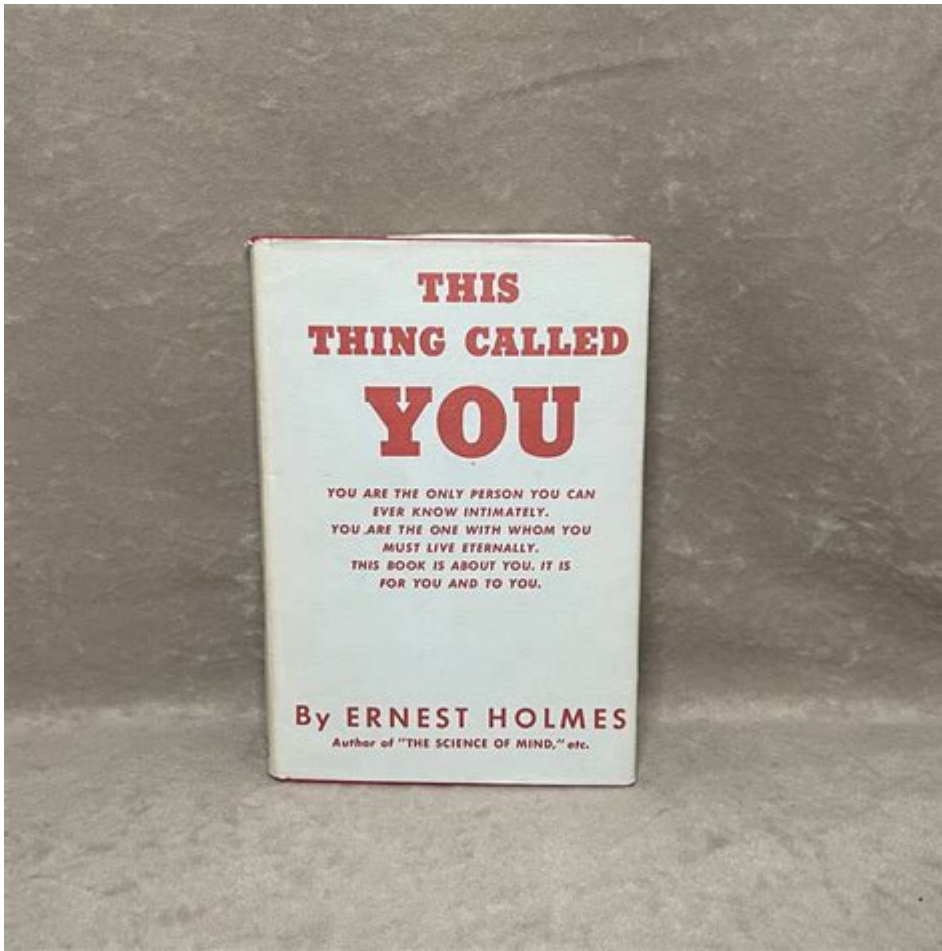


# Ernest Holmes This Thing Called You



**Ernest Holmes: This Thing Called You** is an influential work that delves into the essence of the human experience, emphasizing the potential within every individual to shape their own reality through thought and belief. Written by the founder of the Religious Science movement, Holmes presents a metaphysical framework that encourages readers to explore their inner selves, harness their creative power, and ultimately discover the divine essence that resides within them. This article will explore the core concepts of this seminal work, its philosophical underpinnings, and its relevance in contemporary life.

## Understanding Ernest Holmes and His Philosophy

### Who Was Ernest Holmes?

Ernest Holmes (1887-1960) was an American spiritual teacher, author, and the founder of the Science of Mind philosophy. His teachings integrate ideas from various spiritual traditions, including Hinduism, Buddhism, Christianity, and New Thought. Holmes was deeply influenced by the idea that thoughts are powerful and can shape reality, a concept that forms the crux of his work.

Holmes established the Religious Science movement and founded the Institute of Religious Science and Philosophy in 1927. He authored several influential books, including "The Science of Mind," which laid the groundwork for his teachings. "This Thing Called You," published in 1938, is one of his most accessible and popular works, appealing to a broad audience seeking personal transformation and spiritual insight.

## **The Central Themes of "This Thing Called You"**

"This Thing Called You" explores several important themes that are integral to understanding the human experience and the nature of reality. Some of the central themes include:

1. **The Nature of the Self:** Holmes argues that individuals are not merely physical beings but rather expressions of a universal consciousness. He emphasizes that the true self is divine, capable of infinite possibilities.
2. **The Power of Thought:** Holmes highlights the role of thought in creating one's reality. He posits that our thoughts shape our experiences, and by changing our thinking, we can change our lives.
3. **Spiritual Laws:** The book discusses the spiritual laws that govern existence, including the Law of Attraction, which states that like attracts like. By aligning our thoughts with our desires, we can manifest the life we want.
4. **Personal Responsibility:** Holmes stresses the importance of taking responsibility for one's life. He encourages readers to recognize their power to create their circumstances and to act with intention.
5. **The Unity of All Life:** The idea of interconnectedness is a recurring theme in Holmes' work. He explains that all beings are connected through a universal energy, reinforcing the idea that our actions impact others and the world around us.

## **Key Concepts and Principles**

### **The Divine Within**

One of the most profound concepts in "This Thing Called You" is the idea that each person embodies the divine. Holmes asserts that recognizing this divine essence is crucial for personal transformation. He encourages readers to:

- Reflect on their inner nature
- Understand their connection to the universal spirit
- Embrace their uniqueness as an expression of the divine

According to Holmes, when individuals acknowledge the divine within, they tap into a source of creativity and power that enables them to transform their lives.

# The Creative Process

Holmes outlines a three-step creative process that individuals can use to manifest their desires:

1. Recognition: Acknowledge the presence of the divine within and understand that you are a part of a greater whole.
2. Affirmation: Use positive affirmations to reinforce your beliefs and intentions. Speak affirmatively about your desires and visualize them as already manifested.
3. Realization: Act on your beliefs and take steps toward your goals. Trust in the process and remain open to the signs and opportunities that arise.

Holmes emphasizes that this creative process is not just about wishful thinking; it requires conscious effort and alignment with spiritual laws.

## Thought as a Creative Force

Holmes emphasizes the power of thought as a creative force in "This Thing Called You." He identifies several key points regarding the nature of thought:

- Thoughts Create Reality: The quality of one's thoughts directly influences experiences. Positive, constructive thoughts lead to positive outcomes, while negative thoughts can create obstacles.
- Subconscious Mind: Holmes explains that the subconscious mind plays a critical role in manifesting desires. It absorbs and acts upon the beliefs and thoughts we hold, often without conscious awareness.
- Visualization: The practice of visualization is highlighted as a tool for manifestation. By vividly imagining desired outcomes, individuals can impress their subconscious mind and align their external reality with their internal vision.

## Practical Applications of Holmes' Teachings

### Daily Practices for Personal Transformation

Holmes encourages readers to incorporate specific practices into their daily lives to harness the principles outlined in "This Thing Called You." Some recommended practices include:

1. Morning Affirmations: Begin each day with positive affirmations that reinforce your goals and intentions.
2. Meditation: Engage in regular meditation to quiet the mind and connect with the divine within. This practice enhances self-awareness and clarity.

3. **Journaling:** Write down thoughts, feelings, and insights to gain a deeper understanding of oneself and track personal growth over time.
4. **Vision Boards:** Create a vision board that visually represents your goals and aspirations. This serves as a constant reminder of your intentions.
5. **Surround Yourself with Positivity:** Engage with uplifting people, read inspiring literature, and consume positive media to cultivate a supportive environment.

## **Overcoming Challenges**

Holmes acknowledges that individuals will encounter challenges and obstacles on their journey of personal transformation. He offers guidance on how to navigate these difficulties:

- **Shift Perspective:** View challenges as opportunities for growth and learning rather than setbacks.
- **Practice Resilience:** Develop resilience by maintaining a positive outlook and trusting in your ability to overcome adversity.
- **Seek Support:** Connect with like-minded individuals or groups that resonate with your spiritual journey. Sharing experiences and insights can provide encouragement and inspiration.
- **Stay Committed:** Remain committed to your goals and practices, even when faced with difficulties. Consistency is key to manifesting change.

## **The Relevance of "This Thing Called You" Today**

In today's fast-paced and often chaotic world, the teachings of Ernest Holmes in "This Thing Called You" remain highly relevant. Many people are seeking meaning, purpose, and fulfillment in their lives. The concepts presented in this book offer a roadmap for individuals who wish to transcend limitations and tap into their potential.

- **Self-Help Movement:** The principles of positive thinking and personal empowerment have been widely adopted in the self-help and personal development movements. Holmes' work is foundational to this genre.
- **Mindfulness and Spirituality:** The contemporary interest in mindfulness, meditation, and spirituality aligns with the insights provided by Holmes. Many individuals are drawn to practices that promote self-awareness and a deeper connection to the divine.
- **Psychological Insights:** Modern psychology recognizes the impact of thought patterns on mental health and well-being. Holmes' emphasis on the power of thought resonates with cognitive behavioral therapy approaches that focus on reframing negative beliefs.

# Conclusion

"This Thing Called You" by Ernest Holmes is a transformative work that invites readers to explore their inner selves and recognize their inherent power to shape their realities. Through the understanding of thought, the divine essence within, and the interconnectedness of all life, Holmes provides a powerful framework for personal growth and spiritual awakening.

As individuals navigate the complexities of modern life, the teachings of Holmes continue to inspire and empower, offering timeless wisdom that encourages us to embrace our potential and live authentically. By applying the principles outlined in this book, readers can embark on a journey of self-discovery, creativity, and fulfillment, ultimately realizing the profound truth of "this thing called you."

## Frequently Asked Questions

### **What is the central theme of 'This Thing Called You' by Ernest Holmes?**

The central theme of 'This Thing Called You' is the exploration of the individual's spiritual nature and the power of thought in shaping one's reality. Holmes emphasizes that each person has the ability to tap into their innate potential and create a fulfilling life through self-awareness and the understanding of universal laws.

### **How does Ernest Holmes suggest we can change our lives in 'This Thing Called You'?**

Ernest Holmes suggests that by changing our thoughts and beliefs, we can change our experiences and circumstances. He advocates for the practice of affirmative thinking and visualization as tools to align oneself with higher consciousness and attract positive outcomes.

### **What role does self-acceptance play in 'This Thing Called You'?**

Self-acceptance plays a crucial role in 'This Thing Called You.' Holmes argues that accepting oneself as a unique expression of the divine allows individuals to unlock their true potential. He encourages readers to embrace their individuality and recognize their inherent worth as key steps toward personal transformation.

### **How does Holmes view the relationship between the individual and the universe in 'This Thing Called You'?**

Holmes views the relationship between the individual and the universe as interconnected. He posits that each person is a unique manifestation of universal spirit, and by understanding this connection, individuals can harness the power of the universe to manifest their desires and achieve personal growth.

# What practical exercises does Ernest Holmes recommend in 'This Thing Called You'?

In 'This Thing Called You,' Ernest Holmes recommends practical exercises such as meditation, affirmative prayer, and visualization to help individuals focus their thoughts and intentions. These practices are designed to enhance self-awareness, promote positive thinking, and align one's life with spiritual principles.

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