

# ‘Inspiration Cards’

Inspired by Dr. Ernest Holmes &  
the Science of Mind Teaching



**‘Inspiration Cards’** – a *teaching tool* for teachers, practitioners and students, with quotes from Dr. Ernest Holmes’ books and affirmations from our students. The cards are designed using original art created to compliment the quote and the affirmation. The complete concept, design and production was created by members of **TEMENOS: Center for Self-Realization, Ukraine SOM Community**.

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## **Rev Barbara uses these cards in many ways, for example:**

1. On the first class, to help people connect with each other, each student draws one and contemplates it and then we introduce ourselves based on what our card shows us about ourselves.
2. At beginning of a workshop, we do the same thing only put people in pairs or groups of 4 to share.
3. When guests come for the annual conference, at the airport, when they are standing outside the car, with feet on Ukrainian soil for the first time, we give a bite of a sweet roll and they pick a card. This card is their inspiration for their time here in Ukraine and is a guidance message from Spirit. We use the card in our orientation circle and then in spiritual practice to share more deeply. It is a touchstone.
4. In class settings when we are teaching the practical application of SOM we often use the cards for students to practice seeing the principle and discussing the practice that the affirmation directs us to.
5. In our young adult group each draws a card and speaks about, in general, how young people would be affected if there was more of that quality accepted and prominent in their lives – then we get in small groups to share how it would work individually.
6. Individually, each day we can draw a card to take to meditation and prayer and to focus on throughout the day.