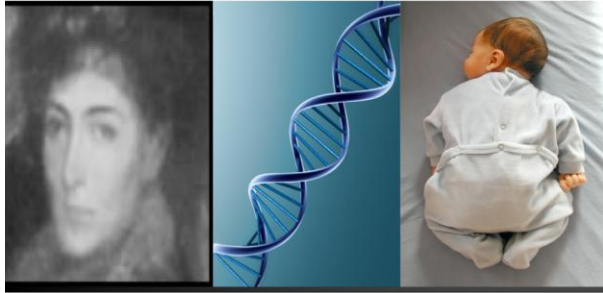


Florence Scovel Schin

1871 - 1940



The Game of Life Vibration is the Key to our Thoughts

## Florence Scovel Shinn 1871 - 1940

An artist and metaphysical teacher in New York in the early part of the 20<sup>th</sup> century.

Her writings and teachings are as applicable today as they were when they were written almost 100yrs ago.

I would like to share some thoughts about a book that was loaned to me recently,

called "*The Game of Life*" by Florence Scovel Shinn.

Also check the web for more info and insight about other books written by Florence.

Up until now I have learned a lot about how our thoughts and words are in fact frequencies of sound and vibrations and how if we become aware of these we can consciously choose the vibrations we send out. We are like sonar beacons and what we send out will indeed come back to us. If we change our thoughts and perceptions and align them with the perfect good that is within each of us, then we will have the ability to change anything we choose to change in our life.

Energetically thinking has become a large part of my teachings and coaching, helping clients and students realize the importance of their thoughts, words and deeds. *The Game of Life* is a great book to read as it explains the process very well.

Upon reading this book I discovered that this lady, Florence Scovel Shinn presented almost 100 yrs ago, the philosophies and teachings that we are only now becoming aware of and putting into action. Most people have only been made aware through the media with the help of Esther and Jerry Hicks, Jonathan Goldman, Steven Halpern, Law of Attraction, The Secret, Michael Lossier, Louise Hay and the many people Hay House has published, Reiki and other alternative or complimentary therapies which apply the principle of "Energy follows Thought" and that use INTENTIONS.

100 yrs ago, it was known how our thoughts are instrumental in our health and wellbeing..

100 yrs ago people were applying these principles and were becoming consciously aware.

100 yrs ago people were beginning to take charge of their own destiny.

100 yrs ago there was an understanding of the energy and vibration of thoughts and words.

What progress will the next 100 yrs bring.?

If, as a nation, we can all understand how to effectively create our own Universe and, how we can all effectively and collectively create a better life, better health, better everything...

*"What a wonderful world this would be"*

*“Most people consider life a battle, but it is not a battle it is a game.”*

It is a game which cannot be played without the knowledge of spiritual law. It is a game of Giving and Receiving. This means that whatever man sends out in word or deed, will return to him; what he gives he receives. Whatever man images, sooner or later he externalizes in his affairs.

Florence talks about the Power of the Word . . .

*” changing conditions by changing the words you use”*

. . . she says

*“Any man who does not know the power of the word  
is behind the times”*

*This gave me a chuckle..behind the times.. 1925?*

I wonder what she would say today about our conscious awareness and efforts to improve our lives. This book was written in 1925 and yet still today so many people are oblivious to how powerful this energetic exchange of thoughts, words, and deeds really is.

The object of *The Game of Life* is to see clearly ones good and to obliterate mental pictures of evil and failure. This is done by impressing the subconscious mind with a realization of good.

*“The invisible forces are ever working for man who is always  
“pulling the strings” himself, though he does not know it.  
Owing to the vibratory power of words, whatever man voices, he begins  
to attract. People who continually speak of disease will invariably  
attract it”*

The book explains a lot about the spiritual laws and has many affirmations that can be used to bring about changes in your own life and those around you. It has some references to Bible passages which are then explained metaphysically. I like the fact that Florence explains these metaphysically.

Florence makes reference to 3 departments of the mind, the *subconscious*, the *conscious* and the *superconscious*.

*The subconscious* is simply power without direction. It is like a stream or electricity and does what it is directed to do. Whatever man feels deeply or images clearly, is impressed upon the subconscious mind, and carried out in the minutest detail.

*The conscious* mind has been called the mortal or carnal mind. It is the human mind and sees life as it appears to be. It sees death, disaster, sickness, poverty and limitation of every kind, and it impresses the subconscious.

*The superconscious* mind is the GOD mind within each man, and is the realm of the perfect ideas. In it, is the “*perfect pattern*” spoken of by Plato *The Devine Design*, for there is a *Devine Design* for each person

*“ There is a place that you are to fill and no one else can fill, something  
you are to do that no one else can do”*

Many people are in ignorance of their true destinies and are striving for things and situations which do not belong to them, and would only bring failure and dissatisfaction if attained.

Some quotes....

*“Getting into the spiritual swing of things is no easy matter for the average person. The adverse thoughts of doubt and fear surge from the subconscious. They are the “army of aliens” which must be put to flight. This explains why it is so often darkest before dawn”*

*“No man can fail if some one person sees him as successful”* Such is the power of the vision

*“A person knowing the power of the word becomes very careful of his conversation. Through his spoken word man is continually making laws for himself”*

*“What man says of others will be said of him and what he wishes for another, he is wishing for himself. If he wishes to aid someone to success he is wishing and aiding himself to success”*

*“The body may be renewed and transformed through the spoken word and clear vision and disease be completely wiped out of the conscious. The metaphysician knows that all disease has a mental correspondence, and in order to heal one must first heal the soul. The soul is the subconscious mind and must be saved from the ...wrongthinking...”*

*“Continual criticism causes rheumatism as critical inharmonious thoughts cause unnatural deposits in the blood which settle in the joints”*

*“False growths are caused by jealousy, hatred, unforgiveness, fear etc. Every disease is caused by a mind not at ease. Unforgiveness is the most prolific cause of disease. It will harden arteries or liver and affect the eyesight.”*

*The enlightened man endeavors to perfect himself, to send out good will and blessings to everyman and the marvelous thing is that if one blesses a man he has no power to harm him”*

*“Goodwill produces a great aura of protection about the one who sends it and no weapon that is formed against him will prosper. In other words...love and good will destroy the enemies within ones self, therefore, one has no enemies on the external. There is peace on earth for him who sends goodwill to man”*

*“There is no competition on the spiritual plane. What is mine is given me under Grace”*

This inspirational little book helps you to achieve a sense of purpose and belonging through understanding that life is not a battle but a game of giving and receiving.

“By studying and practicing the principles laid down in this book, one may find prosperity, solve problems, have better health, and achieve personal relationships, in a word ..WIN... the game of life?” ..... Dr Norman Vincent Peale

Check out this book, discover many affirmations to help you change your life, discover the spiritual Laws, discover how you can help change the world a little piece at a time.



The game of life is a game of boomerangs - our thoughts words and deeds return to us sooner or later with astonishing accuracy.

Written by Hazel Butterworth  
Energy Works /Alberta Reiki Centre  
[www.albertareiki.com](http://www.albertareiki.com)