

## **The Christian Mystics & Metaphysicians Society**

Founded in Oklahoma in 1990 by the Reverends Mary and Gil Saurer, CMMS is a spiritual support group for individuals who experience an ongoing sense of the divine presence within, practice abstract reasoning and apply abstract ideas to practical living, and/or have had a direct encounter with God through a vision or abstract creative ideas or a sudden influx of light producing revelation. The participants discuss, study, and practice spiritual ideas, believing spiritual understanding is vital to soul evolution and that understanding emerges more rapidly through study of how the universal laws operate in the mind as well as in other fields of energy. In 2007, founder Mary Saurer changed the organization's name to *A Path to Higher Consciousness*. You can learn more about this spiritual path and its companions at [www.spiritualityforyou.com](http://www.spiritualityforyou.com).

### **OUR PURPOSE**

To serve as an inspiration, influence, and guide to individuals who are seeking an uplifting path in their search for greater enlightenment

### **OUR MISSION**

To assist and encourage people in their search and discovery of greater spiritual realization through small discussion or study groups, meditation groups, and individual spiritual guidance or counseling

### **OUR BELIEFS**

We believe that the study and practice of both mysticism and metaphysics are fundamental to a balanced development process of increasing enlightenment on every

spiritual path. We believe that the Master Teacher Jesus taught foundation principles of both mysticism and metaphysics as a unified path to complete enlightenment and beyond.

### **PROCESSES AND RESULTS**

- Practice transcendental meditation daily as a private acceptance of God's presence; you increase your awareness of God and love for God and realization of your own divinity; this results in inner peace and agape.
- Keep your mind healthy and productive through observation and study of natural laws and contemplation of their application; you increase your understanding of how metaphysical laws apply to all action (internal and external) and practice applying your understanding; this results in self-esteem and enthusiasm for living.
- Emulate the nature of God as much as you comfortably can; perfect your character by creating your own standard of behavior and honoring it both inwardly (thinking/feeling/attitude) and outwardly (speech, choice, response, behavior); upgrade that standard or "inner program" as you find errors in it; make a habit of being a living expression of your new standard; this is being true to yourself/having integrity as you evolve; design your life style to offer the greatest potential for being true to yourself; break that habit when you desire to change your lifestyle; this results in progressive character development.
- Honor God's plan by seeking enlightenment through meditation, study, contemplation and application as long as

there is more to know and become; study the nature of all that is good; this results in revelation upon revelation, realization upon realization and expansion of divine knowledge in you.

- Pray to God frequently as a creative expression of partnership with God; contribute to God's divine plan by choosing to continue your individual soul evolution; this results in your greatest contribution to life and all that is in it.
- Live in a way that is true to yourself and true to what you understand of God's expectation of you; this results in self-approval and harmony with all that is compatible with you.

The progressive transformation process is sometimes painful and sometimes ecstatic, but the end result, absolute enlightenment, fulfills all your abstract desires and produces an inner stream of happiness that cannot be lost or forgotten, regardless of your experiences in this world or another.

### **CMMS Deshae Lott Ministries Inc**

CMMS minister Deshae E. Lott in 2007 founded her own non-profit charity: CMMS Deshae Lott Ministries Inc. You can learn more about it at [www.deshae.info](http://www.deshae.info) under the section "Higher Consciousness". In August the IRS granted 501(c)(3) status to CMMS Deshae Lott Ministries Inc: 170(b)(1)(A)(vi) status; we operate as a non-profit charity.

Currently in her home Deshae facilitates hour-long weekly classes (involving discussion, prayer, and meditation) for groups of 4 to 12 persons. Remote learners are also welcome and participating. For more information, contact any board member.

## BOARD OF DIRECTORS

- Diane E. Boyd, Ph.D.  
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- Barbara Jarrell, B.A.  
[bjarrell@shreve.net](mailto:bjarrell@shreve.net)
- Deshae E. Lott, Ph.D.  
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## MINISTER'S SERVICES

Rev. Deshae Lott offers the following services to group participants:

- Small group meetings
- Prayer service
- Spiritual counseling
- Group blog moderation

CMMS Deshae Lott Ministries Inc is designed for adult spiritual education. Individual courses can last as little as two weeks or as long as four months. Each course requires a commitment to meet weekly with the group and/or to follow along at the group pace but from remote locations. Weekly email messages inform participants on the basics of what transpires weekly during the meeting as well as what to read and do to prepare for the next meeting. Most meetings are recorded, and a copy of these recordings can be requested by active participants.

Occasionally the group will meet to hear educational presentations by guest speakers.

For two weeks between each unit of study, the group will meet for prayer, discussion, and meditation to process further the completed course of study before moving on to the next educational topic; during this time

new participants may visit the group and join the next course of study.

Counseling is available by appointment either for a single visit or for a six-week series that deals with a particular issue of concern for the counselee.

## FOUNDATION COURSES

*UNDERSTANDING MEDITATION TECHNIQUES*  
Explore and practice 7 techniques of meditation and their potential benefits

*THE EVOLUTION OF CONSCIOUSNESS*  
Various theories of Spiritual Transformation, including the CMMS founders' view of that Process

*PRAYER CONSCIOUSNESS*  
Learn 7 practices that condition your consciousness for the most effective prayer life and the 4 blocks to effective prayer

*SPIRITUAL HEALING*  
A simple method for releasing undesired beliefs, habits, thoughts, feelings, and attitudes

*A COMPARISON OF WORLD RELIGIONS*  
Explores the origin and development of major world religions and spiritual philosophies from prehistoric to modern times

*WHAT JESUS TAUGHT*  
Based upon reports in the Gospels, this course compares what Jesus taught to traditional Christian beliefs

*THE TWO GREAT LAWS*  
How Divine Law works as compared to Universal dynamics

## *METAPHYSICS OF MIND*

Understanding the Powers in intelligence, the dynamics of thoughts and feelings and the power of paradigms

## DONATIONS

All donations made to CMMS Deshae Lott Ministries Inc are tax deductible to the fullest extent allowed by the law for 501(c)(3) non-profit organizations. We have 501(c)(3) status, particularly 170(b)(1)(A)(vi) status, and operate as a non-profit charity. Donations, bequests, devises, transfers, or gifts [under sections 170, 2055, 2106, or 2522 of the tax code] are tax-deductible.

There is no fee for CMMS group meetings. However, to honor the dynamics of exchange, gratitude, and commitment, donations are encouraged from those who can offer them. The suggested donation rates follow:

- **Study Group Participation**  
\$10/week or \$25/series
- **Spiritual Counseling Session**  
\$35/hour
- **CD Recordings**  
\$3 each plus shipping

CMMS Deshae Lott Ministries Inc hopes to expand its organization's outreach programs in the local community and, ideally, a national one. In particular, we would like to offer

- a) quality-of-life grants to persons in need of long-term care who would be impoverished without such aide
- b) scholarships to graduate students with disabilities.

This will materialize as volunteers donate their ideas, time, energy, efforts, and funds toward such goals.