



# **45 Days with Emma Curtis Hopkins: A 45-Day Empowerment Journal Blended with Wisdom from Emma Curtis Hopkins (Volume 5)**

*Ike Allen*

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Among the list of influential New Thought proponents, Emma Curtis Hopkins is often referred to as "The mother of New Thought" or the "Teacher of teachers." Those who studied with Hopkins include Ernest Holmes, founder of Religious Science; the Fillmores, founders of Unity; Harriet Emilie Cady, author of Unity's cornerstone text Lessons in Truth, and Malinda Cramer and Nona L. Brooks, founders of Divine Science. Emma insisted that her students already knew everything she was teaching them. It was simply a matter of recalling or remembering the spiritual instinct they were born with. To Emma, the teaching was more important than the teacher and she felt equal with her students because all are the expressions of God. Integrity and Truth were extremely important to her. Emma recognized three sciences: the physical or material science that declares laws; mental science, as all that we are is created from our thought; and mystical science, which she affirmed. She taught herself and others from the Bible, the Bhagavad Gita, ancient Roman and Greek mythologies, the Avesta Zoroaster, and the world's most brilliant saints and philosophies. Emma was the first to promote the idea of the Divine Feminine. She taught that the "Mind-Principle" is the "Fatherhood of the Trinity," the "Sonship" represents the children who are "creations of the mind," and "The Holy Ghost" is the "Mother-Life." Ernest Holmes was Emma's last student. He studied with her in 1924 and she died in 1925. Our goal with this book is to bring the words and knowledge of Emma Curtis Hopkins into everyone's life, piece by piece, little bit by little bit. But our vision does not end there, and Emma is not the only source for a further opened mind: you are. The second key component is your journaling. The design of this book intends for Emma to be highlighted for a moment of each day and for you to take a moment in your own often busy schedule to highlight yourself, by journaling in the accompanying pages.

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