



Today's Lesson

A Habit of Labor

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A Habit of Labor



Labor Day parades in Wilson were my favorite!

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Sitting on my Great-Aunt Dolly's front porch we'd watch the parade go by.

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The Merriam-Webster dictionary defines habit as a behavior that is settled or regular tendency or practice in one's life; a characteristic, function, or manner of conducting oneself; a frequent pattern of behavior that could at times be completely involuntary (driving a car); or an acquired mode of behavior that creates good and bad consequences.

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A woman was in the habit of driving her husband to the train station every morning. As she drove into the train station, she would meet his commuter train going into the city. This went on for a very long time. One morning when she arrived at the train station and her husband departed, she looked over and saw a friend of hers in another car. The friend was leaning over the steering wheel.

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The woman got out, looked in the window and said, "What's the matter?" The other woman looked up. She was half crying and half laughing. She said, "You know, for fourteen years I've driven my husband to the train station. This morning I drove and I forgot him." So good was her habit of driving that she forgot her husband.

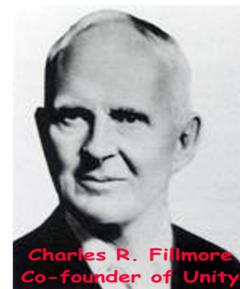
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Labor, simply defined by the Merriam-Webster dictionary is a physical or mental effort to produce a result. Our habits will produce a labor that creates negative or positive outcomes for us:

L	Life's	L	Life's
A	Attitudes	A	Attitudes
B	Behaviors	B	Behaviors
O	Opposing	O	Overcomes
R	Renewal	R	Resistance

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Charles Fillmore said,
 "If you are not happy,
 change your mental habit.
 Cultivate the habit of
 seeing the good, the true,
 the bright side of every
 subject. Keep yourself
 positive and poised in
 Truth."



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Studies have been done on why we do what we do. And in their findings one thing always stands out:

We're creatures of habit. Some habits we have are very positive and good in our lives. And then there are others that are not so good--which produce results in our lives we would really like to change.

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The studies found that when one looks at their behaviors, they can begin to see that they are made up from a series of habits. The accumulated habits of a lifetime are the activities we involve ourselves in at all times. Sometimes our habits can be quite challenging, especially when they get to be what is call a "conditioned response."

"We first make our habits, and then our habits make us."

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Studies also found that:

Habits that have formed behaviors have at their base the need for satisfaction, thus the craving keeps the habit alive through continued practice of the habit, just as smoking.

Only when the habit becomes distasteful do we seek to break it because it no longer holds any satisfaction for us. It is at this point of discovery that one can start to break the habit and change the behavior.

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In his book, The 7 Habits of Highly Effective People Stephen R. Covey shares seven habits that can help any person live a more awakened and conscious life that will allow them to create habits based on life's attitudes and behaviors for overcoming resistance to positive change.



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1. Accept and surrender.

"Acceptance means, for now, this is what this situation, this moment, requires me to do, and so I do it willingly." -Eckhart Tolle

Not every life situation can be changed, turned around or fixed. There will be moments in your life when you will have to step back and stay out of the way. Learning to accept change and uncertainty will help you live a more balanced and peaceful life.

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Knowing that you can't change some things and that you don't have control over everything, allows you to be grateful for what is in front of you now. When the path is unclear or uncertain, let go instead of clinging more. Surrender and have faith that the universe will guide the way.

2. Begin with the soul in mind.

How often do you make time for the soul? Maybe this notion has never even crossed your mind.

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Food, work, exercise and obligations may fill your everyday life, but what are you doing for your soul today? Set aside some time for soul-reflection and awareness. Pursue practices that help you get still, and begin to see your spirit at work.

Walk, pray, sing and silence your mind. Reflect upon art, observe your breath, listen to this source of all-knowing wisdom in your life.

Align your work and your life to your highest source of knowledge.

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3. Put spiritual things first.

As you go about the world from your spiritual center, learn where low vibrations and negative intentions are coming from.

Cut out anything in your life that is not spiritually sound and centered on your truth. Let go of the excesses in your life — including frivolous purchases — that don't serve your spirit.

Sit with and release the emotions stifling your spirit. Let go of work that diminishes your light and walk away from a career that crushes your soul.

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4. Know that we are all one.

When you believe you are one with everyone, you will more easily let go of judgment, gossip and unhealthy comparisons.

Allow your soul to expand from within, to touch everyone around you. From your most sacred space or most intimate silence, spread the inner love of your soul to everyone you know. Share the light of your "soul-candle."

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Set the intention to forgive those who have harmed you because they are one with you. Try to find a place of gratitude for those who get on your nerves, who have hurt you in the past, or who have helped you grow as a person. Shine the light of gratitude on the people who test you because they are your greatest spiritual teachers.

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5. Seek to free yourself of ego and attachment.

Observe yourself and seek more awareness of ego in your life. See the ego when it tries to grab power, feel superior or push others down. Be observant of it when it is selfish, angry, spoiled or unreasonable. Feel the pangs of the ego when circumstances or people offend or irritate it. See how attached you are to your current circumstances, the people in your life and your material possessions.

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Can you walk away from it all today and still be content? Practice the art of letting go every day in your life. Let go of thoughts, feelings and emotions that you want to cling to.

6. Synchronize with the universe.

Allow the universe to work for you and in your favor. Seek places and experiences that produce higher vibrations in your life. Cultivate good feelings and ride the wave of those feelings daily.

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Seek experiences (yoga, massage, sleep, slowly sipped tea) that make you feel good and cultivate more abundance in your life.

Give what you can of yourself, share freely, and extend compassion to everyone around you. Allow all your actions and movements to align with the universal source and watch miracles unfold in your life.

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7. Sharpen your being.

Allow spirit to lead the way in all areas of your life. Become the best version of yourself spiritually and let that translate itself into your career, relationships, life and personality. Don't let the current reality and limitations stop you from living your best life. Let your spirit break through limiting visions, stuck circumstances and disempowering beliefs, to help you live the life of your dreams. Make your spiritual habits central in your life and your life will never be the same.

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There was once a young man who had a desire to change his life. Everyday he go to the rail yards to work on the trains. Day in and day out, it turned into a disheartened habit of the same old thing as a railroad mechanic. He often thought to himself that he'd like to go into business for himself one day. So, he saved \$1,000 and he bought a car. After he bought the car, he took it apart piece by piece. He examined every part of the car.

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After he examined it, he put it all back together. Then he took it apart again. Every time he did that, he began to see the strengths of the car, but he also discovered the weaknesses. And when he discovered the weaknesses, he built a car that encompassed all the good he found and eliminated all the weak. His name was:

Walter Chrysler and he revolutionized the auto industry.