



Today's Lesson

## Making a Difference

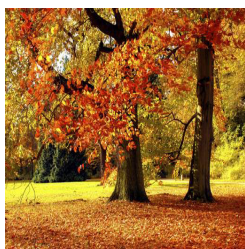
Power Point notes available at:  
[www.unityofbakersfield.org](http://www.unityofbakersfield.org)

## Making a Difference



It has been said that October is the time of year when trees reveal the colors they have hidden all year. We each have an October in us.

## Making a Difference



Just as the fall colors of the trees make a difference in the lives of those who are blessed to embrace them, we too can do our part in making a difference in our lives by choosing the colors of our thoughts to bring beauty into our world and those we share it with.

## Making a Difference

Someone once said, "I have a destiny to succeed, to prosper, and to overcome with a distinction to be the head and not the tail; above and not beneath; blessed to making a difference in my family, church, community, country and the world."



## Making a Difference

Once you understand that everything you think and the attitude you have attracts everything in the physical, you realize you have the ability to create your own reality.

Through the power of our thinking we have the ability to make a difference in our lives. As someone once wrote: "I alone cannot change society for the better. But I can radically transform my own consciousness, overturning the conditioning that limits my potential."

## Making a Difference



During the fall months of October and November our thoughts to turn to the idea of bringing in the harvest of plenty and giving thanks for the abundance that Providence has provided us.

## Making a Difference

When we look to nature we see abundance everywhere. And yet the human mind through ego tends to see things limited. This kind of thinking has plagued humankind throughout the ages.

The prophets, sages, spiritual teachers and guru's all tried to teach their cultures that abundance and prosperity was in the mind of the beholder. As Jesus stated, "It is the Father's good pleasure to give us the kingdom," that whatever we desired it was ours for the asking, the knocking and for the seeking thus making a difference in our lives.

## Making a Difference

As Shakespeare once wrote of Hamlet, "For there is nothing either good or bad, but thinking makes it so. To me it is a prison.

For many people the prison they have put themselves into is the prison of their own making through their thoughts and beliefs of lack and limitation.

However, when we establish ourselves in the consciousness of God, the whole universe moves to flow into us with its abundance of life and substance, thus making a difference in our lives.

## Making a Difference

Consciousness is a wonderful thing to behold. It works with the law of mind action no matter what. Every truth student knows that as you think so you are by divine right of consciousness. So it's important that we strive to create a positive mental attitude of mind that allows us to manifest abundance rather than scarcity in our lives.

Healingartforms.com shared two types of consciousness that people have developed and used for making a difference in their lives. They are the Abundance Consciousness and Scarcity Consciousness.

## Making a Difference

People who have developed *The Abundance Consciousness* for making a difference in their lives project and manifest these traits of behavior:

- 1) An attitude of gratitude.
- 2) The ability to receive graciously and give willingly.
- 3) Wanting others to succeed.
- 4) Setting goals and taking inspired action.
- 5) Developing a life plan that exudes happiness and joy.
- 6) Embraces change with faith.

## Making a Difference

- 7) Willing finds new ways to learn and grow.
- 8) Willing forgives past mistakes and others.
- 9) Willing open themselves to allow positive energy to flow through them and out into the world.
- 10) Practice the ability to allow positive thoughts to be foremost in their minds so they can express positive ideas thus making a difference in every aspect of their lives.

## Making a Difference

People who have developed *The Scarcity Consciousness* are also making a difference in their lives by projecting and manifesting these traits of behavior:

- 1) A worrying mind set about everything.
- 2) Developing a behavior of being critical of everyone's behavior including their own.
- 3) Constantly finding fault and holding grudges.
- 4) Displays a sense of entitlement while blaming others for their failures.
- 5) Displays fear in the face of any change.

## Making a Difference

- 6) Exhibits a “know it all” attitude of mind while secretly hoping others will fail.
- 7) Exhibits a hoarding behavior with the belief it all belongs to them and they will never have enough.
- 8) Constantly exudes anger over the slightest detail that might derail their lives causing them to fear making plans or setting goals.
- 9) Blaming their lot in life on circumstances beyond their control.
- 10) No matter what they do life will never change for them, it’s all bad luck.

## Making a Difference

Dr. Harvey Cohen talks about luck in his article [You Will Go Nuts If You Believe In Luck](#):

*Successful people are not successful because they are lucky, ‘strugglers’ do not struggle because they are unlucky, even though it may seem that way. The only reason it may seem that way is because we have been brain-washed to believe in luck good and bad. We pick up our beliefs, superstitions, and attitudes from others and behave as if these things are true.*

*Albert Einstein once said: “The most incomprehensible fact about the universe is, that it is comprehensible.”*

## Making a Difference

*In other words he is stating that nothing in the universe happens by luck or accident. Just because you may not know what the cause is for success or for struggle, does not mean there is no logical cause. It just means the cause is not known to you yet.*

*Why is it that some people are successful even in the worst economy with lousy circumstances and some people continue to struggle even in a booming economy with the best of circumstances? It’s not because one is lucky and the other is not.*

## Making a Difference

*Emerson wrote: “Circumstances do not make the man, but rather circumstances reveals man to himself.”*

*In other words, the person that holds a positive, open-minded attitude about what is happening around him will reap a more rewarding experience than the person who is negative and narrow-minded. The person that allows themselves to develop a more optimistic approach to life will find that because their minds are open they receive more creative thoughts and ideas on how to overcome the same conditions that face everyone.*

## Making a Difference

*The scientific community has found that business that promote the hiring of open-minded, optimistic people find that their company is more productive, their products and services more valuable and in demand, that their growth potential is greater than those companies that have pessimistic, every thing is wrong, closed-minded people.*

*Attitude (positive or negative) has been measured. Yes, our thoughts are energy and they are measurable and can effect or mental and physical well-being.*

## Making a Difference

*Not everyone has an optimistic or pessimistic attitude about the same things, or the same degree of optimism or pessimism about the same things.*

*What I have found in my research is this: Undesirable circumstances and situations are not the cause of our pessimistic attitudes or closed-mindedness, even though it may seem that way. If this were true then everyone who was in a wheelchair, or who was blind, or physically challenged, or in some way considers themselves to be unproductive and useless would display the same degree of negativity in their lives. This, as we all have seen, is not true.*

## Making a Difference

*William James, father of modern day psychology, said, "The greatest discovery of the 20<sup>th</sup> Century is that our attitude of mind determines our quality of life, not circumstances." Attitude and right thinking is an energy that effects our quality of life, not luck in helping one make a difference in their lives.*

It all comes down to this one statement:

***"What I think makes a difference."***

Here are seven steps that can help us or a loved one create a ***making a difference*** consciousness:

- 1) Accept responsibility for your own thoughts.

## Making a Difference

- 2) Don't let others determine your good.
- 3) Keep your thoughts centered on God first.
- 4) Affirm daily: "God is in charge and is my instant, constant, and abundant source of supply to fill every need."
- 5) Stay open and receptive to the creative flow of ideas that will help you move forward.
- 6) Remember your thoughts determine the quality of your life, not your circumstances.
- 7) Practice, practice, practice making a difference until you feel it!