



## Today's Lesson

### *A Clean Slate*

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

### A Clean Slate



Jesus and the woman taken to be stoned for adultery.

### A Clean Slate

In John 8:2-11, the writer has Jesus sitting down in the temple to teach some men when a group of scribes and Pharisees confront Jesus, interrupting his teaching session. They bring in an adulteress, and invite Jesus to pass judgment upon her: should she be stoned, as Moses taught, or not? Jesus first ignores the interruption, and writes on the ground as though he does not hear them.

### A Clean Slate

But after the religious leaders continue their challenge, he states that the one who is without sin is the one who should cast the first stone. The religious leaders depart, leaving Jesus and the woman in the midst of the crowd.

Then Jesus straightened up and asked her, "Woman, where are your accusers? Has no one condemned you?" "No one, Lord," she answered. "Neither do I condemn you," Jesus declared. "Now go and sin no more."

### A Clean Slate

Tom was on the phone with his friend Bill, when Bill said, "Tom, if I could only start over again, things would be so different."

Tom then asked, "How do you know that things might be so different, Bill?"

Bill replied, "Because I have learned a lot about myself."

### A Clean Slate

Everyday we have an opportunity to learn more about ourselves. I would like to share a story with you written by a school teacher, Ed Harris:

*As I entered my classroom, there was a boy at the chalkboard. Mark was tracing over the names of his peers on a committee. It was fairly easy to do as the eraser had left a faint image on what had been written there the day before. He was recreating the committee list.*

## A Clean Slate

*"Never mind," I told him. "It will have to be changed anyway. We'll go over the list later today, Mark," I said as I hurried to the back of the room and unlocked my desk.*

*As the class was pouring in I noticed how much of yesterday's work was still readable on the board. Oh well, it will soon be covered with new math problems.*

*That evening I was reading a book about Native American culture.*

## A Clean Slate

*It told of how some of the tribes believed that they died each night when they went to sleep and that each morning they were born again. This gave them a fresh start every day. The Great Spirit had given them a clean slate to start their day. Then I remembered my classroom and Mark at the chalkboard.*

*Aren't we also given a clean slate every morning? Of course we can read yesterday's experiences on our life's chalkboard.*

## A Clean Slate

*They may be erased but never wiped out. We can remember what was said and how we felt and what we did and what "they" said. We can remember our hurts and those who have offended us and those things about which we have taken offense. We can repeat our feelings, attitudes, and prejudices of the previous day by chalking them in again with deliberate strokes.*

## A Clean Slate

*We have the choice of copying over our habits, thought patterns, and feelings of the previous day or beginning again with new positive statements of life. We can write anything we want on our chalkboard--joy, sorrow, love, hate, peace, good, bad, indifference. We have a subconscious "mind slate" that will accept our naming life's experience whatever we will.*

## A Clean Slate

*The thoughts kept flooding through my mind. Why do I bowl or play golf or any game? I bowl so I can watch the pins fall down in a different pattern and, hopefully, see more fall at one time. I finish the eighteen holes of golf so I can start all over with a new scorecard -- so I can start over, new again. That's it, I thought! We ARE renewed every morning. Thank You, God, for my clean slate and for this great idea!"*

## A Clean Slate



## A Clean Slate

Truth students have used "I now let go and let God be God in this \_\_\_\_\_," when practicing the activity of starting over with a clean slate.

For many people this may seem like too hard of an exercise to do, so they say:

**"What do you mean just forget about yesterday, I can't."**

**"What do you mean just start over, I can't."**

**"What do you mean wipe the slate clean, I can't."**

## A Clean Slate

However, the "I can't" statements are really a person's way of not wanting to deal with creating a clean slate for themselves. The *I can't* is an:

Inability

Creating

Anxious

Negativity

Thinking

## A Clean Slate

There is a metaphysical concept that can be used by anyone wishing to use it to create a clean slate for themselves. It's found in 1 John 4:4 and states: "the one who is in you is greater than the one who is in the world."

The one that is in you is of course the Christ presence and one who is in the world is ego.

And using the law of mind action we can create positive affirmative thoughts and actions through the use of denials and affirmations when cleaning our consciousness chalkboard.

## A Clean Slate

Truth students have learned three simple steps to help them create a clean slate and have a fresh new start:

**Step one: Get in touch with your real feelings.**

What is it about your current challenge that causes you to retrace it on your chalkboard;

What kind of feelings are associated with this challenge;

Do you feel like a victim, powerless to do anything about your situation?

## A Clean Slate

**Step Two: Write down all the negative and toxic feelings and attitudes of mind that come up for you about the situation.**

Then one by one release each one to the universe by acknowledging that no one has any power over you, your mind, or your attitude of mind. That any external condition in the world only has the power you give to it.

Be patient as you practice giving the negative feelings and attitudes of mind back to universe and affirm: God makes all things possible.

## A Clean Slate

**Step Three: Turn the your feelings into positive expectations.**

We all live and learn, stumble and evolve, rise and fall, fail and grow, expand and progress. Our evolution is a process of do-overs every day of our lives.

The key is to remember that even though we don't feel very kind, or brave, or forgiving, or even deserving at times there is always something to be grateful for. A roof over our heads, the sun to give us warmth, and the earth to supports us. This is grace in action.

## A Clean Slate

Grace in action reveals that only this moment is real. That past and future exist only in our minds. Your chalkboard is wiped clean in any moment of awareness, humility, or repentance and you have a clean slate to go forward with.

If you have a cosmic debt to pay, then pay it in the currency of kindness to the person it is owed, even if the person is you, not by punishing yourself, but by loving yourself.. What we hold and think in our hearts determine our actions toward others as well as ourselves.

## A Clean Slate

By using the three steps of 1) Getting in touch with your real feelings; 2) Writing down all the negative and toxic feelings and attitudes of mind that come up for you about the situation; and then 3) Turning those feelings into positive expectations, you will gain wisdom and understanding that will help clean up any slate you may have.

As you learn to practice making each new day, a clean slate do-over, remember that God is with you, and to the extent that you allow yourselves to be partners with God, your success is assured.