

**Welcome to Unity's  
Interactive Worship Service**  
**Today's Topic: The Dance**  
 Power Point notes available at:  
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## The Dance



*Today I will:*

**D**ream  
**A**ffirm  
**N**urture  
**C**ommit  
**E**njoy

## The Dance

It has been said that learning to dance with life requires that we stay fluid enough to move through life and adjust our steps with the music we find ourselves dancing to.

Using four basic steps we can be assured that our dance will let us dream, affirm, nurture, commit, and enjoy our dance with life.

## The Dance

**Step one:** You feel safe and calm about your decisions or activities.

**Step two:** There is a sense of joy or relief of letting go of any outcomes.

**Step three:** You receive validation through spiritual images during meditation, or an affirmative word from a friend or loved.

**Step four:** Remember that a setback can lead you to a better place—if you'll just let it.

## The Dance



Author, Lynn Robinson talks about setbacks when we dance with life in her book Compass of the Soul. She writes:

*There seems to be a notion out there that if you meditate, say your affirmations, think positively, and floss your teeth daily, no harm will befall you and all your wishes will be granted you.*

## The Dance

*Worse yet, there is a prevailing belief that if something bad happens to you, you have somehow attracted it—the idea being that you secretly wanted this awful thing to occur!*

*I have another theory. I think setbacks, even seeming failures, are re-directings. Have you ever set out on a trip and gotten lost? I bet you've done what I have on several occasions—you stubbornly assumed that if you kept going in the direction you were headed,....*

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..... somehow magically you'd get there. As ridiculous as it sounds, it seems so much easier at the time than recognizing that you're wrong, stopping, checking the map, and turning around to go in the right direction.

Divine intuition works much the same way. It's as if a part of you, your soul, sees that you're headed in the wrong direction—away from your true purpose.

## The Dance

*This wiser self can see the overview of your life journey and wants you to be happy and on the right path. It will tap you on the shoulder a few times and give you some intuitive images, as if to say, "Hey, wake up! Wrong direction here!" If you continue to ignore those messages, you find yourself in no-man's land.*

So this begs the question: Who are you dancing with in life? Spirit or Ego?

## The Dance

The Dance with Spirit:    The Dance with EGO:

<b>D</b> ivine	<b>D</b> emanding
<b>A</b> ctivities	<b>A</b> sserting
<b>N</b> urturing	<b>N</b> ever-ending
<b>C</b> reative	<b>C</b> onflicting
<b>E</b> xperiences	<b>E</b> nergies

## The Dance

It has been said that no matter where you are on your spiritual path and journey the ego will try to assert itself as master of your dance in life. Ego is a part of us and it always will be, but so is Spirit. The key to not letting ego control the dance is balance.

Lynn suggests that if you are having challenges finding your balance so that you can dance with life again you may try one of more of these activities:

## The Dance

1. Sit and think of a time when you felt joyful, relaxed and at peace..
2. Allow yourself to remember the people and activities that made you feel alive.
3. Ask your intuitive guide this question: "What could I do to bring these good feelings into my life again?" If ego interrupts with a response such as, "You don't have time to feel good." Thank it for sharing and dismiss the remark and ask the question again.

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4. Pay attention to your thoughts, feelings, impressions, and the body sensations. Your intuition communicates with you in many ways. You may find that the answer doesn't come to you immediately. It may come in a dream, or later in the day.
5. Create a pie chart and put all the activities on it. Work, social life, spiritual life, family, fun, personal time. Are they in balance. If not why not?

## The Dance

As you apply these steps to the dance with life, keep in mind that when you stay in and listen to ego's direction we end up staying out of balance. It's ego that pushes us. Now that's okay, to a point. When it become detrimental to your health and well-being then you must let spirit guide and direct all activities, bringing balance back into the dance with life.