



Welcome to Unity's Interactive Worship Service

Today's Topic: The Longest Trip

Power Point notes available at:
www.unityofbakersfield.org

The Longest Trip

Someone once said that the longest trip anyone can ever make is from the head to the heart.

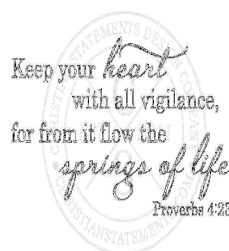
This trip that we embark upon requires action on our part. The kind of action that begins in the mind as a good thought turned into an idea.

The Longest Trip

It is good to remember that as we take the action to begin our spiritual journey there will be many side trips, some longer than others.

We travel light--no need to bring a lot of intellectual and emotional baggage for this only causes us to take one of the longest trips on life's journey—the trip from the mind to the heart.

The Longest Trip



As a man
thinketh in his heart
so he is....
Proverbs 23:7

The Longest Trip



Regeneration is defined as:
an act or the process of regenerating; a state of being regenerated as in having a spiritual renewal or revival, or the renewal or restoration of a body-mind connection after injury.

The Longest Trip

Truth students the world over have use the regeneration process to heal all things physical, emotional, and spiritual in their lives.

The transformation process that causes all things to be healed is not possible in the intellect alone, it may start there with an idea, but it must move to the emotional area of the heart if it is to be nurtured and fed with the activity of love.

The Longest Trip

Now some of you may be thinking, "But wait Chuck, doesn't Unity teach what Paul wrote to the Romans, that we must be transformed by the renewal of our minds?"

Yes, Unity does teach that all transformation begins in the mind. However, if we want healings to occur then the activity of love must be present, and this can only come from our feeling nature.

The Longest Trip

Case in point: Myrtle Fillmore's Regeneration
Myrtle was afflicted with tuberculosis at a young age and spent many years believing she was incurably weak and sickly. While attending a lecture by metaphysician Dr. E.B. Weeks in 1886, Myrtle heard this statement, "I am a child of God, and therefore I do not inherit sickness." The intellect accepted this new idea and put it into action by affirming it on a daily basis. The affirmations and prayers kept the TB at bay, but it would be many years before she was cured.

The Longest Trip

One day while sitting on her front porch she spied an inch-worm crawling across the railing and within an instant came to a realization the same intelligence that created that inch-worm also created her and that same intelligence that gave the inch-worm everything it needed to be complete also gave it to her. She realized in that moment that she needed to love herself and the TB cells, for the TB cells were also of God and life. But a kind of life she didn't want in her body. As she blessed and released those cells with love she was able to demonstrate a cure.

The Longest Trip

What is it in your life that you would like to have regenerated and healed so peace and harmony can bring forth a greater sense of well-being? What might be some of the blocks that keep the idea of well-being from connecting to the love center?

Here are a few that people have shared over time:

1. "Don't say anything if you can't say something nice," (Hide true feelings).
2. "Work first, play later," (What you do is more important than who you are).

The Longest Trip

3. "Women shouldn't get angry," (Women should cover up angry feelings).

4. "Don't speak unless spoken to," (Spontaneity is wrong).

5. "You made your bed, now lie in it," (There is no room for mistakes).

6. "Anything worth doing is worth doing well," (Strive for perfectionism in everything).

The Longest Trip

7. "I told you so," (You should have listened and did what I said. I am right you are wrong).

What do all these statements have in common? They all come from the intellect and not from the heart. In learning to make the longest trip a short one we have to be willing to express what we are feeling with out blame or guilt. In learning to move from the intellect to the heart we must practice loving ourselves.

The Longest Trip

Using a mirror here are some very simple and practical statements you can use to start loving yourself:

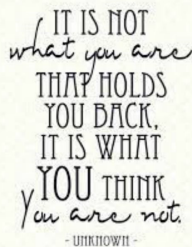
I'm really proud of you today, so keep up the good work.

You are a very special person whom I happy to be with.

You'll probably learned a lot from that mistake.

I like you just the way you are, so it's okay to have a lot of feelings.

The Longest Trip



IT IS NOT
what you are
THAT HOLDS
YOU BACK,
IT IS WHAT
YOU THINK
You are not.
- UTKINOWIT -

“If you’re searching for that one person that will change your life, take a look in the mirror.”