



Welcome to Unity's Interactive Worship Service

Today's Topic: A Spiritual Life

Power Point notes available at:
www.unityofbakersfield.org

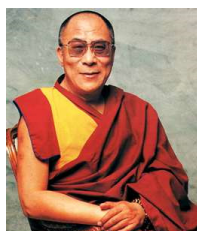
A Spiritual Life

Today's Daily Word states:

Divine light shines through every problem and circumstance, dissolving any obstacles and comforting my heart. I give thanks for the radiant light of God that guides my way.

Someone once said that to live a spiritual life one must allow the heart to be a sea of love and the mind a river of detachment.

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Several years ago Dali Lama shared his wisdom for creating a foundation for a spiritual life using the divine guidance of everyday life. In his speech he covered four areas: The Self, Relationships, Personal Success, and Excitement for Life.

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The Self

Spiritually Evolved Living Free

When it comes to taking care of what we have come to know as the *Self* it runs smack-dab into the brick wall known as selfishness. So how do we break this cycle of turmoil when it comes to taking care of ourselves? The Dali Lama shared these four insights:

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The Self

1. Follow the three R's:
 - Respect for self;
 - Respect for others;
 - Responsibility for all your actions.
2. Spend some time alone every day.
3. Remember that silence is sometimes the best answer.

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The Self

Live a good and honorable life. Then when you get older, you can look back and enjoy it.

Relationships

It is in our relationships that we find the true meaning for our purpose and place here. We are wired, designed to be in relationship, because we are part of the collective whole.

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Relationships

We appear separate, but that is the illusion we buy into. That is the illusion that creates the majority of problems that we encounter in our lives. We are energy and that energy is constant, ever-changing, ever-renewing, coming into and out of form according to its divine makeup. Wherever there is an exchange of energy we are in relationship to it and it to us.

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Relationships

That is why it's so important to realize that what we wish for others we wish for ourselves. So, with that in mind let's look at these five points from the Dali Lama:

1. Don't let a little dispute destroy a great relationship.
2. In disagreements with loved ones, deal only with the present. Don't bring up the past.

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Relationships

3. A loving atmosphere in your home is the foundation for your life.
4. Remember that best relationship is one that your love for each other exceeds your need for each other.
5. Be gentle with the earth.

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Personal Success

We are always in process of becoming, of awakening to our full potential, of re-discovery and re-defining our lives. As Socrates once stated: "*The unexamined life is not worth living.*"

Part of our success in having a spiritual life requires us to critique what has worked and not worked for us along the way.

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Jesus addressed this issue with his disciples in a metaphor:

"For you always have the poor with you, but you will not always have me." Matt 26:11

In other words, you will have those who think, who believe they can't do it, can't be a success on their own merits.

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They look around for others to do it for them, to ride the coat tails of successful people.

He's telling them to do it on their own, to claim what is theirs by divine right of consciousness because he's not going to be there to do it for them!

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The Dali Lama gives us these seven points to think about:

1. Take into account that great love and great achievements involve great risk.
2. When you lose, don't lose the lesson.
3. Remember that not getting what you want can be a great stroke of luck.
4. Learn the rules so you know how to break them properly.

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5. When you have learn that you have made a mistake, take steps to correct it.
6. Open your arms to change, but don't let go of your values.
7. Share your knowledge. It's a way to achieve immortality.

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Get Excited

Often people can become trapped by the daily demands of life. It is our own responsibility to take care of ourselves, to honor ourselves mentally, spiritual, physically. We must take time to allow ourselves the opportunity to recharge, renew ourselves and to find out there is more to life than work and sleep.

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The Dali Lama gives us two points of wisdom to consider:

1. Once a year, go someplace you've never been before.
2. Approach love and cooking with reckless abandon.

