



Welcome to Unity's Interactive Worship Service

Today's Topic: With or Without

Power Point notes available at:
www.unityofbakersfield.org

With or Without

Someone once said, "*Some where between being born and getting old life happened, and I missed it.*"

Life happens, it continues with our contributions or without them. The choice is always ours. And how we show up to life and life's challenges is our call. Sometimes life is filled with wonderful and fun-filled experiences, and sometimes it's not.

With or Without

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. Psalm 23:4

Winston Churchill coined a phrase that comes right to the point and gives a modern take on this Psalm:

If you're going through hell, keep going.

With or Without

It is no secret that race consciousness, what Carl Jung called the collective unconscious of humanity – that part of the creative process that creates the world in its image, has in effect given us all the diseases and illness that we'll ever need to teach us how to love ourselves and to claim our connection to God.

As he often taught, "I am not what happened to me, I am what I choose to become."

With or Without

Life and all it's positive and negative influences play a part in how we evolve, with or without our conscious participation.

We are all here on this planet to learn, to grow, to evolve, to love so that we may heal that which needs to be healed so we may live a life as a God-centered being with a great sense of abundance and well-being.

With or Without



Dr. Carter-Scott wrote this about healing:

While healing is generally thought of if physical terms, it is no less essential in the emotional and spiritual realm.

Healing is a lifelong process that endeavors to unearth the issues clouding your soul and to repair the metaphorical holes in your heart (If Life Is A Game, These Are The Rules).

With or Without

Someone once said that one of the fastest, easiest, most effective tools in transforming our lives is the healing power of imagination, and it costs us nothing!

As today's Daily Word reminded us: Our imagination is our link to the creative power of God. It is the ability to envision good unfolding in every area of our lives.

With or Without

Life happens and that means changes, with or without our permission. It matters not where we find ourselves on our chosen journey, each of us can willingly participate in working with God through the power of our imagination to bring a positive influence into our lives or not. One of life's first rules is: We can't always control how those changes are going to show up for us.

With or Without

So what can we do to work with the creative life force we call God through the power of our imagination?

First we begin by realizing that God is life, and that life giving energy permeates our very beingness. And if you can image for a moment the constant flow of electricity as God healing creative power moving in and through you and you're the switch.

With or Without

As the switch to God's life energy, you get to choose to turn it on or turn it off. The energy still flows in but doesn't go anywhere until the switch is turned on and the connection is made with the source.

There is no shortage of God energy, it's how we use it that will determine our well-being. And as with most things in life we can choose to use our positive imagination or negative imagination.

With or Without

The creative life force that is God is already within us. We constantly get the opportunity to work with it using the power of our imagination.

We need to keep in mind that our imagination will work better if we add the power of affirmations to the process so that we can bring together and focus the energies of the mind-body connection for the best positive results.

With or Without



Dr. Frederic Luskin, Ph.D. of Standord University states that we go through four stages of letting life happen. We can't stop it. We can only hope to learn how to live it to the fullest extent possible and to deal with the challenges as they come up. So the question becomes: Which ones of these stages are you in right now?

With or Without

Life Happens	Description	What I Must Give Up
Stage 1		
<i>To us</i>	<i>Victim</i>	<i>Blame</i>
Stage 2		
<i>To It</i>	<i>Manifester</i>	<i>Control</i>
Stage 3		
<i>Through Us</i>	<i>Channel for Spirit</i>	<i>Sense of Separation</i>
Stage 4		
<i>As Us</i>	<i>Oneness with God</i>	<i>Nothing</i>

With or Without

When we understand what stage or stages we find ourselves, then we can change negative affirmations to positive ones in our lives. After all...

