



Welcome to Unity's Worship Service

Guest Speaker: **N. Michelle Moreno**

Power Point notes available at:
www.unityofbakersfield.org

This is Me

Ok, so this is me...

Now the question is;
Who Am I?
What is my purpose?
Who am I supposed to be?
Am I on the right path?
Why do I have all these questions?

This is what I know so far,

My name is Nicole Michelle Courneya Moreno. I was born to Judy and Charles Courneya, two individuals who were also searching for an answer to who they were and why they were here. Truth students, on a spiritual journey and they found a home in Unity.

Now, being born and raised in Unity, I was/am also a truth student on my own spiritual journey. I have grown with the knowledge that I am not alone, there is always a higher power within me. I have been taught over and over that I am a child of God. That God is all knowing, all loving, and made me, a perfect being, an image of that unconditional love. So why is it that I still question who I am. Why, do I not just accept what I have been taught from birth.

Perception: The way you think about or understand someone or something.

The way I think about and understand myself. When I think about that sentence so many things rush through my brain. I know who I am. I know that I am spiritual. I know that there is a Truth in me, that I can't even totally explain most of the time, and then there is all of these other thoughts...

I should be/ I am supposed to be:

- Taller
- Smarter
- Thiner
- Show less emotion

Where did all of this come from?

What happened to the understanding that I am a child of God and I am perfect as I am.

Did I ever really believe this?

Think back to childhood.

What do you remember understanding about yourself?

I remember thinking that I was awesome, that I was connected to this awesome spirit and I could do anything.

But then... da da daaaa...

I would go out and live in the world with all these other kids and adults. I would try something new, like singing or dancing, and I would enjoy it. It would fill my heart with joy. I would then share this with the other kids at school or just in my neighborhood and then it comes crashing down and the judgement starts. "You're not good enough," is what you hear. Laughs and wispers, so you learn to hide what brought you so much joy.

Now back to the present, adulthood.
Working to unlearn all that stuff, all the negative thinking.

Learning how to let go of other peoples perceptions.

Where to begin?

How do I start?

I have stated by reading as much as I can.

This next slide is the book I am currently working on.

The power is within you by: Louise Hay

This book has been exactly what I have needed. I had no knowledge of this book before I walked into the book store, and yet what I came out with was exactly what I needed when I needed it.

Lousie writes:

"So many of us hide from ourselves and we don't even know who we are. ...

Life is a voyage of self discovery."

And she continues with,

"To me, to be enlightened is to go within and to know who and what we really are, and to know that we have the ability to change for the better by loving and taking care of ourselves."

To me, this statement sums up everything I have been talking about.

We are born with the Truth of who we are, then we hide from ourselves, and then, for some of us, we spend that rest of our lives rediscovering who we truly are.

Part of rediscovering who I am is by understanding what is blocking me.

In her book, Lousie writes about *The Big Four*:

1. criticism
2. fear
3. guilt
4. resentment

The Big Four:

These are the top four categories that when you look at the patterns and problems occurring in your life keep holding you back.

For me, my top categories are:

1. fear
2. criticism
3. guilt

fear:

Louise writes that fear is:

A lack of trust in ourselves and in life.

She explains that when we have a fearful thought, it is a way for our minds to try and protect us.

When I think back to the patterns and experiences that I have had, the things that I fear are things that my mind is trying to protect me from experiencing again. Humiliation, heartache, and so on.

criticism:

- To begin to release fear and trust in myself brings me to face criticism.

Louise writes:

"Many times we don't want to accept parts of who we are. We abuse ourselves with alcohol or drugs or cigarettes or overeating or whatever. These are ways of beating up on ourselves for not being perfect—but, being perfect for who? Whose early demands and expectations are we still trying to meet?"

When I read this it was me, this is what I have been doing for so many years and for who? Who was I trying to be so perfect for?

guilt:

Louise writes:

"Many of you live under a cloud of guilt. You always feel *wrong*, or that you are not doing the right thing, or apologizing to someone for something. You will not forgive yourself for something that you did in the past. You berate yourself for a lot that goes on in your life.

Let the cloud dissipate. You do not need to live that way any longer."

I feel these words were meant for me at this moment in my life, and I hope some of you may feel it too.

Thank you for allowing me to share with you my journey of self discovery.

This is me, and this is where I'm supposed to be!

Love and blessings to you all.