



Welcome to Unity's Interactive Worship Service

Today's Topic: **Namaste - Divine Expression**

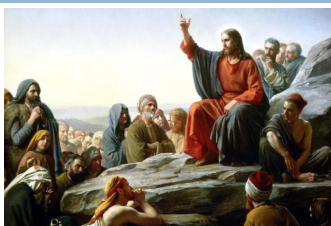
Power Point notes available at:
www.unityofbakersfield.org

Namaste - Divine Expression

What does it really mean to be a divine expression? Some say it's an affirmation of consciousness, the way we live and move and have our being to be co-creators with all that God is.

Someone once said that when God looks at you, He sees his perfect expression manifested in you.

Namaste - Divine Expression



"Be perfect as your heavenly Father is perfect." Matt 5:48

Namaste - Divine Expression

The term "Namaste" comes from the ancient Hindu sanskrit of the Vedas which are the oldest (dating back to 1700 – 1100 BCE) large body of knowledge texts originating in the ancient Indian subcontinent.

The term *namaste* has several meanings and can be used as a casual or formal greeting, a cultural convention or an act of worship.

Namaste - Divine Expression

According to the Vedas, the real meeting between people is the meeting of their minds. When we greet one another with *namaste*, it means, 'may our minds meet,' indicated by the folded palms placed before the chest. The bowing down of the head is a gracious form of extending friendship in love, respect and humility.

Namaste - Divine Expression

However, there is a reason why Hindus use "namaste" when greeting others, it has a deeper spiritual significance. It recognizes the belief that the life force, the divinity, the Self or the God in me is the same in all.

This is quite common when two devout Hindus meet, indicating the recognition of the divinity within ourselves and extending a warm welcome to each other.

Namaste - Divine Expression

The practice of greeting others with *namaste* is, in effect, a way of re-affirming the divine presence and expression within us. When we do this, we are also putting into practice Jesus's teaching about being perfect as our Father in heaven is perfect.

Using *namaste* as a consciousness conditioner, we focus our attention so that our thoughts and actions reflect our mindfulness.

Namaste - Divine Expression

No matter what is going on in our lives using *namaste* in our daily lives can be a one word affirmative prayer that helps us to be the perfect divine expression.

Margo Ford, a Unity minister once wrote in The Transforming Power of Affirmative: "*No matter what our circumstances, we are always in God's compassionate care. God's protecting love surrounds us every moment.*"

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Freedom from any limiting condition is our national state, and God's will for us is to live in joy, harmony, love, and peace. In trying times, the use of positive affirmations is one of our most powerful resources. Affirmative prayer allows us to escape for the captivity of worry, doubt, and fear so that we can be a divine expression of God's will for us."

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Dr. Chuck Wall, who founded the Random Act of Kindness movement, is a prime example of the divine expression in action.

He reminded people not to get caught up in the negativity of the world around us in spite of what the newspapers, TV news programs, and radio talk shows do.

He said, "Their existence depends on agitating the doubts and fears of the populace."

Namaste - Divine Expression



Chaos, crisis, violence and war sells. Telling people to hate, despise, and fear those who are not like us sells. What would the world be like if we started honoring everyone, affirming kindness in all that we do and say?"

Namaste - Divine Expression



Elizabeth Cady Stanton (1815-1902) an outspoken writer for women's rights once wrote:

The moment we begin to fear the opinions of others and hesitate to tell the truth that is in us, and from motives of policy are silent when we should speak, the divine floods of light and life no longer flow into our souls.

Namaste - Divine Expression

As truth students we have come to learn that the truth in us is that we are sons and daughters of God, divine in expression.

As Jesus said to the religious leaders who would deny people the right of divine expression, "Is it not written in our law, that we are gods?" (John 10:34) He understood that people needed to express the divine light and love that was within them.

Namaste - Divine Expression

Every living soul has the potential and opportunity to be a divine expression. To express what Jesus called the kingdom of heaven. And twice he revealed how it is done.

"Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven. (Matt 18:3)

"Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these." (Matt 19:14)

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Have you noticed that children look out at life and say, "*Why not?*" Adults look out and say, "*Why should I?*" I think Jesus knew full well the trap that adults fall into as negative influences take their toll on the human mind and heart. That's why he taught it was the child's view of life that would help us be a divine expression of the kingdom of heaven right here, right now.

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As we say, life is a process of discovery and learning. Each day we get to choose how we are going to be a divine expression and make a difference in our life and affairs.

Unity Minister, Marge Brown shares these twelve affirmations that have helped her over the years to help her be a divine expression in action.

1. On awaking: Thank You, Creator, for this day. Guide me in all my activities.

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2. When showering: Let me flow with the energy of this day.
3. On seeing your reflection in the mirror: I am a perfect child of God. May I see all others in this light.
4. When putting on your shoes: I step into this day confidently understanding my purpose.
5. When opening doors: Thank You, God, for the surprises, joys, and miracles today.

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6. When traveling: God is protecting and watching over me and all travellers.
7. When eating: Thank You, God, for this food. I honor all who have helped bring it to my table. May my body be completely nourished by it.
8. When stopped at red lights: Pray for someone.

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9. When checking the time: Take time and connect with God, if only for a moment.

10. When relating to the people in your life: Tell them often that you love them.

11. When enjoying the outdoors: Give thanks for the sun, moon, stars, wind, water, and the Earth.

12. When exchanging money: Let go freely and lovingly, knowing God is your source.

Namaste - Divine Expression

As the Daily Word reminded us today:

I acknowledge the divine expression in all living things. I release any preconceived images and ideas about people and situations, and instead behold the Divine in each one. From this higher viewpoint, I see goodness in all.

NAMASTE!