



**Welcome to Unity's Interactive
Worship Service**

Today's Topic: The S.E.A.

Power Point notes available at:

www.unityofbakersfield.org

The S.E.A.



My topic for the lesson today is The S.E.A. or State of Emotional Anesthesia

The S.E.A.

Who of us here have either been put under or knew of someone who was administered anesthesia for an operation or procedure?

So, what does it mean to be in the state of emotional anesthesia?

When you look at how humans are wired emotionally science has found that the brain will cause us to enter into a state of anesthesia, especially when extreme pain is involved.

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Studies have shown that the pain of some experiences we encounter, be it physical, mental, or emotional, can cause an individual to bury it deep in their subconscious mind so that they do not have to deal with it on a conscious level. It's as if they are in a state of emotional anesthesia so they won't feel the pain. However, we can't stay under forever and at some point the experience that caused the pain will have to be healed.

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I think its great that our Creator created us in such a way that we can take time to heal these experiences. However, in order for us to be able to heal there are four things we need before we reach a level of comfort in order to start the process of dealing with unfinished issues within our subconscious mind. They are: 1) A desire for healing; 2) Courage to experience the unpleasant emotions; 3) Willingness to acquire self-knowledge; 4) Practical techniques.

The S.E.A.

A desire for healing.

The desire to heal comes from within us, it's the soul's way of waking us up from the state of emotional anesthesia so we can heal what needs to be healed.



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The courage to experience the unpleasant emotions.



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The willingness to acquire self-knowledge.

It takes courage... to endure the sharp pains of self discovery rather than choose to take the dull pain of unconsciousness that would last the rest of our lives.

Marianne Williamson



The S.E.A.

Practical techniques.

POSITIVE THOUGHTS are not enough.

There must also be POSITIVE FEELINGS & POSITIVE ACTIONS.

www.universe-energy-healing.com

The S.E.A.

Complete and total healing of our issues requires one more practical step...

Forgiveness

As someone once said, "Forgiveness is never easy, especially when we feel the act of forgiveness is more painful than the wrong that was done to us. However, there is no peace so healing can take place without the act of forgiveness."

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C. S. Lewis once said: *"Everyone says forgiveness is a lovely idea, until they have something to forgive."* Have you ever noticed how hard it is to put forgiveness into action when you don't want to?

Jesus, hanging from the cross, did not say: *"Hey, I'm not here and this isn't happening."* He knew very well the pain we was feeling and in spite of that said: *"Father, forgive them for they know not what they do."*

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Metaphysically speaking, Jesus was teaching us even then. If we are to transform, to resurrect into new thinking that will heal our lives forever, then we must allow ourselves to feel the pain and at the same time move beyond it by releasing any negative thoughts.

Spiritual anesthesia causes one to act as if something doesn't bother them when it does. True spirituality, as demonstrated by Jesus, flows from what we do, not what we feel.

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It gives new meaning to the adage: Actions speak louder than words.

The key idea for us to understand and practice is: We are not responsible for what we feel. We are responsible for what we do.

Jesus spoke boldly about the truth that is within everyone when he said, “You would know that truth and that truth would set you free.”

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He didn't say deny your issues, your problems, your hurts, your pain. He said, make peace and forgive those who would hurt you by going into prayer, by going to God first, by asking for your needs to be met. And part of that process is to become aware that within all the difficulties, all those feelings, all those experiences is the spiritual truth about your life that will help set you free to heal what needs to be healed.

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Just as pain is the body's way of getting our attention that something needs to be taken care of, there are at times we find ourselves in traumatic situations to bring our attention back to God. Here's a modern day parable:

There was a young Jewish man who didn't give God much thought. Then one day while driving he lost control of his car and sailed off the side of the road. The car was demolished, but miraculously he was unhurt.

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He felt that the event were so extraordinary that God must have had something to do with this. He went to the rabbi and inquired how he learn more about God as he told his story.

“So,” said the rabbi, “you think God is like Superman? You think God rescues people when they get into trouble? What you don't realize is that God both sent you off the cliff and rescued you. God was trying to get your attention.

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I believe we are here on this earth to heal our souls. To learn to reconnect to the source of our beingness, God. That all that has ever happened to me, has been a direct result of this creative process of good. It was hard a first to get my mind around this idea, but if I am to believe in the all-ness of God, that God is everywhere present then I must also believe God is in my difficulties waiting to be recognized as the activity of good.

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I like this statement from Dr. Rosen, the author of Thank You For Being Such a Pain, he writes, The most obvious prayer for those who are dealing with painful or difficult situations would seem to be: “Please take this away. I don't want to deal with it, [put in a state of emotional anesthesia.]” What the Universe hears: “Please make this stop. I'm not interested in learning what it has to offer me so I can heal the issues I came here to heal.”

The S.E.A.

Remember you are not alone in this process of healing. Maintaining a state of emotional anesthesia may help in certain situations and circumstances until you are ready to heal. But don't forget that pretending or denying everything is fine, when it's not, only delays this process. Once we wake up from our spiritual anesthesia and fully experience what we are feeling we will come to realize that these feelings about our issues can be healed.

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After all, these issues are not something we are, they are something we have and their grip will no longer keep us in bondage to pain and suffering. As someone once said, "Pain is in the body, suffering is in the mind."

As Jesus taught, that there was no condition beyond the power of God to heal. It makes for a great affirmation when you are facing a difficult situation. ***There is no condition beyond the power of God to heal.***