



Welcome to Unity's Interactive Worship Service

Today's Topic: A Healing Awareness

Power Point notes available at:

www.unityofbakersfield.org

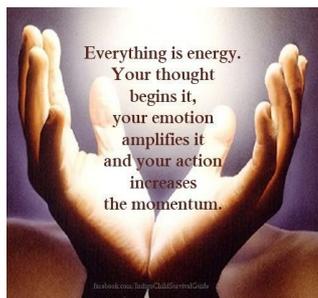
You Have The Power



You have the power and that power is called energy. It has been said that in quantum theory, particles can be created out of energy in the form of particle/antiparticle pairs.

You Have The Power

So in terms of our lives, we have the energy (thinking) to create particle (positive) antiparticle (negative) thoughts which will manifest as our life experiences.



You Have The Power

Unity minister and author, Jim Rosemergy had this to say about the power we have: "The key to all transformation, to developing a new life is in understanding the constructive and nonconstructive nature of thought. Let us exercise our power of choice by beginning to choose thoughts that, when they produce after their kind, yield a harvest of beauty, peace, love, and joy.

You Have The Power

The people who have had the greatest transformations in their lives are the ones who have changed their thoughts and viewpoints of themselves, others, and the world. Our thoughts and beliefs have a powerful impact on our lives."

And not only our lives, but our bodies too. The idea that the energy of our thoughts have a powerful impact on our bodies is well-documented.

You Have The Power

Rekha Shrivastava, M.S., CH, CRC, CASAC from the University of Rochester writes:

"We all entertain thoughts all day long and before we go to bed. These thoughts are very powerful and can affect us in many ways. Positive thoughts will trigger healthy emotions whereas, negative thoughts will trigger negative emotions and adversely affect our health. Thoughts serve as internal triggers to cause stress and lead to many illnesses if they become habitual."

You Have The Power

Cellular biologist Bruce Lipton, a leading authority in this field, has this to say: “Your mind will adjust the body’s biology and behaviour to fit with your beliefs. If you’ve been told you’ll die in six months and your mind believes it, you most likely will die in six months. That’s called the nocebo effect, the result of a negative thought, which is the opposite of the placebo effect, where healing is mediated by a positive thought.”

You Have The Power

Jim Rosemergy once shared this true story of how thoughts effect the body:

A fellow minister shared an interesting story about a man he did a memorial service for. Before the service started the man’s brother came up to talk with the minister. The minister told the brother of the man about a meeting he had with him before his death. “Your brother came to see me several months ago and looked to be in perfect health.

You Have The Power

He insisted on making his funeral arrangements because he said that he was going to die soon because men in our family always die around their sixtieth birthday, and mine is just around the corner. When I had heard that he died shortly after his sixtieth birthday I recalled what he had said and wondered if it was a self fulfilling prophecy.”

You Have The Power

The brother replied, “Reverend, it is true that several men in our family have died around their sixtieth birthday, but not all of them. I’m in my late seventies. Any by the way, there’s something my brother did not know about himself. He was adopted.”

In the Old Testament we are told that God gave us dominion over our lives, free will to think and then act upon our thoughts.

You Have The Power

Jim Rosemergy writes:

The realization that we have dominion over how we react to our experiences in life brings us face-to-face with something we have wanted to avoid for much of our lives—responsibility. Many people are struck in the misconception that they are pawns and helpless to determine the course of their lives. They hold beliefs that other people and circumstances are responsible for the way life has shown up for them.

You Have The Power

Let’s look at what the writer of Genesis 1:26 had to say about our power of dominion:

“And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creeps upon the earth.”

Not one word about having the power to control or have dominion over another human being. Our thinking makes us free to create our own world.

You Have The Power

So how do you activate the energy you have to create the power to transform your life? Here are 7 ideas that can you know that you have the power:

1. Because you have been given dominion you are a co-creator with God. You think, therefore you are!
2. You create all manner of things through your ability to transform divine energy of thought into things, thus having dominion over the experiences of your life.

You Have The Power

3. Responsibility for your life is yours and yours alone. When you choose constructive thoughts that help build a creative life of love, peace, and joy then you reap the reward of such thoughts.

4. Constructive thoughts are not the same as positive thoughts. Think about it for a moment. How many negative thinkers do you know in your life that are actually positive people that produce the nocebo effect Dr. Lipton talked about?

You Have The Power

The nocebo effect shows up this way:

The energy around their negative thoughts is so powerful that they are positive they will lose their jobs, positive their life is a struggle, positive that others are out to get them or hurt them, positive that they will get sick at certain times of the year, positive that something is wrong with everyone, positive that there are evil forces ready to devour them. And the list can go on.

You Have The Power

5. Choose your words carefully. Speak the truth about a thing. Watch how you describe someone or something. What kind of judgement or discernment is being made.

6. It's all a process of discovery, of learning new ways to transform old patterns of thought, attitudes, and beliefs. Be gentle, be kind, and be affirmative in prayer.

You Have The Power

7. You are were you need to be so that you may gain a greater awareness of the presence and power of God in your life and affairs. Through your activities of prayer and meditation you can acknowledge that you have dominion and power over our reaction and acceptance of our experiences. You have the power, the energy, the thoughts to change your life, your world into something wonderful.

You Have The Power

God, as co-creator with you, I am responsible for _____, and because my thoughts, beliefs, and attitudes, helped to create it, I also have the power and dominion over these things to find a solution. In partnership with You, God, I now accept the responsibility to willingly make the changes I need to make for a more abundantly blessed life. Thank you, God.

This prayer can also be adapted if you wish to use it when praying for others.