



## Welcome to Unity's Interactive Worship Service

**Today's Topic: A Healing Awareness**

Power Point notes available at:

[www.unityofbakersfield.org](http://www.unityofbakersfield.org)

### A Healing Awareness

We all seek healing of some kind or another. A need to heal a broken relationship, a health challenge, an emotional challenge, financial, and the list can go on.

In her article Healing from Within, Susan Eller M.A. gives the reader three awareness points to consider when faced with a healing challenge in one's life:

### A Healing Awareness

1. Know that there is a Higher Purpose to the changes occurring in your life and in the world. The upheaval is clearing the way for something new and more sustainable to emerge.

2. Avoid jumping to conclusions. Rather than imagining the worst case scenario, use your imagination to think about what you would like instead.

### A Healing Awareness

This is because your thoughts are powerful and what you focus on expands. Look for the good in people and situations rather than focusing on the negative.

3. Be kind and gentle with yourself. Take time for self-care and reframe negative self-talk. This will alleviate some of the stress and help you to feel better. Also, learn to acknowledge and value who you truly are.

### A Healing Awareness

Study after study has shown that the thoughts, emotions, and beliefs we hold contribute greatly to our mental state of mind at any given time. So when we are faced with a healing challenge in our lives, how do we seek a positive state of mind, a healing awareness? Not through escape, but through embracing the fullness of the present moment, whatever it may bring.

### A Healing Awareness

I came across this story by Alexis Rotella in the August, 1989 issue of Unity Magazine, she writes:

“From my bedroom window, I watched the mourning dove as it struggles to lift itself from the asphalt driveway. The bird's wing seems to be out of alignment, but just as the situation starts to look hopeless, two mourning doves appear on the branch of the sorrel tree.

### A Healing Awareness

The two doves seem to assess the bird's plight before they take turns swooping down to nudge the bird. After each of the two gives a gentle push to the injured dove, they return to the branch, creating a rhythmic, counter clockwise motion that lasts for quite some time. I do not wonder about the outcome. I do not question or doubt. Transfixed, I simply watch until all three birds fly across the yard together.

### A Healing Awareness

As the doves fly away, I am left with a feeling of such peace. My soul is soaring as my own faith is restored. For just before I walked to my window that morning, I had been spiritually out of alignment. I felt like no one cared about me, that the world was a cold, impersonal place. Little did I know that it was Spirit who led me to stand at the window so three doves could lift me out of the darkness and back into the light of Truth.

### A Healing Awareness

We have all known someone who is in need of a healing awareness that will bring them out of the darkness in into the light of Truth. And what is that Truth?

We are spiritual beings created in the image and likeness of God, and therefore have within us a perfect pattern for wholeness and well-being.

So what keeps us from this awareness?

### A Healing Awareness

Charles Fillmore wrote that the first step to developing a healing awareness is a belief that spiritual healing is possible through our faith. And the next step is to erase all negative thought that keeps us in error thinking. As Jesus taught, "Your faith has made you whole" (Luke 8:48), and "Go and sin no more least a worst thing befall you" (John 5:14).

Sin (self-inflected negativity) is ego's way of trying to wound the soul.

### A Healing Awareness

So how do we keep the ego from wounding the soul through self inflected negativity so that we can develop a healing awareness for ourselves?

By remembering what Hermes the Egyptian is believed to have taught through his writings: "As above, so below, as within, so without, as the universe, so the soul."

### A Healing Awareness

It has been said that many of the challenges and experiences we face learning to develop a healing awareness has a lot to do with our soul issues. The soul is pivotal so the soul can turn to the Christ self and be:

**Spiritually**  
**Obliging**  
**Uplifting**  
**Loving**

### A Healing Awareness

Or it can turn to ego and manifest:

Sabotaging

Oppressive

Unjustified

Lies

It is said that the soul records and keeps records of our journey as spiritual beings. It contains all our thoughts, feelings, actions and experiences we have encountered.

### A Healing Awareness

It is called The Akashic Record, and has been compared to all the data and programs stored on a computer hard drive. And just like a computer hard drive, the soul, can be corrupted by a virus or malware program that keeps it from functioning in a positive way.

If you don't clean the hard-drive (soul) of all error programs (negative thoughts and beliefs) then you will keep experiencing crashes (lack of well-being) in your life.

### A Healing Awareness

The cleansing of our soul begins with developing a healing awareness by:

**H**onoring where we are right now;

**E**xperiencing the event, circumstance, or situation as a learning one;

**A**ffirm that there is only one presence and power,

**G**od, and that the healing life force is active in every cell of our being filling it with:

**L**ove!

### A Healing Awareness



As one of the leading authorities on healing of the soul, Gary Zukav states:

“Love is not a passive state. It is an active force. It is the force of the soul.”

In time, we will all come to realize that love, as a healing awareness, can heal our soul issues and therefore, our lives.