



Welcome to Unity's Interactive Worship Service

Today's Topic:
Change, How to Love It.

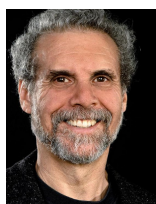
Power Point notes available at:
www.unityofbakersfield.org

Change, How to Love It

DAILYWORD. A Unity® Publication

As today's Daily Word reminds us:
Change is an essential element of our
spiritual journey...and we don't need to
resist it, or do we need to seek it out
forcefully.

Change, How to Love It



Medical science has proven time
and time again that there is mind/body
connection between our emotions and
our state of health.

As Daniel Goleman stated in
his book Emotional Intelligence, "The
goal in healing oneself is balance, not
emotional suppression: every feeling
has its value and significance."

Change, How to Love It

Research has found that people who
develop a healthy balance of positive and
negative emotions are better able to cope
with the changes they encounter in their
lives.

Some schools of thought would have us
try to package toxic feelings up or kill them
off. But how can we do that without hiding
or killing a part of ourselves? We can't.

Change, How to Love It

Change of any kind in one's life can
bring about resistance that can disturb and
disrupt the clam peace of any soul. Even
the news of a baby (thought to be a happy
and blessed event) can turn into a
dramatic experience causing couples to
fight, argue, worry, and even break up.
And the emotion behind all change is....

Change, How to Love It

FEAR!

Ego mind can be very subtle when it
comes to the emotion of fear. Keep in
mind that fear is an intrinsic emotion
designed to keep us safe. When faced
with a major change in our life, ego will
try to convince us that resistance will
protect and keep us safe from the change.

Change, How to Love It



Dr. Roger Walsh, author of Essential Spirituality writes:

“Fear and anger are closely linked with each other with fear being the passive contraction and anger being an active explosion. Most people live frozen in their belief that they are helpless victims of their emotions and the circumstances of their lives.

Change, How to Love It

If we are to transform our emotions from toxic to non-toxic activity in our lives then we need to recognize our role in creating them. When we think of mastering fear and anger, we often imagine battling them and wrestling them into submission. This can sometimes be valuable, but also tricky. For example, if we attack anger and ourselves for having it, we can easily pile anger upon more anger. As the Buddha made clear: Hate never dispelled hate.

Change, How to Love It

Only love dispels hate. This is the law, ancient and inexhaustible. Love never does battle. Love is never laborious. Yet, we devote enormous amounts of time and energy to avoiding fear instead of learning from it with love as our guide. Fear thrives in darkness and ignorance, but when the light of awareness is allowed to touch it, it thrives and transforms everything it touches.”

Change, How to Love It

Much has been written about fears that one may face when dealing with changes in their lives. The following are nine fears associated with changes that, according to an article in *Life with Confidence Change*, can show up in your life:

1. Fear of the unknown: You don't know what to expect and that makes you afraid.

Change, How to Love It

2. Fear of failure: You fear that whatever you do will end up being a disaster and people will lose respect for you. An example might be that you're afraid to take a new job because you fear you might not do very well at it and will end up being fired and then you'll be out of any job at all.

3. Fear of loss: You fear that you'll lose something important to you if anything changes.

Change, How to Love It

For example, if you become successful with a new business, you might worry that your spouse will leave you because you don't have as much time to spend with them.

4. Fear upsetting other people: An example of this would be that if you apply for a promotion, you worry that this might upset all your co-workers and you'll become friendless at work.

Change, How to Love It

5. Fear leaving what you know (comfort zone) or changing your routine: You start to fear you won't be able to deal with the new routine or it'll cause so much disruption to your life that it won't be worth it.

6. Fear letting people down: A mother who is thinking about going back into the workforce might worry about letting her children down because she won't be there as often.

Change, How to Love It

7. Fear upsetting other people's expectations: For example, you might decide not to go to a career fair to look for other jobs because it happens at the same time as something else you already have scheduled. Or perhaps you're afraid to accept a job because it will require traveling and that will upset your partner's expectations that you be home at night or your child's expectations that you'll pick them up from school.

Change, How to Love It

8. Fear that you're not skilled enough or capable of doing it: You start telling yourself, "I can't do that" or "I don't have the skills for that" or "I'm not good enough" or "I could never do what those people do."

9. Fear that things will be even worse: You worry that if you change something then it will end up putting you in a situation even worse than the one you're in now.

Change, How to Love It

So, then you start telling yourself that your current situation isn't really all that bad. An example of this is someone who hates their job but worries that a different job will be even worse so they don't apply for any other jobs. Or someone will stay in a toxic relationship because they fear they'll never find anyone else if they break up with this person.

Change, How to Love It

Using love to find balance with our emotions when facing changes in our lives can be a powerful means for moving forward as we affirm: "With love I rely on the guidance of Spirit to lead me through the necessary changes for my highest good."

And when ego mind wants to resist the affirmation you can take the following steps to bring love to shine its light on any fear you may have.

Change, How to Love It

With love and light as your guide:

- 1) Find a time and place to be completely at rest and comfortable.
- 2) Visualize yourself in a safe and joyful place.
- 3) Now bring into this awareness one thing that makes you afraid.
- 4) Allow yourself to feel the fear, locate the fear in your body.

Change, How to Love It

- 5) What image does your mind project with this feeling?
- 6) Remind yourself that this is only an image and stay with the feeling.
- 7) Visualize yourself facing this image of fear with love.

The key of this exercise is to remind us that: What we avoid or run from follows us wherever we go. Face our fear with love it loses its power.

Change, How to Love It

So remember:

Life is about
trusting
your feelings,
taking chances,
finding
happiness,
learning from
the past,
and realizing
everything
changes.

"THE SECRET OF
CHANGE IS TO FOCUS
ALL OF YOUR ENERGY,
NOT ON FIGHTING THE
OLD, BUT ON BUILDING
THE NEW."

— SOCRATES

Change, How to Love It

Here's a little story about Adam and Eve that tells us that no matter what changes we face in life, God's love for us is always there.

Adam and Eve said: "Lord, when we were in the garden, you walked with us every day. Now we do not see you anymore. We are lonesome here and it is difficult to remember how much you love us."

Change, How to Love It

And God said: "No problem. I will create a companion for you that will be with you forever and will be a reflection of my love for you, even though you see me. Regardless of how selfish or childish or unlovable you may be, this new companion will accept you as you are, and will love you as I do, despite yourselves."

And God named their new companion:

Dog.