



Welcome to Unity's Interactive Worship Service

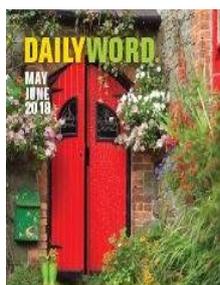
Today's Topic:
Whole and Complete
 Power Point notes available at:
www.unityofbakersfield.org

Whole and Complete

The libraries and bookstores are loaded with self-help, self-esteem, self-motivational books that tell us we are whole and complete. Volumes have been written on biographies of people who have surpassed all expectations of human-hood.

Why then, do so many people have a problem with identifying with the concept that we are whole and complete, that we lack nothing, that whatever our minds can conceive, we can achieve?

Whole and Complete



Today's Daily Word in part reminds us that we are one with the essence of love and abundance as a chosen experience of God. "Anything that may seem to be missing is merely an illusion born of my limited human perception."

Whole and Complete

Several key items of being whole and complete in this reminder are: **one with the essence of love and abundance as a chosen experience of God.** "Anything that may seem to be missing is merely an **illusion born of my limited human perception.**"

"Simply look with perceptive eyes at the world about you, and trust to your own reactions and convictions. Ask yourself, 'Does this subject move me to feel, think and dream?'" – Ansel Adams

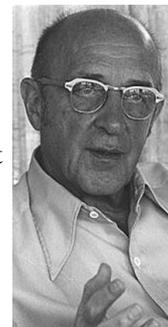
Whole and Complete

Based on their experiences in life, people develop self-concepts on two levels: a personal one and a social one. What is your self-concept?

Psychologist, Carl Rogers popularized the idea of self-concept in the west. According to Rogers, everyone strives to reach an "ideal self". Rogers also hypothesized that psychologically healthy people actively move away from roles created by others' expectations, and instead look within themselves for validation.

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On the other hand, negative people have self-concepts that do not match their experiences. They are afraid to accept their own experiences as valid, so they distort them, either to protect themselves or to win approval from others.



"The curious paradox is that when I accept myself just as I am, then I can change."
Carl Rogers

Whole and Complete

Can you accept yourself as who you are?
 Who is that person that resides in your heart of hearts?
 What is the self-concept that you hold in your minds eye?
 Do you see yourself as God sees you, whole and complete? Or is there something that is causing you to see yourself from a limited human perception?

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It has been well documented that the majority of people seeking to accept that they are whole and complete in the eyes of God have one major issue, so deep in their subconscious, that it creates a deep chasm of separation from the truth that Jesus taught.



Whole and Complete



Robert W Firestone Ph.D. writing on The Human Experience states:
 “Each individual is born with the potential to exhibit a variety of propensities that are essentially human. The basic qualities of our human heritage are the ability to love and feel compassion for oneself and others,...

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...the capacity for abstract reasoning and creativity, the capability to set goals and develop strategies to accomplish them, an awareness of existential concerns, the desire to search for meaning and social affiliation, and the potential to experience the sacredness and mystery of life. Whenever any of these qualities are damaged, we lose a part of ourselves that is most alive and human.

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Yet these basic human potentialities are fractured or limited to varying degrees in the course of growing up in family constellations that are less than ideal. The resultant emotional pain and frustration lead to an inward self-protective attitude and a basic distrust of others.

No child is born bad or sinful; rather, the psychological defences that children form early in life are appropriate to actual situations that threaten the emerging self.

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Separation Theory places a strong emphasis on individuation and differentiation from any negative conditioning in the family. The ultimate goal is to help people overcome their personal limitations and to maintain the healthy balance between feeling and rationality that reflects their basic humanness and supports the development of the true self.”

So how can we overcome this separation and embrace the self-concept of whole and complete?

Whole and Complete

It starts with understanding what self-concept is all about, how it gets developed and how we can change it.

In her article for Explorable.com, Sarah Mae Sincero gives us these insights into self-concept:

1. Self-concept is learned.

One of the very basic assumptions of this theory is that no person is born with a self-concept.

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Self-concept is believed to develop as a person grows old. This means that our perceptions towards our selves can be shaped and can be altered, and can also be affected by environmental factors. In this sense, self-concept is actually a product of socialization and development. A person may have a perception of himself different from what other people thinks of him. For example, an individual feels that he is generous while others see him as a selfish person.

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2. Self-Concept is organized.

A person may have numerous views of himself. He may think that he is kind, patient, loving and caring, or selfish, cruel, rude and stubborn. No matter how many different perceptions you have on yourself, still, there is one perception that facilitates all of these insights, causing one organized self-concept. When a person believes something that is congruent to his self-concept,...

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...it is more likely that he would resist changing that belief. He tends to stick to his present view of himself for quite a long time, and changing this perception of his self may take too long, but change is feasible.

3. Lastly, self-concept is dynamic.

As a person faces different situations and new challenges in his life, his insight towards himself may constantly change depending on the way he responds to such life changes.

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We see things depending on our self-concept. We behave according to how we see ourselves in a situation. Therefore, self-concept is a continuous development wherein we tend to let go of the things and ideas that are not congruent to our self-concept, and we hold on to those that we think are helpful in building a more favorable perception of our personal existence." [Two companies, two concepts]

"I am God's beloved child, whole, complete and lacking nothing!" - Rev. Chuck