



## Welcome to Unity's Interactive Worship Service

**Today's Topic:**  
**An Empowered Life**

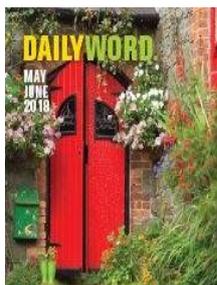
Power Point notes available at:  
[www.unityofbakersfield.org](http://www.unityofbakersfield.org)

### An Empowered Life

While traveling the roads this week I saw a bumper sticker that read: "Believe There Is Good In The World." However it also had a second message:

**Be lieve The re Is  
Good In The World"**

### An Empowered Life



As today's Daily Word reminded us:

"Today I know that I am innately empowered to **make the choices** that will bring my highest good into expression."

### An Empowered Life

It has been said that the most basic choice we have in life is whether to expand or contract, whether to bring our creative and expressive energies out into the world in positive or negative ways. No matter what the circumstances, we have the power to choose our directions.

Someone once said, "Life is a journey of discovery and change is the catalyst." And sometimes that change will force us into directions we should have found for ourselves.

### An Empowered Life



In his book The Miracle of Change, Dennis Wholey writes:

"Personal growth is at the heart of living. However, since human beings by nature seek security, one of life's greatest challenges seems to be finding the courage to change. We are frequently offered the opportunity to change.

### An Empowered Life

More often than we'd like, circumstances beyond our control force us to leave an existing state of affairs—our "status quo"—and muddle through an uncomfortable time before arriving in a new situation."

What struck me when I read his book, was that if we are going to live an empowered life, and make the choices that will bring our highest good into expression, then we must be willing to embrace the changes in our lives.

## An Empowered Life

Dennis goes on to remind us that:

“Not only is change ever present, it also seems to involve both good and bad news. While change often produces happiness and joy, change can also hurt, especially when it’s not wanted. All change includes elements of loss. That is what makes it so threatening. Since change temporarily takes away our security blanket, our safety net, it’s normal that fear, frustration, hopelessness, and even low self-esteem are often the short-term price we pay.

## An Empowered Life

Intellectually, we know all that. But it’s our denial of the predictability of change and misunderstanding of its very positive purpose that prevent us from welcoming change with grace, humility, and enthusiasm when it comes into our lives. If we really grasped what change was all about, we wouldn’t shrink from it and cry, “Why me?” We would embrace change, gently ask, “What’s next?” and enjoy the adventure to follow.”

## An Empowered Life

Change is all around us. The number of major and minor changes we must handle during the course of a lifetime is staggering. So how can we make the choices necessary so we can live an empowered life and be an example to others in the process of manifesting our highest good?

Dennis gives us Ten Principles of Change. These principles can be used by anyone at anytime to help us do just that:

## An Empowered Life

- 1. Change creates fear** (but that fear can be overcome). Greater change sometime produces greater fear – but fear doesn’t have to be paralyzing.
- 2. Change is hard** (but it’s doable). Change can be about giving up something...losing something. Making or facing a change in one’s life can be difficult, but it’s not the end of the world. Change is not only about endings, it about beginnings and starting something new and wonderful.

## An Empowered Life

**3. Expect change** (and look at it as an adventure to be enjoyed). We often don’t get what we want or whom we want. Events overtake plans; so plant the action, don’t plan the results.

**4. The only person you can change is you.** Keep trying as you may, but trying to change anyone but you can lead to a life full of disappointment and despair. Change is never about fixing others, but about changing ourselves.

## An Empowered Life

**5. Change brings out the courage within.** Courage is about moving forward in spite of the fear.

**6. Change is really an exchange** of giving up something for something better. By using the perfect vision of hindsight we can see for ourselves that the changes we have gone through didn’t kill us and for the most part we’re gain more than we ever lost.

## An Empowered Life

**7. Change is possible** (even if it doesn't feel like it). Life at times doesn't feel fair. Yet, despite these feelings we've moved through our changes to realize that there are blessings hidden in the experience. Change makes it possible for us to see them. As Joseph told his brothers: "You meant it for evil, but God meant it for good."

**8. Don't attempt change alone** – do it with an ally. All major transitions in our lives will, for the most part, require that we have some kind of support...

## An Empowered Life

... available to us. What is yours? Who do you trust? If you're going through major change in your life find someone who can be your couch, not a sympathizer. You don't need a "yes person," you need someone who can be a witness to your process and show up as someone who supports, challenges, and comforts as you take three steps forward and two backwards.

**9. The change you need to make** may be a change in attitude. Sometimes life shows up just as it is.

## An Empowered Life

Sometimes our answer to the question, "Why?" is "Because, it just is." Every now and then we get faced with the possibility that the change needed is in our attitude. Some things in life are unchangeable – like your desire for someone else to change so you can feel better or get your needs met, only to find after a great laborious effort that it won't or can't happen. Take a deep breath, yell, hit some golf balls or a huge punching bag, and then start working on changing your attitude

## An Empowered Life

**10. Change is a process** (not an event). Change is about movement. Moving from point a to point b. The goal then is in the experience we call process. Just as any class in school or college or life, it's not about history or chemistry or facts and figures. It's about how to use the learning models, systems, discipline, responsibility, self-starting, discovering who you are, living and working with others, building character, and sharing your gifts with the world.

## An Empowered Life

So remember that change is not about external events, it's about self-discovery and spiritual growth, so you can live an empowered life!

