



## Welcome to Unity's Interactive Worship Service

### Today's Topic:

### What Was I Thinking?

Power Point notes available at:

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

## What Was I Thinking?

With the evolution of humankind, our brains evolved from existing in this world with our instincts to survive, to becoming aware that we exist. What must it been like when the first person looked at their reflection in the water and their brain processed it as an image of themselves? What thought raced through their mind?

## What Was I Thinking?



René Descartes (1596–1650) was a French philosopher and mathematician, credited as a foundational thinker in the development of Western notions of reason and science. His famous quote, “I think, therefore I am,” ushered in a whole new era for those seeking to understand the conscious mind.

## What Was I Thinking?

Descartes would be one of many that would bring humanity out of the Dark Ages and into the Age of Enlightenment through the power of thought, reason, and science, and how the power we possess is related to our sense of self and purpose for being.

And yet, there are those who knew of this power many centuries before Descartes and others began teaching about the power of thoughts.

## What Was I Thinking?

The writer of Proverbs (950-700 BC) wrote: “For as he thinks in his heart, so is he.” (23:7)

Confucius (551-479 BC) taught: “The more man meditates upon good thoughts, the better will be his world and the world at large.”

Buddha (563-480 BC) taught: “What we are today comes from our thoughts of yesterday, and our present thoughts build our life of tomorrow: Our life is the creation of our mind.”

## What Was I Thinking?

Jesus demonstrated the power of thought and the law of mind action: “Just then, some men brought to Him a paralytic lying on a mat. When Jesus saw their faith, He said to the paralytic, “Take courage, son; your sins are forgiven.” On seeing this, some of the scribes said to themselves, “This man is blaspheming!” But Jesus knew what they were thinking and said, “Why do you harbor evil in your hearts? Which is easier: to say, ‘Your sins are forgiven,’ or to say, ‘Get up and walk?’” (Matt 9:2-5)

### What Was I Thinking?

The Law of Mind Action is really nothing new, humankind has used it to co-create their world, and until the last few centuries they didn't really understand what the spiritual sages, guides, mentors, and teachers tried to teach them.

The Law is simply defined by most as: "As within, so without. As we think we must become. What we focus on grows. Thoughts held in mind reproduce after their own kind."

### What Was I Thinking?

Who here knows of someone, or perhaps even ourselves, who have held thoughts in mind that became a self fulfilling prophesy? Remember the story of Job, "That which I have feared has come upon me." (Job 3:25)

There has been so much research done on the mind and how it works that there is no question that our thoughts do color our world, and create experiences for us. But do all our thoughts do this?

### What Was I Thinking?



Paul Hasselbeck, Unity minister, author, and teacher doesn't think so, as he relates a story he heard from a fellow minister. He writes:

"A minister is preaching about the Law of Mind Action. With great passion, he preached that the very thoughts we hold in our minds become our reality.

### What Was I Thinking?

All during the sermon the pastor could not help but notice that a teenage boy was squirming in his seat while he preached. And the more the minister preached the more upset the young man became. The minister could not wait to get the chance to talk to this young man and ask him what was up. When he did, the young, teenage boy said sheepishly, "Pastor, all I think about is girls these days, and...

I don't want to be a girl!"

### What Was I Thinking?

In Paul's new book, *Point of Power* he writes: "Perhaps you have heard the old cliché that whatever you *can* dream about you can become. I don't believe this either. There is a wonderful female singer at the church I attend. Now, I can dream and hold the thought with emotion that I am a beautiful, black woman singing as beautifully as this woman and it will never happen in the manifest realm.

### What Was I Thinking?

It will and does happen on the screen of my mind, but no matter how hard, how often, or how emotion filled I hold that thought, I would never be a beautiful, black, female singer.

This key idea—that human beings create their experience by the activity of their thinking—is sometimes known as the Law of Mind Action. It is usually stated: "Thoughts held in mind produce after their kind."

### What Was I Thinking?

In some metaphysical circles it is believed and taught that whatever thoughts we hold in our minds, with feeling, will eventually outpicture into the manifest realm.

The bottom line for us as individuals is that the law of mind action (thoughts held in mind produce after their kind) certainly operates 100 percent of the time at the level of the mind. Whatever we think about with emotion will affect our mental state.”

### What Was I Thinking?

So until next week, remember:

