



Welcome to Unity's Interactive Worship Service

Today's Topic: What Was I Thinking? Part 3

Power Point notes available at:
www.unityofbakersfield.org

What Was I Thinking? Part 3

Points covered so far in our series of understanding the Law of Mind Action:

1. The idea that our thoughts colored our world and created our experiences wasn't something new, but existed way before our modern era.
2. The Law of Mind Action can't break other laws or principles of the universe.

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3. The law of mind action certainly operates 100 percent of the time at the level of the mind. Whatever we think about with emotion will affect our mental state.

4. Carl Jung, (1875-1961) a Swiss psychologist and psychiatrist said, "All problems depend on how we look at things, and not how they are in themselves." Perspective of the mind is your power to recreate your world of experiences.

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5. Ego mind works is always working to color our thoughts with our perceptions. As Paul Hasselbeck pointed out: "On any given day, you can hear more than one person say something like, "xyz caused me to feel abc." Nothing could be further from the truth. Events do not cause feelings."

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6. Howard Falco, spiritual life coach writes in his article *A Powerful New Way to Understand Your Ego*, that: "Your ego is like a dedicated actor or actress that sticks perfectly to the script. Its job is to confirm your script and make it 'real' by creating the experience of it in the world."

7. Embrace and spiritualize your ego mind and bring it under the direction of the Christ Consciousness in you.

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As author, Carlita Shaw notes in her article *Positive Mind Action* : "The ego certainly benefits from being tamed rather than allowing it to dominate our minds and emotions but if we were to completely kill the ego we would essentially be also killing our creative abilities and our motivation to play and connect with other people, if we entirely killed the ego, it would be great for those that seek to have full control over our minds and hearts."

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So if we are co-creators with God, and our thoughts create our world, what about those thoughts that never manifest themselves in any of our experiences? And what about those experiences we do have, like catching a cold, or breaking an arm, or having an accident, or tripping and falling, or developing a disability, or a major health challenge? If we aren't holding those thoughts, why did these events happen?

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Paul Hasselbeck in his book *Heart-Centered Metaphysics* gives us his insight into looking at the law in several ways:

1. The thoughts held with feeling tend to give rise to like thoughts. And these thoughts do not change until we choose to change our thinking.
2. Our thoughts, beliefs, and ideas create our experiences of the world which include our feelings. Thinking is cause, experience is effect.

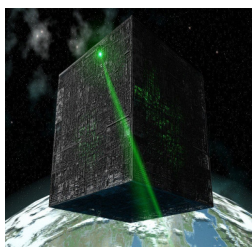
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3. Scientific research is constantly proving the mind-body connection is hardwired. Our thoughts, feelings, and emotions have a direct influence on our bodies, most notably the immune system.
4. Our thoughts, feelings, beliefs and ideas do not necessarily create the events in the world around us. We have all heard of the hypochondriac who thinks and feels that he or she has some dreadful disease, but it never occurs.

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5. However, the experience of the disease does occur in consciousness, in the mind of the person. Therefore, regardless of whether thoughts, feelings, beliefs have an effect on the world, they will and do effect us at a consciousness level.
6. It is important that each person be aware and vigilant of the thoughts and feelings being held about any given situation, circumstance, or event that takes place in our life.

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“We are the Borg. Lower your shields and surrender your ships...Resistance is futile” –The Borg, Star Trek. The Borg controlled all thoughts and feelings through the use of the “collective” consciousness.

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Think about this for moment, how much does the collective consciousness, or race consciousness, or mass consciousness impact our individual consciousness? And what kind of impact does it have on our thoughts, feelings, beliefs, and perceptions about ourselves and the events we find ourselves in?

A lot! For it contains both truth and error beliefs accumulated throughout human history.

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All of us have a subconscious where everything that has ever taken place in our lives is stored. That also includes all information received since our conception.

As we got older and moved into the world of experiences we became part of the collective consciousness. Regardless of whether we were aware of it or not or whether we believe it or not, it did not matter. Thoughts are energy and that energy is all around us.

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Science is constantly testing and proving that this combined consciousness or collective consciousness of the planet has an effect on worldwide events such as peace or war, poverty or abundance, harmony or discord, love or hate and serves as the cause for much of humanity's advancement or decline.

Myrtle Fillmore, co-founder of Unity, refused to allow the race consciousness of her day to determine her health challenge for her.

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Why did this young girl develop TB? What were her thoughts, beliefs, and feelings, that brought this experience into her life? What purpose could this health challenge possibly have other than death in sanatorium?

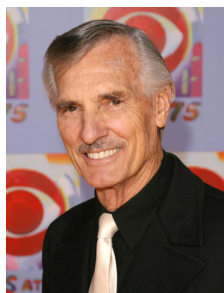
The purpose was a soul issue she had to find the truth that would lead to her healing, but also, to share that truth with the world. "I am a child of God and therefore, I do not inherit sickness."

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Later on in her life, Myrtle would write in her book, *How to Let God Help You*, to:

"Clothe your mind with the garments of Truth, and let your thoughts yield to you their wealth of spiritual power. Think from the Truth standpoint when you think about the outer, material world. It is by your spiritual thinking that you build up your spiritual consciousness."

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CONSCIOUSNESS IS AN
INDIVIDUAL
RESPONSIBILITY.

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Dennis Weaver
American Actor