



Welcome to Unity's Interactive Worship Service

Today's Topic: What Was I Thinking? Part 4

Power Point notes available at:
www.unityofbakersfield.org

What Was I Thinking? Part 4

Last week I closed the lesson with a quote from Unity co-founder, Myrtle Fillmore, who had TB as a young girl. She would later be cured of it, while creating what is now Unity.



What Was I Thinking? Part 4

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."

What Was I Thinking? Part 4

We are all here by divine right of consciousness. In other words we are here to connect to and manifest the highest and best of what God has for us. And we do it by expressing the Truth that lies within us, the Truth that sets our ego free to follow the spiritual principles that govern all the laws of the universe. Principles that all the great spiritual teachers, sages, mentors, and guru's gave to humanity to help build their spiritual consciousness.

What Was I Thinking? Part 4

Some say that all our challenges, dramas, and experiences are due to soul issues and the karmic debt that needs to be repaid. Ok, maybe I have some unresolved issues that need to be healed, I get that. And Law of Attraction may come into play in the karma arena as, "As you give, so you get." Or as others have pointed out: Sow a thought and reap a deed; Sow a deed and reap a habit; Sow a habit and reap a character Sow a character and reap a destiny.

What Was I Thinking? Part 4

But I can't believe that an all loving God would keep humanity on the karmic wheel, constantly repaying old debts from life time to life time. If we are here by divine right of consciousness, then it is for our highest and best to live this life of trials and tribulations to the best of our ability. As Jesus said, "In this life you will have...,but be of good cheer, I have overcome them and so will you, for the things I have done you will do also!"

What Was I Thinking? Part 4

I believe, in her book Overcoming the Pitfalls of the Spiritual Path, Lisa Kay McColley outlines some of the things that we can do to create a spiritual consciousness that can put ego mind under the direction of spirit, and thus create a consciousness that will add to the mass consciousness for the highest and best for all concern. Here are the steps:

Loving Kindness - In thought, word, and deed this energy reaches out to others, illuminating, uplifting, and healing all who come in contact with it.

What Was I Thinking? Part 4

Goodwill - Directing your thoughts, words, and actions to produce good in others, and to move humanity along the path of wholeness and wellness.

Forgiveness - The ability to let go of hatreds, resentments, and grudges so that the energies of love and goodwill can prevail.

Sacrifice - The spontaneous and joyful giving of oneself and one's resources to assist others. The ability to surrender that which is no longer important or has lesser importance because it has been superseded by the needs of another.

What Was I Thinking? Part 4

Responsibility - Based on self-consciousness, the ability to be held accountable for one's actions and the acceptance of larger duties according to one's capabilities.

Discrimination - The ability to observe, analyze, and sort out the lesser from the greater inducing one to make more aware and correct choices.

Free Will - The power to make independent choices involving one's thoughts, feelings, and actions and the willingness to be responsible for decisions made.

What Was I Thinking? Part 4

Humility - An adjusted sense of right proportion giving a true and balanced point of view of one's talents, responsibilities and work.

Simplicity - The ability to operate from a set of principles and values which guide one's life, and the capacity to live free from excess and indulgences.

Detachment - Seeing oneself and others objectively thereby giving discernment as to essentials, the ability to take a calm and impersonal look at things.

What Was I Thinking? Part 4

Serenity - "Peace of mind" which brings poise in the face of all difficulties, the calm at the "eye of the storm."

Selflessness - The ability to put others needs before one's own, based on inner strength and conscious choice to do so, versus submissive or passive surrender.

Courage - Risk taking, standing on one's own, and holding fast to principles and convictions which may be contrary to other's opinions.

What Was I Thinking? Part 4

Integrity - Living truth as one knows it, being honest, wise, noble, and just in one's relationships with self and others.

Perseverance - The power to endure, to be patient, focused, and steady which allows for the accomplishment of tasks which one has implemented.

Sharing - Based on the recognition that we are all linked together by the laws of economy which circulate goods, an outgoing attitude and response to assist others in achieving what one has been able to acquire in goods, wisdom, and peace of mind.

What Was I Thinking? Part 4

Harmlessness - Approaching life in a constructive and positive fashion, based on a state of mind and inner motivation led by understanding, inclusiveness, and the desire to produce good.

Balance - The practice of moderation in all things and the ability to see and weigh opposing forces allowing therefore a spirit of compromise into solutions.

Solitude - The ability to laugh at oneself, to not take life so seriously, and to experience fun and joy in living.

What Was I Thinking? Part 4

Sense of Humor - The cultivation of inner quiet and the appreciation of standing alone which allows for the inner self to grow and become steadfast.

Devotion - The focusing of ideals motivating us to become like those ideals, while still maintaining a just sense of proportion and compassion for not being perfect.

Joy - An attitude of positivity that contributes to our ability to receive and give pleasure in the simplest and greatest of experiences.

What Was I Thinking? Part 4

Silence - The knowing when to keep quiet, stilling the emotions, refraining from impulsive speech, and assuming a stance of listening and observing.

Intuition - The ability to sense the meaning behind things leading to comprehension via knowing and experience.

So I leave you with this thought from Eric Butterworth: "Your mind is your kingdom. It has no boundaries. The free flow of ideas and creativity is your inheritance. It is a well-spring that is inexhaustible." (In the Flow of Life)