



Welcome to Unity's Interactive Worship Service

**Today's Topic: A Harmonizing
Presence**

Power Point notes available at:
www.unityofbakersfield.org

A Harmonizing Presence

No person, no place & no thing
has any power over us,
for 'we' are the only
thinkers in our mind.
When we create
peace & harmony & balance
in our minds,
we will find it in our lives.

-Louise L. Hay
healthythoughts.in

A Harmonizing Presence



In 1910 Myrtle Fillmore, co-founder of Unity, wrote a short poem on how we can experience a harmonizing presence in our lives. This is her poem:

If you want the good to grow,
watch the little words you sow.

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If you want life's blossoms rare,
put out thoughts that wear and tear.
Loving good is always brought
into sight through loving thought.
If you want to meet a smile,
take one with you all the while.
Kind and loving deeds attract,
and like the echo, come right back.

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What we give, we surely get:
love for love, and fret for fret.
This sweet law, dear Lord, I know;
I will reap the good I sow.

As the Daily Word reminded us: "I choose not to respond to any negative or insensitive comments. Instead, I view every relationship, every situation through the lens of my being a living expression of God."

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Let's face it, we all would love to believe that we are in perfect harmony with all living things here on this planet of ours. And yet, everyday is a challenge to bring that belief into an active role in our lives and affairs.

It is no secret that we are the creator of our life, the director, the player, the judge, the jury, the lover, the hater, the healer, the warrior, and so much more. So what are we to do about being a harmonizing presence?

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We can start by truly accepting the fact that we are children of the Most High. That we share in the spiritual DNA of our beloved Creator and Source of all energy, God. That in that creation we are part of the origin of divine love, the original blessing, and not original sin; which has its basis on the idea that we are separate from our Creator and in need of redemption.

As the Course in Miracles states: “Our natural state is in perfect harmony with Love, our Source.

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We are in perfect harmony with the Love that is the truth in everyone and everything. When we feel out of harmony, discouraged, disgruntled, unhappy or afraid, it is only because we are believing that we are separate from our Source.

To return to harmony, we need only ask for and accept the guidance of our Inner Teacher. With our willingness, we return to our natural state and experience the peace of God.”

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It's not just people we must create a sense of harmony with, it's nature too. Be honest now, how many of you, or people you know, constantly complain about the weather?

Well here's a thought about harmony with the weather from Anthony De Mello, S.J.:

Traveller: What kind of weather are we going to have today?

Shepherd: The kind of weather I like.

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Traveller: How do you know it will be the kind of weather you like?

Shepherd: Having found out, sir, I cannot always get what I like, I have learned always to like what I get. So I am quite sure we will have the kind of weather I like.



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Ever since humankind learned how to write and express their ideas, many people have written about the importance of being in harmony with oneself. It has been said many times that we suffer disharmony with the world around us because we derive our sense of identity exclusively from the content of our physical life and not the content of our spiritual life. We must find a way to balance both.

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Eckhart Tolle explains in his teachings that we must be careful of ego, for it strives to keep us in the physical realm of identifying who we are, individual and separate from one another. And yet, this is real and true on the surface; for it is in this realm that disharmony finds a breeding place in our thoughts and emotions. No one is free of ego's activity in one's life. We must learn to discern what is true for us as spiritual beings.

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This takes time for many people for as he teaches: “For most people, the shift is not a single event but a process they undergo. It is a gradual dis-identification from thoughts and emotions through the arising of awareness.”

And part of that awareness is to know that worry and uncertainty is what ego loves to involve you in. As Jesus said, “Be not anxious!”

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You can't have a harmony of presence if you allow worry and uncertainty to be your guide. As Robert Fulghum, author of All I Really Need To Know I Learned in Kindergarten reminds us:

Life is. I am. Anything might happen. If I were absolutely certain about all things, I could spend my life in anxious misery, fearful of losing my way. But since everything and anything are always possible, the miraculous is always nearby and wonders shall never, ever cease.

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Creating and applying a harmonizing presence is a process. A process of denying ego to have power over our thoughts and emotions by remembering who we are, God's beloved children, to whom it is our Creator's great pleasure to give us the kingdom.

One step and one affirmation at a time we affirm that: In God I live and move and have my being, for God is in me, through me, above and below me. I have a harmonious relationship with God because:

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1. God within me is power and I filled with strength, not weakness.
2. God within me is wisdom and I express knowledge, not ignorance.
3. God within me is life and I am filled with life affirming faith, not fear.
4. God within me is love and I am filled with loving thoughts, not hate.
5. God within me is harmony and I am filled with peace, not strife.

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6. God's good is already mine to name and claim, I live fully and completely in the kingdom, for it is within me now!
And so...

