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From the Desk of
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Dear Friends,

A while back I purchased the HBO series John Adams. I have watched it twice since then. I found the evolution of thought and the process of putting those ideas into manifestation to form a whole new concept of government “of the people, for the people, and by the people” amazing.

Recently I started to think about our process of thinking. As a student of history I have found that throughout recorded time sages and teachers have tried to teach us that our thoughts can and will produce results.

Since the first utterance of Rene Descartes' philosophical statement, **“I think, therefore, I am,”** hundreds of books and thousands of articles have been written about the concept of thought and how it impacts our lives. Another Frenchman, Victor Hugo, would forever be known for his quoted observation of how ideas shape our world. A noted 19th Century poet, dramatist, and novelist he would pen these famous words: **“There is nothing more powerful than an idea whose time has come.”**

As I sit here writing this letter thoughts are being generated in nanoseconds within my mind. Those impulses race through my body to the nerve endings in my hands so that I can type the manifested thought into words on paper. Is it any wonder that our thoughts impact our bodies and our lives in ways we never realized?

I love this quote from Marcus Aurelius, last of the “Five Good Emperors” (161-180 AD) of Rome: **“The universe is change; our life is what our thoughts make it.”** What this tells me is that change is all around us. It’s a part of our evolution and a constant reminder that we have control over how we live within the evolution of change by the power of our thoughts.

Stop for a moment and focus on the thoughts going through your mind right now as you read this. How are those thoughts impacting your body? What are you feeling and what do those feelings tell you?

Unity has taught one basic eternal, fundamental, and metaphysical Truth-The Law of Mind Action, which states: Thoughts held in mind will produce after their kind.

Modern medical science continues find ways to understand the mind-body connection. In many of our hospitals today there are people trained to help patients to “think” their way to health and healing.

We are told that everything began with an idea. God said, “Let there be...” and it was so. Then man was created in God’s image and likeness with the ability to think and have dominion over all he saw because he had the ability to form and shape ideas from the mind by naming and claiming what he saw.

Created from the Mind of God we have the capacity to access everything we need to create an abundantly blessed life. When Jesus taught that it was God’s pleasure to give us the kingdom and that the kingdom was within us, he was saying that all the ideas come from God-accept them, use them, share them for good.

There’s an old saying, **“The more things change, the more they stay the same.”** The challenges humanity has faced since the beginning of time may change due to the environment of each generation, but they’re still challenges none-the-less. Our overcoming begins and ends with the thoughts we use to deal with the challenges. Join me next month when I continue looking into and discovering the power of thought and how we can use it to create the life that is right us each of us.

Abundant Blessings!
Rev. Chuck