



February 2011
From the Desk of
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Dear Friends,

As I sit down to pen this newsletter I can't help but wonder about what's going on in our world today. Then I think back to the days of the great master teachers and what they had to say to the people of their day, it seems to me that when it comes to matters of the heart we haven't done a very good job of it.

The 11th commandment by Jesus of "Love one another as I have loved you.", isn't being fulfilled very much these days. In fact, when I look at the lives of all our spiritual teachers one thing stands out. They all died at the hands of those who could not or would not allow love to be the ruling force in our life and affairs. Why is it that we are so easily swayed by those who would manipulate and control through fear and intimidation?

What is it about the human condition that keeps us from standing up and saying enough is enough. No more hate, no more intolerance, no more prejudice, no more injustice. Why do we feel the need to make others our enemy because "they" don't think like us, dress like us, believe like us, live like us? The letters to the editor section of the newspapers, radio and TV commentators on both sides of the issues can't seem to say a nice word about anyone or anything.

What has happen to civility, the right to share our opinions with respect while honoring the other point of view as being of value as our own. It seems the art of compromise has been lost and in its place a "winner takes all" mind set has emerged.

I watch my 10 month old grandson explore his world, taking everything in. Then I think about what legacy are we leaving them. What will the world be like in 20, 30, 40 years from now? Will we as a species finally get it right and act from the heart instead of the ego?

Not too long ago I had a gentleman attend one of my Wednesday night classes where I happen to be teaching on Jesus's trinity of love: Love God and love your neighbor as yourself even if that neighbor is your enemy. Love is first cause and from it springs all things good. Therefore, love God first. Now loving one's neighbor as yourself means that each of us must love ourselves enough to see our neighbor as us. A

person with desires, goals, aspirations, needs, and wants. A person who feels anger, mistrust, and yes, sometimes hatred. When we are able to embrace and practice the trinity of love a greater understanding emerges out of the relationship. However, this gentleman could not embrace that idea when it came to loving one's enemies. He could not understand that we are both one in the same as Walt Kelly once stated: "We have met the enemy and he is us."

The enemy we must learn to love is the enemy which lurks within our own consciousness. Ego's playground of untruths, lies, falsehoods, misdeeds, and misguided perceptions. It is here that fear takes hold and labels anything we do not understand as an enemy. Fear keeps us in bondage to the very thing we seem to be afraid of.

The other teaching by Jesus that goes hand-in-hand with the need to manifest the trinity of love in our lives is this: As you give out so you will get back, do not judge, or you'll be judge. In other words what we think, what we say, what we do all comes back to us in some shape or form. Live with hate, jealousy, mistrust, or anger and it will return to you. The energy you put out into the world will determine what you get back.

So why not give the energy of love? Give it to your body by loving yourself just the way you are. Aches, pains, or disorders. Those areas of your body are not your enemy, those areas are a part of you and need just as much love as the other areas of your body. Then send love to those old memories that caused you pain. Let them go, you don't need them anymore, so why keep them around?

Give yourself love for any and all past mistakes. Whatever it was God doesn't care anymore. You've hurt yourself enough by holding onto the guilt or shame. The beauty about God's grace is that you can start over at any time you want. The choice is always yours.

Give love to the person who is your biggest challenge by seeing them as yourself. During your prayer time "see" them with the same issues you have. We've all in this together. And sometimes giving love means creating healthy boundaries so that you both can heal the relationship and move on.

February is the love month. Let's give love a try and see what happens.