



**June 2011**  
**From the Desk of**  
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Dear Friends,

Every Friday is my day to spend time with my grandson, Remy. I call it my Remy Day. Sometimes he spends his time at our house and at other times I go to his house to watch and to play games with him.

Ever since he was born I have been calling him my “awesome boy.” I love watching him explore the world around him and when he discovers something new and he gets excited about it I respond, “That’s my awesome boy!” Then there are times when he pitches a fit when he’s told he can’t do something that will hurt him. I have noticed that unless the object is removed, or he is removed from the object, natural curiosity causes him to go back to the forbidden “fruit” while looking back to see if I see him going for it.

It’s all part of the learning process that goes on in our brains 24/7. We never stop learning. Sometimes the forbidden fruit does hurt them and they learn quickly not to touch a hot stove, or that putting a paper clip in the electrical outlet isn’t a good idea either. Learning to distinguish between what will hurt us and what won’t has been going on since the beginning of time. After all we learned that some animals were ok to touch and others weren’t. Some plants were good to eat and others killed us.

As I watch Remy learn all he can about his world I am often reminded of these words, “*And a child shall teach them,*” said Jesus. So every time I have to say “no” to him I wonder what is going on in his mind at that moment. What am I teaching him, what is he teaching me?

One thing is for certain, at least from my point of view. And that is, I will do my best to let him know that he is always deserving enough, good enough, and worthy enough to discover for himself his world and those things that will help him create a sense of abundance and well-being in his life.

All too often people who have sought counseling suffer from two basic mind-sets: unworthiness and lack of self-esteem. These mind-

sets were learned early in life as children looked around their world and, for a number of reasons, concluded that they were unable to do anything right, that there must be something wrong with them if so and so was doing it better, or they just weren’t good enough because someone said so.

In his letter to the Philippians, Paul stated, “*Have this attitude in yourselves which was also in Christ Jesus.*” What this tells me is that no matter how we were raised, what we told about ourselves, we have the ability to change the beliefs that say we are unworthy and undeserving.

You have within you the same spirit, image, and likeness of God that was in Jesus. “*The things I have done you will do also, and greater will you do!*” are not just nice words spoken by Jesus, but an edict to use for yourself so that you can claim the good that is yours. After all, Jesus had a “can do” attitude of mind! And you can too.

It has been said that as we go through life we are constantly programing ourselves. We make choices every waking moment. It is those choices that determine our future and the experiences we will have. I love this scene from a Star Trek episode.

Mr. Spock: *May I point out that I had an opportunity to observe your counterparts quite closely. They were brutal, savage, unprincipled, uncivilized, treacherous—in every way splendid examples of Homo sapiens. The very flower of humanity. I found them quite refreshing.*

Captain Kirk to Dr. McCoy: *I’m not sure, but I think we’ve been insulted.*

It begs the question: Are we human *being* or human *doing*? What are we doing with our lives, our divine heritage as sons and daughters of the Most High? Do we see ourselves worthy of all that God has for us or do we see ourselves as less than, not entitled to all that is ours by divine right of consciousness?

If you want to experience more abundance and a greater sense of well-being in your life then join me this month as I begin a new class on Tuesday mornings. If you are looking for ways to undo the false belief that there is something wrong with you, that you are undeserving, then join me as we look at ways to unblock and unlock the potential that is within you.

*Abundant Blessings?*  
 Rev. Chuck