

# April 2014

**From the Desk of Rev. Chuck**

Unity of Bakersfield

1619 E Street, Bakersfield CA 93301

[www.ucob.org](http://www.ucob.org)

**661-327-8614**

---

Dear Friends,

April is upon us and the Easter season will be here soon. During this time of year our attention turns to the celebration of rebirth and renew with the celebrations of Palm Sunday and Easter Sunday.

Over the twenty plus years of counseling individuals, I have come to see that there is one area of their lives that seems to always get in the way of their ability to renew and resurrect themselves into a place of well-being and prosperity. That one area is their past, and the ability to let go of it.

By not allowing the past to be the past it is brought into the present moment, which in turn contaminates the future experiences and events that have yet to happen. But! All that can change in an instant.

We've heard or read about the spiritual law of karma: what goes around comes around, as you think so you are, as you give so you get. There is no getting around this activity in our lives. As Jesus stated to the people, "Do unto others have you would have them do unto you."

He went on to say that if you are holding anything against your brother go and take care of it before to go to God in prayer. In other words, don't let a misguided belief about someone or something from your past contaminate your future blessings.

Your belief system is tied to this law. As you believe, it becomes a reality for you. As we take on new ways of thinking about our experiences we can find renewal of heart and mind.

I'm going to share some easy to follow steps to help you or a loved one start making the changes for more fulfilling future. The first three steps deal with the spiritual law of karma.

1. Pay close attention to your actions and to the signs that the universe is trying to tell you something may be out of balance. Make an effort to listen and then ask for help.

2. Accept your karma. When challenging situations sprout in your life, go through them with strength and courage. In this way you attach positive energy to the situations thus reducing the need to "carry" all that negative stuff.

3. Do not judge anything good or bad. Look at everything as an opportunity to learn something about yourself and the situation or circumstance you may be involved with.

Following these steps will help you to free yourself from bondage to continued pain and suffering; you'll find that you're more enlightened and free-spirited.

This is just the beginning. As with all our experiences that created a belief system for us, there are some that need to be healed so that when they show up in some future experience we will finally be free of the emotional pull on us. Here are some steps to help us with the third part of cleaning up our karma.

1. Choose an event in your life that you have carried into your future. Write about it with complete honesty, not trying to be correct, fair, or nice about it. Express all your emotions about the event without censoring anything.

2. Invoke divine grace to help clear up the negative feelings. Silent repeat to yourself: "God, please help me to grow and heal from this."

3. Now rewrite the event. This time adding the other person's point of view. Be sincere and say what you think would be appropriate. If all you can muster at the time is that he or she couldn't help it because they were an idiot, so be it.

4. Set it down for awhile. Continue to ask for divine grace and guidance. Now look at it again. Just for a moment, you're the greatest of all truth students and metaphysical sages, you enter into the assumption that everything that happens in your life is perfect lesson that you can learn from. Ask: What can I learn from this event or experience? Did it make me stronger? More compassionate? Less attached to material things and outcomes?

5. Now, do one last re-write of the event again. This time as your life story without the personal element, but instead as if it were a fictional novel. Make an effort to see yourself as the storyteller. Tell the joys and sorrows with equal gusto. What fun is a novel without discord or challenge. Describe all the colorful details, along with your inner dialogue, thoughts, feelings. Be the storyteller!

The beauty of these steps is that they will help you unwrap the gift of insightful hindsight. And with that gift you will be resurrected from the past and renewed in mind and body. Happy Easter!