

July 2014

From the Desk of Rev. Chuck

Unity Church of Bakersfield
1619 E Street, Bakersfield CA 93301

www.ucob.org

Church: 661-327-8614

Dear Friends,

I love the month of July for several reasons, of which one of them is that we get to focus on what it means to be free.

One of Unity's great teachings is that we are free and we are unlimited, right now, right now! And yet, we put off our freedom to some other time. Why? Because of our mind.

J. Robert Oppenheimer, a noted U.S. Physicist once had this to say about freedom:

In a free world, if it is to remain free..., the opportunity must always be there for mankind to learn."

And centuries before, Galileo made an observation about mankind. He remarked that:

You cannot teach mankind anything; you can only help him find it within himself.

All freedom, starts in the mind. Many of us are familiar with the statement made by Paul to the Romans in 12:2 ***"Do not be conformed to this world but be transformed by the renewal of your mind, that you may prove what is the will of God, what is good and acceptable and perfect."***

Many years ago I worked with a young man to help him make the kind of changes in his life that would help him realize that freedom was already his. All he had to do was accept it and then live it. So part of his homework was to create affirmations (Unity is famous for affirmations and affirmative prayer.) The part in bold is what he wished to change. The part that is in italics is what he wrote.

Having the freedom to try a new principle or idea:

"I'll be free and unlimited in a month after I've thought about it."

Having the freedom to be active:

"I will be free and unlimited when I overcome this health challenge."

Having the freedom to be prosperous:

"I will be free and unlimited when I win the lottery."

Having the freedom to experience peace of mind:

"I will be free and unlimited when she or he apologizes to me for what they did to me."

Having the freedom to express positive, uplifting, empowering thoughts:

"I will be free and unlimited when everyone sees life my way."

Now some of you long time Unity students are probably saying, "These aren't affirmations!" Oh, but they are. Negative ones, but affirmations non-the-less. It is these types of affirmations that allow people to stay in bondage to ego's way of thinking.

So, how can we turn the ego around? How can we start to feel what's it's really like to experience true freedom, the freedom of spirit, the freedom that Jesus demonstrated? One way is to follow these five steps to establishing a change in consciousness:

Step One: *Always put God first.* Ask, knock, listen, and take action.

Step Two: *Take it one day at a time.* As many of you know, that the secret to AA's success is that they take it one day at a time. "Be not anxious," said Jesus.

Step Three: *Associate with people who see themselves free or who are working to be free from their bondage.* Surround yourself with positive-minded people.

Step Four: *Be patient with yourself.* Generally, change does not happen over night. Just as you did not become the person you are this very minute overnight, neither is your ultimate goal for yourself happen over night.

Step Five: *Give thanks.* No matter how small the demonstration is in your life give thanks by affirming you are now able to accept the feeling of learning to be free and unlimited, right now! A prayer of thanksgiving can be as short as this: *"Thank You, God for my freedom. I am free and unlimited to try new and different things in my life. I am free and unlimited to experience health for myself, prosperity for myself, peace of mind for myself, harmonious relationships for myself, right now."*