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**From the Desk of Rev. Chuck**

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Dear Friends,

We've all 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. Your belief system is tied to this law... as you believe so it becomes reality for you.

There is an old saying that states: If you want to know your future look at your present, if you want to know your past look at your present. In other words we are where we are right now because our thoughts, intentions, and actions brought us to this point in our lives.

Don't like where you have been and wish you could change your past? Well, we all know that can't be done, no time travel for us yet. But you can prevent the past from contaminating your future. That power is within you right now. Change your belief and you can your reality, change your reality and you change your future!

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 as an opportunity to learn something about the situation, circumstance, or experience. 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" forward this "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 begin to free yourself from bondage to continued pain and suffering; you'll find that you're more enlightened and free-spirited.

And of course 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 we will finally be free of their emotional pull on us. Here are some steps to help us with the third part of cleaning up the past so that it will not contaminate your future.

1. Choose an event in your life that you have carried into your now moment. Write about it with complete honesty, not trying to be correct, or 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. Let it be 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 in divine order for continued spiritual growth toward becoming fully human. Ask: What is the message I need to hear, see, feel from this event? 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!

6. The beauty of these steps it that it will help you unwrap the gift of insightful hindsight. And with that gift you will finally be on your way of freeing your future from the past.