

**December 2014**

**From the Desk of Rev. Chuck**

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Dear Friends,

December is the month we celebrate Christmas and prepare ourselves to express the activities of peace and goodwill toward all.

Jesus, while giving his greatest metaphysical dissertation on what He believed to be the fundamental truths of expressing goodwill toward all said, "Blessed are the peacemakers: for they shall be called children of God." (Matt. 5:9) Jesus's great metaphysical dissertation would latter be called the "Sermon on the Mount." The new teachings would be titled the "Beatitudes." Jesus's entire message to humanity was one of transformation, not conformity.

The late, Eric Butterworth in his book Discover the Power Within You wrote: *This statement is an important key to understanding the divine potential that Jesus saw in every person. We are spiritual beings, children of God in spirit, and it is this spiritual identity that gives us the miracle-working power that lies within each of us, but we must condition the mind to receive and express it.*

*The peace that we desire and need in the world is that which "passes every understanding." It cannot come by treaties or agreements, or by wars and boundary lines. Peace can only come when we become receptive to it and become peacemakers in the process of expressing it from within.*

I would like to share an acronym for peace that can help us achieve the "peace that passes all understanding" so that we can be blessed as peacemakers.

P = Positive E = Expression A = Affirming  
C = the Christ E = Energy

#### **P = Positive**

Developing a positive attitude of mind has been proven time and time again to be a key element in experiencing our desires.

Matthew McKay and Patrick Fanning in their book The Daily Relaxer tell us: *We are what we think. Most of our pain and most of our joy comes from how we interpret events in our lives. Epictetus, a Greek philosopher, said it best: "Man is not disturbed by events, but by the view he takes of them."*

#### **E = Expression**

The results will be found in how you express them in your life and affairs, as McKAY and Fanning continue to write: *The negative expression of anger adds fifty pounds to the load stress you already feel in your life. It affects your heart and digestion, and increases overall muscle tension. Studies have shown that chronically angry people have higher death rates with respect to virtually every cause.*

It is important to your total well-being that you start to reverse this destructive trend if you want to experience peace in your life and affairs. One way of doing this is to use affirmations that are positive and uplifting.

#### **A = Affirming**

One such affirmation written by Eric Butterworth that has helped countless thousands overcome anger and find peace is this: *"I am a spiritual being with the potential for peace and harmony and overcoming within me at all times. I am a radiating center of divine light, life, wisdom."*

If you can't see yourself as a radiating center because there may seem to be too much darkness in your past to let the light shine, remember the simple light bulb and the next time you walk into a dark room in your house watch what happens. The same is true for you. There is a center of light within you ready to be turned on--that center is the Christ of your being.

#### **C = the Christ**

It is the Christ in you that always knows the truth of any situation, any circumstance, any problem, any challenge that you may be facing. It is the Christ in you that has the answers you need, when you need them. It is the Christ in you that knows everything is exactly the way it should be.

#### **E = Energy**

We all know that the universe is made up of both positive and negative energy charges, and both are needed to create matter. How we use this energy will determine if we create peace and serenity in our lives or discord and disharmony.

When we learn to turn within to the Christ presence that waits for our acknowledgment, we will find that the energy is a life affirming power that will create miracles in our lives and make us the peacemakers that Jesus said we could be.