

May 2016

From the Desk of Rev. Chuck

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Dear Friends,

KD and I have just returned from visiting my sister and mother in Opelousas, Louisiana. My mother had prepared a garden in April and the seeds she had planted were breaking through the soil and creating beautiful plants that would yield fruits and vegetables. Using the proper tools to cultivate the garden the plants are growing and thriving nicely.

It started me thinking of our own spiritual growth and how we have the tools within us to produce the fruits of well-being and abundance of all good things in our lives. The tools we have to help us cultivate our consciousness garden so that we can grow the plants of well-being and abundance are denial and affirmation.

Now I want to explain what Unity calls denial is not the same denial that is used in a social psychological context. It is necessary that you understand the difference so that you may be able to use these spiritual tools correctly. The social psychological model of denial deals with an individual refusing to acknowledge that they have a problem. Examples of this type of denial are persons who are addicted to drugs, alcohol, or anything thing that keeps them from accepting the fact that they are responsible for their involvement in the production of their dilemma.

These individuals see themselves as victims of either someone else's shortcomings or just plain old "bad luck." They refuse to look at the issues, which may be very deep within their own subconscious mind, that keep them in this state of denial that it is "their problem." Unity's teachings does not allow this kind of denial. This kind of denial keeps a person in bondage and won't allow them to move forward on their path to wholeness of health, prosperity, joy and love.

Unity's statement of denial is based on spiritual denial. It means to release any thought or idea that something outside of yourself has any power over you. It is an action that allows you to release the negative action that keeps you from growing into something

greater; as you realize that you and you alone must be willing to take responsibility, not for every undesirable event that takes place in your life, but for what you do with that event in your consciousness. You have a choice of allowing events to control you or you to control them.

Once we have started the process of riding ourselves of old, ugly, dangerous beliefs we need to replace them with something else. We do this by using the spiritual tool of affirmation. We use affirmations to build our God-consciousness, to link our minds to the Truth of our spiritual being, to tap into and use the essence contained in our souls. Affirmations are like seed thoughts. The planting of new seed thoughts in our consciousness that we want to grow.

You can make your denials and affirmations as simple or as complex as you want. The key is to do it with gentleness, conviction, and faith. Here are some steps that can help you with the process. Remember:

1. Denial is a release of the negative thought, idea, or old habit.
2. Affirmation is an establishment of the truth.
3. Expect your denials and affirmations to produce immediate action in your mind (mental and emotional levels). Using the word NOW is very helpful.
4. Include the words release in your denials and establish in your affirmations as reminders of the kind of change you want to see. Identify the mental and emotional conditions you want to release and establish.

Example: You are praying for harmony in a relationship at home or work.

By following the steps outlined here, you may develop a denial and affirmation like this:

"I now release this fear of feeling out of control. The harmonizing love of God is now established in my mind and heart. Thank you, God."

Remember, be gentle with yourself as you begin to use these spiritual tools to cultivate your consciousness garden to produce well-being and abundance of all good things. And when you make your statement of denial, give yourself a few moments to experience it then speak it again if necessary. As you begin to experience the release of negativity, you are ready to move into the affirmative side of prayer.