

## October's Theme

### The Divine Quest

Today's Lesson:

#### *The Simple Truth*

A copy of Rev. Chuck's Power Point notes are available @ [www.unityofbakersfield.org](http://www.unityofbakersfield.org)

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## The Simple Truth

Did you know that today is a mystical, magical, metaphysical day for you and all numerologist?

It is the 10<sup>th</sup> day of the 10<sup>th</sup> month of the 10<sup>th</sup> year of the 21<sup>st</sup> century. A double trinity.

Thus we have  $10+10+10 = 30$  or 3, and we have  $2+1 = 3$  A double trinity for achieving your goals spiritual & physically.

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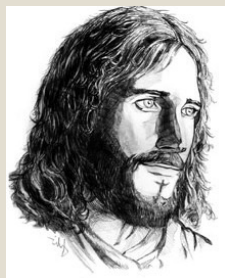
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## The Simple Truth



Jesus then said to the Jews, "*If you continue in my word, you are truly my disciples, and you will know the truth, and the truth will make you free.*"

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## The Simple Truth



*“Truth is not theory, no speculative system of philosophy, no intellectual insight. Truth is exact correspondence with reality. For man, truth is the unshakeable knowledge of his real nature, his Self.”*

- Paramahansa Yogananda

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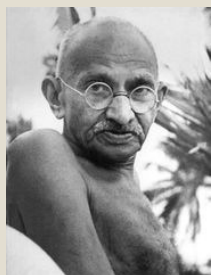
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## The Simple Truth



*“What is Truth? A difficult question; but I have solved it for myself by saying that it is what the ‘voice within’ tells you. There is no god higher than truth, for defeat cannot dishearten me. It can only chasten me. I know that God will guide me. Truth is superior to man's wisdom.”*

-- Mahatma Gandhi

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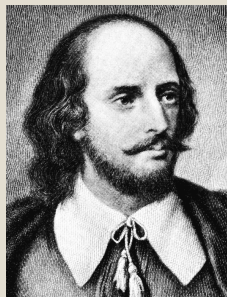
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## The Simple Truth



*“This above all: to thine own self be true, And it must follow, as the night the day, Thou canst not then be false to any man.”*

-Shakespeare-Hamlet

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## The Simple Truth

What is the simple truth? I believe it comes down to this one basic reality of life:

Unless we can be true to ourselves first, we cannot be true to others. Which involves accepting ourselves as physical beings learning to embrace our spiritual side on our journey toward soul growth.

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## The Simple Truth

As Sharon Janis states in her book, Spirituality for Dummies, *"The truth is simple, but you have to be ready to bear it."* She then goes on to relate a story of a spiritual seeker in search of truth. In part, this is the story:

Once, a spiritual seeker traveled to a distant town to receive initiation from the highly respected guru who lived there. *"Oh guru, please tell me the secret of the life that will..."*

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## The Simple Truth

*...free me from all bondage."*

The guru took one look at the seeker and saw he was not ready for this highest of truths. His mind and heart needed to be cleansed of the tangled webs of memories, limited self-identification, and misunderstandings. The seeker needed to be purified with a life of surrender, service, and contemplation. The seeker did all that was required.

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## The Simple Truth

Then one day the master saw that the seeker was ready and compassionately touched the seeker on his head and said, *"Thou art that."*

The seeker sat down, preparing to hear the rest of the secret teaching only to realize the discourse with the guru was over!

The seeker thought to himself, *"This is ridiculous, it makes no sense. This guru is losing it, maybe he can't remember what the*

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## The Simple Truth

*...secret is any more. I'm sure I can find a better, wiser, more inspired teacher who can give me what I wish to attain."*

So off he went in search of a new guru who would give him the secret. He found one that was highly respected for his wisdom and knowledge of life. This guru also saw that the seeker was not ready. He told the seeker he would have to work in the fields for twelve

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## The Simple Truth

...years and then come back. At which time he would grant the seeker the truth he was looking for. The seeker agreed thinking that with such a high price being asked for this secret it must really be valuable.

When the time had passed the seeker again came to the guru for the truth. The guru looked at the seeker and spoke, *"Thou art that."*

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## The Simple Truth

The seeker was about to think, *“Hey, that’s the same thing I heard before…”* then his mind and heart grasped the essence of those three words. With these words vibrating within every part of his being he finally understood the truth of who he was.

*We are not human beings having a spiritual experience. We are spiritual beings having a human experience.* -Theihard de Chardin

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## The Simple Truth

For another seeker it was twelve words. Myrtle Fillmore, co-founder of Unity, found the truth in: *“I am a child of God, therefore I do not inherit sickness.”*

The simple truth is that we are all children of God (Truth) and heir to all good.

It’s how we accept, live, practice, and demonstrate that Truth that will either free us or keep us in bondage to this world.

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## The Simple Truth

*I am in this world, but not of it.* –Jesus

Our divine quest, our hero’s journey, is to discover our true self. To allow our souls to become spiritually enlightened so that we may heal everything that needs to be healed.

A simple way in which to embark on your journey of spiritual enlightenment is to understand and put into practice these words:

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## The Simple Truth

Watch your thoughts; they become words.  
Watch your words; they become actions.  
Watch your actions; they become habits.  
Watch your habits; they become your character.  
Watch your character; it becomes your destiny.  
- Hillel, Jewish Leader 110-10 CE

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## The Simple Truth

Sharon shares this insight in her book, "Knowledge is power and self-knowledge gives you a power greater than anything outside of yourself. Self-knowledge gives you the objectivity and insight needed to purify your thoughts, words, actions, habits, and character – all at once."

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## The Simple Truth

Point to ponder: As you put self-knowledge into practice keep in mind that who you are at any given moment is expressed in every thing you do, every movement you make, every decision you take from choosing the clothing you wear to the environment you choose to live in.

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## The Simple Truth

The ultimate beauty of the self-realization of our spiritual nature is that we can do, be, and have anything our heart desires because, *"thou are that"* which was created in the image and likeness of the creative life force that is everywhere present and available to all who seek it.

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## The Simple Truth

All we have to do is be conscious of that fact.

So join me next week as we look at

***Conscious Living***

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