

October's Theme

The Divine Quest

Today's Lesson:

Conscious Living

A copy of Rev. Chuck's Power Point notes are available @ www.unityofbakersfield.org

<http://www.youtube.com/watch?v=mo4RqK6WhKw>

Conscious Living

My husband and I divorced over religious differences.

He thought he was God and I didn't!

I'm out of my mind.

Back in five minutes.

Consciousness:

that annoying time between naps.

Conscious Living

Last week I talked about the simple truth that 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. All we have to do is learn to be conscious of it.

Conscious Living

The dictionary defines *conscious* as: aware of one's own existence, sensations, thoughts, surroundings; fully aware of or sensitive to something; and having the mental faculties fully active.

There's a saying among Truth students that states: *Life is consciousness.*

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An age old question that continues to be asked: "*Why am I here.*", is the purpose for our lesson today.

Why are you here? I know what I learned in catechism class.

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The thief (ego) comes only to steal and kill and destroy; I came that they may have life, and have it abundantly. -Jesus

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The number one enemy of compassion is ego. Practice the teachings so it may be overcome. - Tenzin Gyatso, The 14th Dalai Lama (1935)

Conscious Living

Practicing conscious living by allowing Spirit to lead and ego to follow gives the individual several benefits:

1. They learn to live life based on spiritual aspects as they learn to embrace the spiritual principles.

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The principle of gravity was for the most part unknown to people until Newton became conscious of the law and started living it. Sure, stuff fell but nobody was conscious of why it fell and how the law could be used for their benefit.

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By allowing the law to become his life, Newton's discoveries opened a whole new understanding of how the principles of aerodynamics could benefit humankind.

2. Applying spiritual principles in our lives brings an increased awareness of God activity in our lives.

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3. The more conscious we become of Spirit's activity in our lives we see that we are constantly given what we need when we need it.
4. We learn to go with the flow of life instead against it. This helps to increase our sense of peace, order, harmony, love, surrender, & well-being.

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5. We come to realize that we can be released from unresolved feelings of anger toward someone; guilt and shame over past errors or mistakes in judgment or behavior.
6. We find that our fears, hopelessness, and depression have less and less hold on our thoughts and actions.

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7. We come to understand the words from this Sufi saying: *Why should I beg for anything from anyone, when my Lord gives me everything with His unseen hand?*
8. And these from Jesus, *“Take no thought for your life, what ye shall eat or drink...”*

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9. We learn that our guidance comes from within, and that we will attract all that we need to the best “we are that” as we listen to the “still small voice.”
10. We faithfully ask the questions we need during our prayer and mediation time...

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..., “God, I’m at this point of my hero’s journey, is there anything you want to tell me?”

“Spirit, I have a major challenge ahead of me, is there any guidance you wish to reveal to me?”

Our key to letting Spirit lead and ego follow through conscious living is...

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...found within this statement made by Jesus, “Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you. For every one who asks receives, and he who seeks finds, and to him who knocks it will be opened.”

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It all involves trusting the process. The process of asking, then listening, then acting on what was given.

“Go to God first, then to man as directed.” instructed, Jesus.

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Why do we find it hard to trust the process of going within, shutting the door, and listening to the still small voice that will instruct, guide, comfort, and strengthen us as we travel the hero’s journey?

We were taught to do just the opposite—to live only by our five senses.

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As we continue to trust and engage the process we find that our capacity to contain spiritual energy and knowledge allows us gain more clarity, inspiration, and guidance for our journey. However, we must remember that...

Practice Makes Perfect