

November's Theme

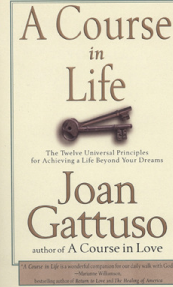
The Divine Transformation

Today's Lesson:

Vision Quest

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

Vision Quest



As our freedom thought affirms: *As I stand in God's power, I go forth with renewed hope and confidence.*

What is the vision you hold for yourself? How do you see yourself as God's beloved?

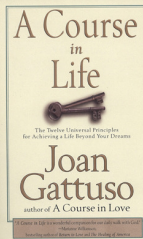
Vision Quest

We have been given two forms of sight – physical and spiritual.
The physical “sees” the world and calls it real.
The spiritual “sees” beyond the physical and calls it God.

Vision Quest

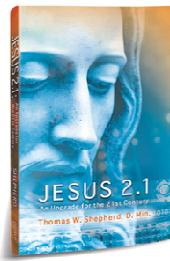
Because you cannot see me with your own natural eye, I will give you a celestial eye. – Bhagavad Gita
Do you not say, 'Four months more and then the harvest'? I tell you, open your eyes and look at the fields! They are ripe for harvest. -Jesus (John 4:35)

Vision Quest



In her book Joan shares with her readers that how we “see” ourselves is based on how we “see” those we have had or currently have a relationship with.

Vision Quest



See yourself as I see you, as your Father in heaven sees you. Remember we are one and the same, for the things I have done you will do also, greater will you do! Book of John

Vision Quest

Joan shares nine transformative statements that can help you on your vision quest of “*seeing*” yourself differently.

As I shared last week it takes a catalyst (feeling) to any thought we have about making a change in our lives. The catalyst for this change are our feelings as they relate to the thought of determination.

Vision Quest

1. I am determined to see myself differently from how I saw myself in the past.
2. I am determined to see myself differently from how I see my mother.
3. I am determined to see myself differently from how I see my father.
4. I am determined to see my spouse differently.

Vision Quest

5. I am determined to see my best friend differently from how I saw him/her five/ten years ago
6. I am determined to see my co-workers differently.
7. I am determined to see myself differently in regard to finances.
8. I am determined to see myself differently in regard to opportunities.

Vision Quest

9. I am determined to see myself differently in regard to my physical being.
“As he thinks in his heart, so is he.” - Proverbs
- Unity teaches that life just doesn’t happen to us. We make life happen according to our ability to make it happen, by creating our own reality based on how we see ourselves in relationship to the events of our lives. We name it, claim it and manifest it!

Vision Quest

Joan shares more affirmations for “seeing” yourself differently:

- I am blessed as a son/daughter of God.
- I deserve to work in a supportive environment.
- I deserve to have a healed relationship with...
- I deserve to have joy and fun in my life.
- I deserve an easier financial flow.
- I deserve to have loving friends.

Vision Quest

- I deserve to feel great about myself.
- Blessed as a son/daughter of God, I am learning to let go of the struggle.
- Blessed as a son/daughter of God, I am learning to lighten up my attitude, serious nature, judgments of myself and others, and to overlook minor inconveniences.
- When we learn to see ourselves as God sees us we become less fearful and more peaceful.

Vision Quest

Throughout the ages humanity has been given numerous opportunities to create a peaceful existence. However, all the great teachers have pointed to only one place where it can be found...

Join me next week for

The Peace Within