

December's Theme

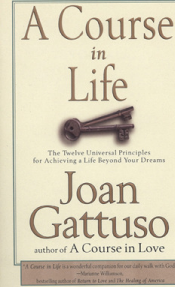
The Gifts of Spirit

Today's Lesson:

The Peace Within

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

The Peace Within



If we are to develop true peace, the peace that passes all understanding, then we must give up our control of what ego calls "ownership" by practicing non-attachment and surrender to our higher power and plan.

The Peace Within

- Peace is not merely a distant goal that we seek but a means by which we arrive at that goal. - Martin Luther King, Jr.
- Let loose of what you can't control. Serenity will be yours.
- He who lives in harmony with himself lives in harmony with the world. - Marcus Aurelius

The Peace Within



On the first day of school, a first grader handed her teacher a note from her mother. The note read, *"The opinions expressed by this child are not necessarily those of her parents."*

The Peace Within



"Peace I leave with you; my peace I give to you; not as the world gives do I give to you." (John 14:27)

The Peace Within

Unity teaches Jesus' peace is the type of peace that transcends all understanding. It transcends the worldly view because it is not dependant upon circumstances or situations. It is different in its source, its effect, and its results because it is a peace that is based on the spiritual laws of unconditional love and non-attachment.

The Peace Within

Think about this...

All the wars that have ever been fought have been about ownership and control of:

Land, territories, resources, wealth, people, our souls and who's god is the right god.

The irony is that the driving force behind the wars is fear...the fear of lack which translates to dying, which is what war does.

The Peace Within

When we come from a place of fear we can have no peace.

When we come from a place of ownership we can have no peace.

When we come from a place of control we can have no peace.

Only through understanding and applying the principles of unconditional love and non-attachment can we even begin to have peace.

The Peace Within

What can we do to develop a greater sense of peace in our lives if fear is an emotion we can't get rid of?

We learn to transcend the emotion using our power of discernment to examine the events and the experiences of those events.

Unconditional love is a universal flow of divine life energy, always available to those who enter into it. No need for attachment.

The Peace Within

Unity teaches a three-part method of developing a way for each person to create peace in their lives called the ASA Method.

Part one is awareness.

Part two is surrender.

Part three is acceptance.

"Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye?" -Jesus

The Peace Within

Awareness.

- Awareness is the key to all growth, physical and spiritual.
- Awareness leads to responsibility.
- Responsibility does not have to be a scary thing.
- Responsibility leads to empowerment.

The Peace Within

Surrender.

- This part is very hard for many people - vulnerability vs power (control)
- To surrender means to give up our will, our ego, our ideas, our perceptions on how the world needs to be.
- To allow the world to be what it needs to be and allowing people to be what they need to be.

The Peace Within

Acceptance.

- Accepting the evidence as Jesus stated that the speck (flaw) you see in others is in fact a log in your own eye.
- Accepting the fact that the people you encounter are merely your teachers.
- Accepting the fact that you are not a victim of circumstance, for every experience has a lesson in it for you.

The Peace Within

Acceptance.

- Accepting the fact that if you really want to know peace you must let go of the conflict with yourself of:
- Old and new ideas.
- Unresolved issues with people and things.
- With the personality of another person.
- Indecision.

The Peace Within

Struggling with life is the way of the ego. It doesn't have to be so hard. Living from the mindset of unconditional love and non-attachment we can move into the flow of divine abundance and well-being. There is a divine plan for all of us we just have to put it into practice.

We'll look at that plan next week with:

By Divine Design