

***“Claiming My ‘Peace’ of
Heaven in 2011”***

Today’s Lesson

Your I. T.

*PowerPoint notes are available at
www.unityofbakersfield.org*

Your I. T.

I opened February’s lessons with what is truth and how do we know what we know to be truth? Today we’re going to look at what your I. T. is, in other words what are your *internal thoughts*. These are the thoughts that you use to create your world.

Your I. T.

As the metaphysical axiom of the Law of Mind Action states:
Thoughts held in mind produce after their kind.

And this law works with the metaphysical axiom of the Law of Attraction: *That which is like itself is drawn to itself.*

Your I. T.

These two laws work together to manifest the thoughts we hold as truth in consciousness as our experiences in life.

Every thought vibrates, every thought radiates a signal, and every thought attracts a matching signal back. Esther and Jerry Hicks

Your I. T.

We have heard it said that *God is no respecter of persons.* (Paul to the Romans)
But I say to you...your Father who is in heaven makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust. –Jesus (Matt 5:45)
Fear not, little flock, for it is your Father’s good pleasure to give you the kingdom.
–Jesus (Luke 12:32)

Your I. T.

How do we discern the Truth of these two statements so that they make sense to us? Substitute the word “kingdom” with “spiritual law” or “principle.” As we all know the rule of law is impersonal and no respecter of persons.
It is your Father’s good pleasure to give you the spiritual law and the spiritual law is within you.

Your I.T.

And you get to use it to create your world and your experiences according to your *internal thoughts*.

The law works regardless of your understanding of it. People the world over are using the law everyday to attract either positive or negative manifestations into their lives.

Your I.T.

The questions for the student of Truth on a spiritual path to understanding the creative process and how it works in their lives could look like these from the book, Ask and It Is Given:

How can I know what I am attracting?

How do I use the laws to get what I want?

Your I.T.

How do I know when my desires and beliefs are matching?

Why is it important to understand my feelings that are associated with my thoughts?

Why can't I stop the negative thoughts?

What do I need to know so I can work with my internal thoughts?

Your I.T.

You are Consciousness.

You are Energy.

You are Vibration.

You are connected to Source Energy.

You are the Creator of you own world.

You can't stop your thoughts, you can only understand them and then use them.

Your I.T.

No matter what you ask for-whether you ask of it with your words, or just a subtle impression of your desire-your request is heard and answered every time, no exceptions.

Your Father knows what you need before you ask him. -Jesus (Matt 6:8)

Your I.T.

As I shared with you last week: You are in the perfect position right now to get there from here.

It all starts within you. You choose when and how you make the changes necessary for your highest and best. You choose what thoughts and feelings you want to keep and the Universe will match them vibration by vibration.

Your I.T.

Remember: You are a vibrational transmitter, and you are broadcasting your unique signal in every moment of your existence. Every thought you give your attention to expands and becomes part of your vibrational mix. Whether it is a thought of something you want or a thought of something you do not want—your attention invites it into your experience.