

“Claiming My ‘Peace’ of Heaven in 2011”

Today’s Lesson

Watch and Listen

PowerPoint notes available at:
www.unityofbakersfield.org


Watch and Listen



Be still and know that I am God.

Psalm 46:10


Watch and Listen



But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

Matt 6:6

Watch and Listen



When one goes into the silence he enters the secret place of the Most High, the closet of prayer within. It is here he listens to what God has to say to him.

Watch and Listen

Unity teaches us that:

Prayer is the foundation of the Unity movement.

Prayer is the language of Spirit, unlimited by time and space.

As co-creators with God, prayer is our greatest communicative tool we use for shaping our lives and the world in which we live.

Watch and Listen

Prayer is not for begging, beseeching, or asking God for something.

Prayer is for creating a connection with God.

Prayer is the way to God realization and to individual transformation.

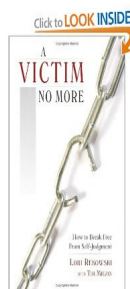
Prayer helps us to know God, ourselves, others, and our relationship to the whole.

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Prayer helps us to find and maintain balance in our lives with the four basic life challenges within the human condition:

Relationships
Prosperity
Self-Worth
Health

Watch and Listen



Prayer helps us to move from “setting things right” to “seeing things right” by moving us along the path of the human condition of survival to thriving to arrival to Christ consciousness.

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Charles Fillmore taught the 7 step Jesus prayer:

1. God is what we desire.
2. Oneness with God must be acknowledged.
3. Prayer must be made in the “secret place.”

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4. The door to the outside world must be closed.
5. The prayer must be made with the belief you have already received it.
6. The kingdom of God must be desired above all things.
7. The mind must let go of all unforgiving thoughts.

Watch and Listen

Our minds are very powerful tools that we use to create our world. Using our thoughts, feelings, and beliefs we can choose to turn our attention to ego and its' wants and needs. Or we can turn our attention to Spirit and the abundant good that awaits us.

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A Life Affirming Prayer:

Thought: The more I give, the more I receive. Abundance naturally flows to me. I can't out give God.

Feeling: I feel confident, safe, secure, and at peace with my current finances and relationships.

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A Life Affirming Prayer:

Belief: God is my source. Everything I need is easily and already here for me to be a blessing in God's plan for absolute good.

Manifestation: Thoughts, feelings, and beliefs projected back to us in our lives as enriched, enhanced, and fulfilled experiences.

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A Life Denying Prayer:

Thought: I have to hold onto what I have because there is so much scarcity and lack in the world, I'll never get it back.

Feeling: I feel fear, scarcity, suspicion, and distress when it comes to my finances and relationship.

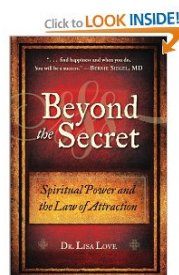
Watch and Listen

A Life Denying Prayer:

Belief: You can trust people. They lie, cheat, and steal from you. The world is full of greed and corruption.

Manifestation: Thoughts, feelings, and beliefs projected back to you in your life as lack and broken relationships. Prosperity eludes you at every turn.

Watch and Listen



In her book, *Beyond the Secret*, Lisa Love shares these benefits of developing a prayer life of watching and listening in the silence of your secret room:

Watch and Listen

1. It quiets the nervous system, producing a greater level of physical health and vitality.
2. It brings about emotional tranquility, inner peace, stability, and joy.
3. It helps to develop detachment, discernment, and mindfulness, allowing you to perceive reality more clearly and to act in a more thoughtful manner.

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4. It produces greater coordination between your thoughts, feelings, and actions, allowing you to achieve your goals with greater skill.
5. It helps to align ego with the soul; expand your consciousness; while inclining you toward living and loving in a more soulful and spiritual way.