

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

Today’s Lesson

***The Truth Within***

PowerPoint notes available at:  
[www.unityofbakersfield.org](http://www.unityofbakersfield.org)

**The Truth Within**



*But the Counselor, the Holy Spirit, whom the Father will send, will teach you all things and will remind you of everything I have said to you. (John 14:26)*

**The Truth Within**



*The Spirit of truth watches every detail of our life. When we ask and by affirmation proclaim its presence, it brings new life into both mind and body and moves us to observe **spiritual and physical laws** that restore health.*

**The Truth Within**

Being at ease with a dis-ease seems to go against much of what is taught about the laws of attraction and mind action.

However, science is constantly sharing new insights on the mind-body-spirit connection.

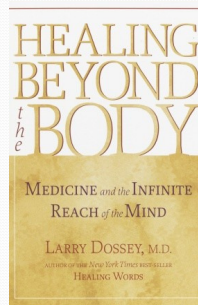
Fact of the matter is...

**The Truth Within**

Illness and disease is part of the human condition just as much as death is. Fighting it or denying it will not make it go away.

As spiritual beings there is no reason for anyone to fear illness and death.

**The Truth Within**



*Attributing all illness to mental factors (thoughts and beliefs) can be problematic if it produces unnecessary guilt, shame, and failure.*

## The Truth Within

It's not what happens to us that creates our spiritual growth and awareness of God's presence in our lives, but how we respond to it that makes the difference.

Spirit wants us to realize our oneness with everything around us, and being one with Spirit also means being one with everything, including the ills found in the human condition.

## The Truth Within

The premise held by many in New Thought that we attract disease and deformities because of some wrongdoing is a misunderstanding of the law of attraction.

Case in point: Michael, a clerk in a bookstore and the new thought absolutist....

## The Truth Within

The idea that only "good" things should happen to people puts a lot of pressure to "measure" up to the ideals put forth by many who do not understand that God (and not the devil) is in the details.

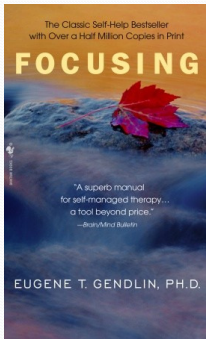
Yes, negative emotions like hatred, anger, revenge, and self-loathing can lower our immune system, make us vulnerable to accidents, or keep us from making wise choices.

## The Truth Within

Our thoughts and feelings do impact our mind, body, soul experiences. What's important is that we don't fall into the trap of victimhood by thinking we are a failure, that there is nothing we can do about our situation, circumstance, or condition.

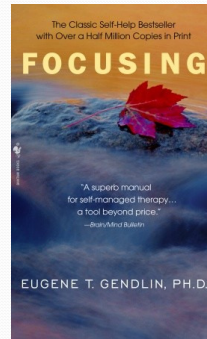
Remember: Myrtle Fillmore did not realize a cure from her TB until she embraced it as being a part of her. Once she became aware of that fact she was able to move forward toward a complete healing.

## The Truth Within



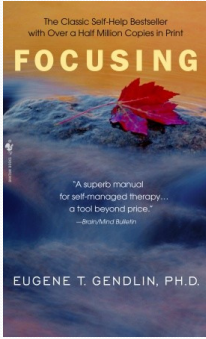
In his book, **Focusing**, Dr Gendlin outlines steps anyone can take to help themselves in the process of acceptance and healing while discovering the thoughts and feelings embedded in the body.

## The Truth Within



Awareness of the body and what it is telling you.  
Focus on your attention on the feeling area.  
Get an image of that area. Does it feel hot/cold, heavy/light, tight/loose.

## The Truth Within



**Work on putting the focus and the image together until it feels right.**

**Ask and inquire as to why am I feeling this, what does it need?**

**Discern the information without judgment and do what you are guided to do.**

## The Truth Within

**Remember: Law of attraction tools like visualization, affirmations, and healing energy have their place in producing results. But, the causes of disease are complex. If they were simple we would have eliminated all disease by now.**

**You can still be at “ease” even when plagued by “dis-ease” if you align with Spirit and the truth within you.**