

UNITY
CHURCH OF BAKERSFIELD
"A POSITIVE PLACE TO GROW!"

Today's Lesson
A Matter of Thought
PowerPoint notes available at:
www.unityofbakersfield.org

A Matter of Thought

A collection of metaphysical definitions from Charles Fillmore are contained in the Revealing Word. On the subject of our thoughts, he had this to say:

Thoughts are capable of expressing themselves. Every thought clothes itself in the life form according to the character given it by the thinker.

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*He went on to say:
Thought is controlled by the right use of affirmation and denial—by the power of the mind to accept and reject.*

In the Jan-Feb issue of Unity Magazine is an article by the late Dorothy Pierson, a Unity minister trained by Charles Fillmore in 1938.

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She states that all change begins inside ourselves. Whether the need is health, prosperity, happiness, freedom, or any other positive state you may think of. The beginning point of change for the better in life begins within. What does this mean?

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To illustrate she tells this story:
When I was serving the Unity Church in Santa Barbara, California, I visited members of the congregation who lived on an ocean cliff overlooking the whole world it seemed.

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The husband was a retired airplane pilot and he had a special office separate from the house in which he was surrounded by pictures and memories of his past. I talked to him about our Unity concepts. He listened intently and then he something I have always remembered.
"Here in this room I often ask myself, when I am alone, what am I thinking?"

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And in that moment, I choose whether I want to make a change in my thinking.”

He went on to say that he believed that in the quiet within and alone place, he had made some of his greatest forward steps in his life.

We might ask ourselves, too, what we are thinking when we are alone. It’s so easy to be influenced by the thought atmosphere of other people.

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Can we, in the midst of people, turn our attention to our inner self and stop long enough to hear our own thinking?

Yes, we can. I am always surprised at how easy it is for me to get caught up in the moment listening to negative opinions, only to discover that when I am alone, I am continuing to think negatively about someone or some situation.

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It has taken me a long time to say, “NO! I won’t think like that!” When I feel I do, the power is taken out of the negative and I can feel the Truth flooding into my mind, changing the whole picture.

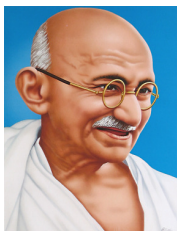
Dorothy ends her article by sharing a moment when she worked at Silent Unity under the supervision of May Rowland.

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I went to May’s desk one day in Silent Unity to apologize for something I had said thoughtlessly to her. As I explained myself and how I didn’t mean to hurt her, she looked at me with an astonished look on her face and said, “Oh, Dorothy, I don’t think like that!”

To this very day, I stop myself in my thinking and say, “I don’t want to think like that!” Change your thoughts and change your life!

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There is nothing more potent than thought. Deed follows word and word follows thought. And where the thought is mighty and pure the result is mighty and pure.

- Gandhi

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But knowing their thoughts, he took a child, and said to them, “Unless you become as one of these, you will not enter the kingdom.” - Jesus

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In his book, Listening To Your Inner Voice, Douglas Bloch shares how to change one's thoughts through denial and affirmation. Here are a few examples:

Issue:

Other people control my life.

D & A:

No one can control my life but me. I am responsible for my life.

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Issue:

I have no time for myself. Other people need me way too much.

D&A:

People can take care of themselves. My first responsibility is to myself. As I take care of myself and put my needs first I show myself love, and in return that self-love supports me to love others.

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Issue:

I can't do it because I don't trust myself.

D&A:

I have the power to change my thoughts about my abilities. I am capable and competent as I acknowledge and follow my intuition.

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It matters not what thoughts you once held in consciousness. They can be changed. It's a matter of choice, one that is made between you and God, as summed up in this affirmation:

“In my relationships with people, money, work, and God, its okay to rest, relax, and have fun.” - Listening To Your Inner Voice