

Today's Lesson
A Matter of Letting Go
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A Matter of Letting Go

In the Revealing Word, Charles Fillmore had this to say about divine order:

Order is the first law of the universe. There would be no universe unless its various parts were kept in perfect order. Orderliness is law and is the test of true science.

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Life on this planet has within it the activity of divine order. An oak tree cannot become a tree unless the acorn changes and releases the divine order activity within it.

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The caterpillar must let go of its form and allow the divine order activity to change it into a butterfly.

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One thing is certain. No matter what we do to try and stop it, change does come to us all. It's part of the ongoing cycle of life, evolution, and divine order.

Studies have identified at least 6 types of changes that we may face at one time or another:

1. Sudden, Uninvited Changes: Changes you don't expect. They are really out of your control. But how you deal with it is NOT out of your control.

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2. Long Anticipated Changes, both desired and dreaded - your retirement, the death of a parent, or your newly empty nest. Even a positive life change like a well-funded retirement seems to take control of your life and isn't as easy to deal with as you expected. Again, how you choose deal with the change makes all the difference in the world.

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3. Everyday Changes - picking out new carpet or paint color, changing your hairstyle, buying a second car and creeping weight gain every day.

These kinds of changes are pretty straightforward but can still be a bit stressful and overwhelming sometimes.

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4. Habits - Consciously dealing with changes you WANT to make like smoking, over eating, finger nail biting, or putting your keys or purse where you can find them isn't as easy as it ought to be!

It can be done; you can create this kind of life change for yourself.

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5. Improving your Skills or Aptitudes - consciously changing something you already do but that you really want to get better at doing.

Things like improving your golf swing, giving great speeches, walking a half-marathon, or dancing Argentine Tango.

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6. Changing your Limiting Beliefs. You can purposefully change your own beliefs about yourself that you think you have absolutely no power over - these kinds of changes are about yourself are called "Limiting Beliefs."

These changes can make a huge difference in your quality of life emotionally, mentally, and spiritually.

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Unity minister and author, John Paul Roach wrote an article about change for the September/October 2013 issue of Unity Magazine, in which he stated:

Change, in reality, is a friend. It brings renewal and transformation. It is the rhythm of the timeless, which is God.

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Change, especially when divine order is at work in the process, does not come easy for many people.

John Paul states:

Real change does not come from rearranging the furniture in the parlor of our life experience but in transforming how we think and feel about the furniture.

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I paraphrase here:

It's not about giving up the things in life that bring us joy and happiness, fun and excitement like our cars, homes, relationships, preferences in food, or the nuances of our humanness.

It's about letting go and releasing the confining attitudes that crowd around those things we hold so dear to the point we end up in bondage to them.

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John Paul shares some insight he has gained over the 25 plus years as a spiritual teacher, mentor, and author. Embracing the process of divine order, change, and letting go involves the several activities:

1. The letting go of judgment. There is nothing wrong with skillfully discerning and evaluating something; it's an important gift. It is letting go of judging by appearances that becomes the trap.

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Letting go of your personal story that keeps you bound to the past and affects your future is another way of allowing the divine order process of change help you in your spiritual quest.

The Buddha, Jesus, Gandhi, ML King, Mandela and other spiritual and social activist did not allow their personal story to stop them from changing their lives and the world.

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Our own Myrtle Fillmore is a great example of letting go of the family story that said, "We inherit sickness in this family."

And because of it, the Unity movement was founded on the spiritual principle, "As a child of God, I do not inherit sickness."

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The universe and everything in it has a pattern, a divine order of being if you will. The acorn, the caterpillar, and most life forms follow their innate design and have no problem of letting go of their old forms to create new ones.

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Mankind has been given the great gift and power of thought and reason. But it seems that fear has created many of the problems we face in letting go.

So let's try something...

Release is a part of the breath, and likewise letting go of attachments must be done daily if we are to realize the value of letting on in our lives.