

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

Today's Lesson
A Matter of Power
PowerPoint notes available at:
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A Matter of Power

In the matter of power, Charles Fillmore taught that:

1. *Power is mankind's innate control over thoughts and feelings.*
2. *Our minds and bodies have power to transform energy from one plane of consciousness to another.*
3. *Mankind is the power of God in action, for we have been given the highest power in the universe, the conscious power of thought.*

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Then Jesus said to the centurion, "Go! Let it be done just as you believed it would." And his servant was healed at that moment. (Matthew 8:13)

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Then God said, "Let us make mankind in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth." (Gen 1:26)

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The dominion we possess lies in the power to process information so that we can make sense of our world.
Like the CPU in a computer, our brain acts like the CPU for our thoughts and feelings.
So be careful, as the old saying goes, "Junk in, junk out."

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We too have an operating system that our brain uses to process and run the programs that will help us live, move, and have our being in this world. The operating system the human body uses to process information is based on our five senses of sight, sound, touch, smell, taste.

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These five senses send to our subconscious mind information about how we see ourselves through the relationship we have with our belief system. A system that uses filters to define who and what we are, as writer, Don Carter explains in his article, [How Thought Creates Reality](#).

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My Sense-of-Self or Identity - How I see myself... what I think of myself... how I feel about myself.

My Values - Things that are most important to me...these are usually just beneath the surface of our awareness if we have never taken the time to sort them out...but they are very powerful motivators of our choices and our behaviors.

My Strongly-Held Beliefs - Right or wrong...good or bad...helpful or limiting...these are the beliefs we hold about ourselves, other people, life, and the world in general. They are keys to how thought creates reality.

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My Memories and Experiences - Every significant emotional event... pleasant or unpleasant is stored on the hard-drive of our subconscious mind.

My Programs - Over 90% of our actions and reactions in a given day are carried out automatically by neural networks in our brain.

My Survival Needs - Of all the brain processes survival is given the highest priority... so anything related to our survival goes to the head of the line for processing by the brain.

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He goes on to make several points about the power of our belief system:

1. It is the most influential filters of them all.
2. It creates an emotional state of mind that tells our subconscious what is really important to us.
3. A strongly-held belief can become a self-fulfilling prophecy because thought creates reality.
4. Ego will work with your belief like a faithful servant who doesn't want to make a liar out of you so it helps to prove that our belief is true by sorting for and creating examples of it in your life.

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A Case in Point:

John comes in for a counseling session. He states his main concern is that he is "not worth caring about." The counselor notices that John has been married for 15 years. He asks, "what about your wife, doesn't she care about you?"

John says, "No, she doesn't care about me either and every since I can remember no one has ever cared about me. I've resigned myself to the fact that I'm just not worth caring about."

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The counselor has trouble accepting this. He asks John, "I'd like to come and stay at your house over the weekend just to observe and see for myself if your wife really doesn't care about you."

John agrees to allow this and the weekend comes and goes. John and the counselor meet in session the following week.

The counselor opens by saying, "John, I counted a total of 63 caring messages from your wife to you over the weekend." John says, "Your kidding - I didn't even hear one!"

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The counselor plays a tape recording he'd made - Sure enough, there were 63 messages that could be considered caring from John's wife to him on the recording.

John's response, "Oh, she just wanted something!"

Conclusion:

John's strongly held belief - "I'm not worth caring about.", deleted all incoming messages through his five senses. They went "in-one-ear-and-out-the-other." Or as we have heard before, "He has very selective hearing."

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However, John could NOT delete the messages on the tape recording. So, his "doorman" (ego) to the subconscious distorted them to fit his belief with a defense mechanism - rationalization, in this case.

The end result was that the brain processes of generalization, deletion, and distortion helped John *sort for the data that would support* his strongly held belief that he isn't worth caring about. John's belief that ran through his CPU was like a virus that corrupted his sense of well-being and caused a great deal of pain and resentment.

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When we get a virus we have to remove it. The same goes for any belief that would destroy our access to the kingdom of heaven.

Sometimes the belief shows up as a virus called control. Think about it for a moment. What are you trying to control in your life right now?

Is it working? If it's not then it may be due to one or more of the following:

- 1) the need to control those around us...
- 2) the need to control the uncontrollable...

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3) the need to control through fear of losing:

- a) our job;
- b) our security;
- c) our safety;
- d) our sense of well-being;
- e) our loved ones;
- f) ourselves.

4) the need to have people live life "on our terms"

- a) we know what's best
- b) if they more like me, it would be so much easier (on who?)

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As the Daily Word stated today: *The Universe celebrates itself through me.*

You have this power at your disposal. It's all a matter of how you use it that will determine how it shows up in your life. Here are some ways for that to happen:

- 1) Support others in being strong and taking responsibility for their choices in life.
- 2) Support others in letting them share their gifts.
- 3) Support others in finding their "truth" by believing in themselves.

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4) Support others in knowing that there are no victims only volunteers.

5) Support others in their quest for spiritual awareness and growth.

6) Support others in an attitude of gratitude by being grateful for what we have and knowing that living life from our authentic self is enough.

The centurion's belief in the healing power of the word spoken by Jesus can be summed up in this affirmation: Let Go, let God, for it is All God.