

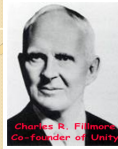


Today's Lesson

A Matter of Peace

PowerPoint notes available at:
www.unityofbakersfield.org

A Matter of Peace



In the matter of peace, Charles Fillmore taught:

1. True peace is created in the mind and body as harmony and tranquility.
2. True peace is based on the divine law of love and must be practiced within first if it has any chance of being permanent in the world.
3. True peace can be found within the sanctuary of the soul where we have a rendezvous with God.

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The idea of creating a sanctuary can trace its roots from the original Judeo-Christian concept of Sanctuary, where persons fleeing the law could go to places of worship and be protected." In the Old Testament, God commanded Moses to set aside cities and places of refuge in Canaan where the persecuted could seek asylum. This concept can also be found in ancient Roman law, medieval canon law and British common law.

A Matter of Peace



Peace I leave with you; my peace I give to you; not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. (John 14:27)

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All the great spiritual teachers understood the need for their students to create a place where they could commune with the divine, where they could get away from the world-at-large and its affect on their lives and find peace.

In the sanctuary of your soul you can find the peace that passes all understanding. It is a place where you can learn lessons in peace and harmony.

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The beauty of creating a sanctuary for yourself is that you can call it anything that gives you a feeling of asylum, harbor, have, oasis, or shelter.

The sanctuary of your making can be any shape, size, or location.

Every sanctuary has an entrance so yours will have an entryway that only you, and you alone can enter.

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Lighting is important. Having some form of a warm and pure white light filling the entryway will give one a sense of a filling, protective, blessing, and healing presence to all who enter.

The main room of your sanctuary is where you can invite others in. In this place you choose who joins you under the glow of the pure white light.

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After you have settled in and feel peaceful and relaxed it is time to go within and retrieve any information that could be of help in determining a course of action for helping you with any issue you may have.

Closing your eyes you can now playback various parts of your life– past, present, or future onto the movie screen of the mind. Remember, nothing can hurt you here, it's only a movie.

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As the creator, director, writer and actor in this movie you have the ability to play any character you wish, try on any costume you want.

When the movie has ended you now have an opportunity to go into your holy of holies, the sacred room of your sanctuary, so that you may meditate or contemplate on any lessons or ideas that came to you while in the movie role.

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While you are in the sacred room of your sanctuary it is a great time to commune with your master teacher.

The master teacher knows what you need to learn, when you need to learn it, and the ideal way in going about teaching it to you. The master teacher is always there, that part of you that is waiting to be discovered, waiting to help you create peace and harmony in all areas of your life.

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Many times we fail to maintain peace in our lives because we are always seeking advice outside of ourselves.

Someone once said, "Advice is what we ask for when we already know the answer but wish we didn't."