

Today's Lesson
A Matter of Freedom

PowerPoint notes available at:
www.unityofbakersfield.org

A Matter of Freedom

As the Daily Word affirmation states: *I choose thoughts that produce good.*

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Unity co-founder, Charles Fillmore had this to say in the matter of freedom:
Freedom is the quality or state of being without thought or restraint, bondage, limitation, or repression.

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Freedom is having a sense of well-being that is the result of regulating one's life according to Principle, not according to what anyone else may think or say. (Revealing Word)

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The science fiction writer Robert A. Heinlein(1907-1988) once wrote:
I am free because I know that I alone am morally responsible for everything I do. I am free, no matter what rules surround me. If I find them tolerable, I tolerate them; if I find them too obnoxious, I break them. I am free because I know that I alone am morally responsible for everything I do.

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As this illustration shows, the key to freedom begins in the mind.

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What I find amazing is that our founding fathers who set the framework for what we have today weren't just dreamers.

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No, what they did was commit themselves and everything they had to living and being free. In other words they just didn't say, "I am free." They said, "I am willing to be free."

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All thoughts, ideas, concepts, plans need more than wishful thinking. The affirmation of "I am free," is an example of wishful thinking.



Whereas, "I am willing to do what I need to do in order to be free," is an action affirmation.

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Wishful thinking is really not that bad if it lays the foundation for taking action. However, it's the negative self-talk from ego that one needs to be careful about. It has been said that our successes depend mostly on what goes on inside of us, not what goes on outside of us.

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Sure, there are some limitations but the thoughts that are the most devastating and destructive are the ones we create within ourselves. They often show up in statements such as these:

- If only things had been different, then I would be.*
- I can't because.*
- I would if I could but.*
- I'm helpless because.*
- It's not worth it anymore.*
- Things always work out better for other people.*

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- I'll always be stupid.*
- Everyone has a better life than me.*
- It's hopeless.*
- No matter what, the world is always going to be.*

Unity minister, Wayne Manning, founder of Academy for Coaching Excellence teaches people how to change their thinking so that they may experience what it is like to change their self-defeating thoughts into freedom thoughts of action.

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The four spiritual concepts he teaches are:
1) Clarity; 2) Focus; 3) Ease; and 4) Grace

1) Clarity requires one to define their desire by understanding what that desire really means and the purpose of that desire. It also requires that you be clear about the intentions of that desire.

Intention + Action = Outcome

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2) Focus on where you are putting your most valuable resource - your energy. Your energy shows up in your lives as: money, time, relationships, creativity, enjoyment, love and support. We always get to choose how we are going to spend it - with a negative or positive attitude of mind.

Case in point: when you sit down to a meal do you devour it or do you savor it, enjoying it and the pleasure it brings?

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3) Ease. For some people doing things with ease and patience is totally foreign to them. They'd rather struggle with getting things done instead of asking for support or jumping from step 2 to step five without doing steps 3 & 4.

I believe this concept comes from the myth that states: the race belongs to the swift. However, the fable of the hare and the tortoise teaches us that the race goes to those who stay focused, clear, and coherent about the outcome.

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4) Grace is our ability to look at every step of the process and say with an attitude of gratitude:
Thank you, God for this experience so far.

It is our ability to look at what others call failure and see lessons. It is our ability to give thanks each night for what we have learned about ourselves and the process of achieving our desires. Keep a grace book next to your bed. At night write down all your experiences you have had that day and bless them for enriching your life.