

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

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

A Matter of Empowerment

Last week we looked at the concept of paradigms and how they affected our life, our state of mind, our consciousness.

Throughout the course of human history, and the events that shaped its evolution, we have strived to expand our awareness of the universe and our relationship to it. While many have looked up at the sky and wondered, "why?". Others looked within and said, "why not?".

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"You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You, yourself, as much as anybody in the entire universe, deserve your love and affection."

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"Love the Lord your God with all your heart and with all your soul and with all your mind." This is the first and greatest commandment. And the second is like it: "Love your neighbor as yourself." (Matthew 22:37-40)

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These two great spiritual masters and teachers stressed the importance of going within to find the answers to empower yourself. They understood the needs of the human condition and set the stage for a quantum leap in consciousness of the human heart and what it meant to really love one another.

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The key to open any door you may find shut is the key of empowerment. The more empowered you feel the better able you are to overcome and transcend barriers in your life.

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Powerless

Many people suffer from the concept that they are powerless to do anything about their lives or situations. This is the heart of the human condition and Jesus tried to free their minds of it when he said, “*Whoever believes in me will do the works that I do and, in fact, will do greater works than these.*” This was, and still is, a firm statement of empowerment!

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Powerless

The effects of holding a belief in consciousness that you are powerless over the human condition is a myth based on ego’s attempt to keep you in bondage to the human condition. We see this playing out in over lives when we lack a sense of empowerment and find ourselves often wrestling with these questions:

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Do I believe that with God I can overcome this situation in my life?

Do I believe I can overcome shame, selfishness, pride, greed, envy, drugs, alcohol, or any destructive behavior?

Do I believe I can walk through my fears and stand in my power unafraid of what anyone will say about me or do to me?


Do I believe I can connect directly to my Creator’s love and learn to be myself fully, completely, confidently, and fearlessly?

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If we are to truly live a life of well-being then we must be able to empower ourselves to do so. Paul Ferrini’s book, Love Is My Gospel, he writes: *The teachings we are to embrace ask that we expand our idea of who we are. We’re not just a bag of skin and bones with emotional needs and an ego structure. We are a unique expression of the Creator’s love and wisdom.*


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The key to open any door is to know that we too can find our own Christhood, thus serving the greater good.

When we serve the greater good we empower not only ourselves but humanity as well. From Buddha, Jesus, Gandhi, Martin Luther King, Nelson Mandela, and many others we have been uplifted in consciousness through their own sense of empowerment.

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Paul shares these 12 steps of what it means to feel more empowered through the act of engaging the great good:

- 1) It means that we are willing to stand in our power without being powerful over others.
- 2) It means letting our true Self emerge to be Itself. “The Christ in you...”

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- 3) It means allowing yourself to be a unique expression of Spirit.
- 4) It means saying “no” to those laws and customs of the worldly voice of compliance that keep you from being different.
- 5) It means you must be courageous in your exercise of your truth by not playing the victim or making excuses for it.
- 6) It means you must be willing to forgive if you are to be an expression of the Creator’s love and wisdom.

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- 7) It means to look at your attacker or transgressor and see the fear behind their actions and then say “no” to their need to control you through intimidation and anger.
- 8) It means creating a time for prayer and meditation just for you. A time when you can reflect on all the activities of the day, to correct any errors and restore balance in your heart and relationships.

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- 9) It means that all are innocent in the eyes of the Creator. Divine justice is one of the gifts of the kingdom, rarely found in the world of appearances. It is up to each of us to remember and we all must be humble for it is in the mistake that we learn the lesson and restore ourselves to the awareness of our connectedness with each other.
- 10) It means that making peace with our wounds of unworthiness. It does not matter when or why they occurred. It only matters that we bless and forgive them so we can heal and move forward with peace and love in our hearts.

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- 11) It means that we want only good for all concerned, including ourselves. Therefore we pray daily, “Father, forgive me my trespasses as I forgive those who trespass against me.”
- 12) It means going into the world with an open heart, mind, and soul, solid in the knowledge that we are love and supported by our Creator without conditions, this is the way of Unconditional Love.
 And as he left his disciples he said, “*A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another.*” John 13:34