


Today's Lesson
A Matter of Our Thoughts
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A Matter of Our Thoughts


The ancient wisdom of the ages found in Proverbs 23:7 states:
For as he thinks in his heart, so is he.
 And then there is the famous and most quoted verse, which comes from Paul in his letter to the Romans 12:2:
Be ye transformed by the renewal of your mind.

A Matter of Our Thoughts



René Descartes (1596-1650) is best known for his statement in his 1644 work, Principles of Philosophy:
 “Cogito ergo sum.”
 Latin for, “I think, therefore I am!”

A Matter of Our Thoughts



The mind and our capacity to think is our key to the transformation power we have as co-creators with God.
 Unity minister and author, Jim Rosemergy had this to say about the power of our thoughts:

A Matter of Our Thoughts

The key to all transformation, to developing a new life is in understanding the constructive and nonconstructive nature of thought. Let us exercise our power of choice by beginning to choose thoughts that, when they produce after their kind, yield a harvest of beauty, peace, love, and joy.

A Matter of Our Thoughts

The people who have had the greatest transformations in their lives are the ones who have changed their thoughts and viewpoints of themselves, others, and the world. Our thoughts and beliefs have a powerful impact on our lives. When we are not conscious of this, transformation is difficult, if not impossible.

A Matter of Our Thoughts



To illustrate his point, Jim shared this true story that was told to him by a fellow minister who had officiated at a memorial service:

A Matter of Our Thoughts

Before the service started the deceased man's brother came up to talk with the minister. The minister told the brother about a meeting he had with the man before his death.

"Your brother came to see me several months ago and looked to be in perfect health.

A Matter of Our Thoughts

He insisted on making his funeral arrangements because he said that he was going to die soon because men in our family always die around their sixtieth birthday, and mine is just around the corner. When I had heard that he died shortly after his sixtieth birthday I recalled what he had said and wondered if it was a self fulfilling prophecy."

A Matter of Our Thoughts

The brother replied, "Reverend, it is true that several men in our family have died around their sixtieth birthday, but not all of them. I'm in my late seventies. And by the way, there's something my brother did not know about himself. He was adopted."

A Matter of Our Thoughts



Early in the development of the Unity moment Charles and Myrtle Fillmore spent a great amount of time teaching people how to use the power of their minds. Unity continues to teach that....

A Matter of Our Thoughts

Thoughts are energy—pure, plain, and simple energy. We were created to take that energy and transform it into pictures, images, things. When we understand that our thoughts are things we enter a new understanding of our life experiences. When we realize that the thoughts we hold as beliefs will manifest themselves as things in our lives we have the opportunity to change how that energy flows.

A Matter of Our Thoughts

We are told by the writer of the first chapter of Genesis that God said, *Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.* Genesis 1:26

What is the writer implying here?

A Matter of Our Thoughts

God gives us dominion over the fish of the sea, birds of the air, cattle and over all the earth.

Fish, birds, cattle, the earth are all symbols of what? Things that were created, manifested, from the mind of God. What were we not given dominion over?

Other people! Why?

We can't control what they think or how they think it. That is sacred ground.

We were given dominion over things manifested through the creative process using thoughts.

A Matter of Our Thoughts

Thoughts are things, therefore our dominion is of the mind and our ability to change our circumstances and experiences by determining what we will accept as thoughts, attitudes, and beliefs.

Sounds easy, so why does it sometimes seem so hard to do?

A Matter of Our Thoughts

Jim Rosemergy writes:

The realization that we have dominion over how we react to our experiences in life brings us face-to-face with something we have wanted to avoid for much of our lives—responsibility.

Many people are struck in the misconception that they are pawns and helpless to determine the course of their lives. They hold beliefs that other people and circumstances are responsible for the way life has shown up for them.

A Matter of Our Thoughts

The truth is that each one of us is responsible for our lives and the experiences in it that have, in part, been manifested through our thoughts and beliefs.

We have been given dominion over the things in our world. And as co-creators with God we continue to create the world according to our thoughts and beliefs.

A Matter of Our Thoughts



When Jesus looked out upon the crowds who had gather around to hear him teach, he said, *“I came that you may have life and have it abundantly. The thief comes only to steal and kill and destroy; I came that you may have life and have it abundantly.”* (John 10:10)

A Matter of Our Thoughts

In other words, the thief is that part of us that does not want to take responsibility to do what is necessary to make the changes we need to make to have an abundant life.

The thief is the thoughts, attitudes, and beliefs that says it is easier to steal, kill, or blame others for its circumstances in life instead of taking responsibility to change the thoughts, attitudes, and beliefs held in mind that caused the theft in the first place.

There are steps we can use to take responsibility to make sure our thoughts align with divine mind:

A Matter of Our Thoughts

1. Accept the fact we are all co-creators with God. Every one of us. No exceptions.
2. We create all manner of things through our ability to transform divine energy of thought into things, thus having dominion over the experiences of our life.
3. Responsibility for our life is ours and ours alone. When we choose constructive thoughts that help build a creative life of love, peace, and joy then we reap the reward of such thoughts.

A Matter of Our Thoughts

4. Constructive thoughts are not the same as positive thoughts. Think about it for a moment...how many negative thinkers do you know in your life that are actually positive people—so much so that they are positive they will lose their jobs, positive their life is a struggle, positive that others are out to get them or hurt them, positive that they will get sick at certain times of the year, positive that something is wrong with everyone, positive that are evil forces ready to devour them. By thinking constructively, you build up your life and make it strong so the “thief” can not destroy it.

A Matter of Our Thoughts

5. Choose your words carefully while speaking the truth. Watch how you describe someone or something. What kind of judgment or discernment is being made? Does this activity keep the “thief” alive and well or does it acknowledge the Christ spirit of love, order, harmony, peace, joy?
6. It’s all a process of discovery, of learning new ways to transform old patterns of thought, attitudes, and beliefs. Be gentle, be kind, and be affirmative in prayer.

A Matter of Our Thoughts

7. We are where we need to be so that we may gain a greater awareness of the presence and power of God in our life and affairs. Through our activities of prayer and meditation we acknowledge that we have dominion and power over our reaction and acceptance of our experiences.

Using these steps you can create an affirmative prayer like this one:

A Matter of Our Thoughts

God, as co-creator with you, I am responsible for _____, and because my thoughts, attitudes, and beliefs helped to create it, I also have the power and dominion over these things to find a solution. In partnership with You, God, I now accept the responsibility to willingly make the changes I need to make for a more abundantly blessed life. Thank you, God.