

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

Today's Lesson  
*A Matter of Larger Maps*  
PowerPoint notes available at:  
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*A Matter of Larger Maps*

The British Empire in the 1920's

When England was looking to add more territory to its empire, a British prime minister, addressing Parliament once said, 'Gentlemen, we must study larger maps.'

*A Matter of Larger Maps*

Decca Recording Company did not use larger maps when in 1962 they rejected the new British group The Beatles with this comment: "We don't like their sound and guitar music is on the way out."

*A Matter of Larger Maps*

Western Union was another company that needed larger maps as evidenced by this internal memo written in 1876: "This 'telephone' has too many shortcomings to be seriously considered as a means of communication. The device is inherently of no value to us."

*A Matter of Larger Maps*

Fred Smith used a larger map when putting together a business plan for his professor at Yale University. After grading the paper the professor wrote: "The concept is interesting and well-formed, but in order to earn better than a 'C', the idea must be feasible."

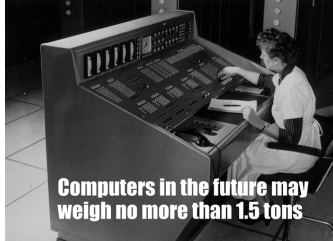
*A Matter of Larger Maps*

The concept Fred Smith proposed was the need for a reliable overnight delivery service.

Smith went on to found

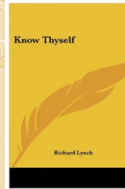
### ***A Matter of Larger Maps***

In 1949 *Popular Mechanics* ran articles on computers and had this to say:



Computers in the future may weigh no more than 1.5 tons

### ***A Matter of Larger Maps***



Richard Lynch in Know Thyself writes: "Our vision is limited by our proximity of this or that phase of life, which prevents a true interpretation of life's full meaning. Until we are able to enlarge that vision so that we may see, not merely what is obvious and superficial, but the vast magnificence of the totality of the whole, we shall miss the great things that a more extended vision would reveal to us."

### ***A Matter of Larger Maps***

Jesus used many teaching methods to help people look at the "bigger picture." Sometimes he just came straight out with his lesson. *Don't be afraid of life, let your divine essence shine forth into the world!* Matt 5:14-16



### ***A Matter of Larger Maps***

#### ***A Tale of Two Maps***

#### **Arnie's Map of Self:**

Arnie is 29 years old. He suffers with intense anxiety attacks. He is nervous, tense and often depressed for seemingly "no reason at all." At home he frequently has outbursts of temper where he flies into a rage over small things. Outside the home he is usually as gentle as a lamb; on the job he's known as "Mr. Nice Guy."

### ***A Matter of Larger Maps***

#### ***A Tale of Two Maps***

Arnie has been pleasing people all his life. He has always done what he felt others wanted him to. The major decisions in his life such as education, marriage, and a career choice were made largely through the influence of others. When he had the approval of others, he felt he was doing right. He felt worthwhile when he was approved of and pleasing others.

### ***A Matter of Larger Maps***

#### ***A Tale of Two Maps***

When he was a teenager, it was very important for him to fit in to be one of the crowd. He worked very hard trying to please his parents, his teachers, and his friends. After he graduated high school he went to the same university all his friends went to. While there he met a girl and started to date. Just when he was about to break off their relationship because it wasn't working, she announced she was pregnant.

### ***A Matter of Larger Maps***

#### *A Tale of Two Maps*

Arnie married the girl, quit college and took a job in his father-in-law's company, where he works to this day. Now with a wife, two children, a house, and a good paying job he can't understand why he is so unhappy. "I've got everything people want out of life, so what's wrong with me?" Arnie questions.

What's wrong is that Arnie created a map that said he had to meet the expectations of the people around him before he could ever be happy.

### ***A Matter of Larger Maps***

#### *A Tale of Two Maps*

For most of his life Arnie has not allowed himself to think of himself and his own needs as being important. As long as he was busy pleasing others he felt he was doing what was right, and therefore his life should be right. As long as others liked him and approved of him, he felt he was being successful and happy.

Now, almost 30 years old, Arnie is starting to realize what the map of his self-image, self-worth, self-esteem looks like:

### ***A Matter of Larger Maps***

#### *A Tale of Two Maps*

1. The way to be liked by others is to be what others want me to be and to do what is most pleasing to them.
2. Other people have the right to judge me and my actions.
3. It is wrong for me to think of my own need, wants, and desires.
4. Pleasing others is an insurance policy which will guarantee that people will continue to like me.

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#### *A Tale of Two Maps*

5. Approval from others is essential to my self-worth and total well-being.
6. If I don't do what others want of me, I don't deserve their approval or friendship.
7. It's my duty to make everyone happy and comfortable.
8. If others do not tell me I'm a good person, then I must not be.
9. If I'm not a good person then I have no right to happiness.

### ***A Matter of Larger Maps***

#### *A Tale of Two Maps*

##### **Elaine's Map of Self:**

Elaine is a woman who who suffers from constant depression reacts to life and negative experiences with rage. Although Elaine is only 35 she looks 45. She sees herself as a doormat to everyone, no matter what she tries to do others use and abuse her, wiping their feet on her emotions and good deeds. She rarely laughs or allows herself to relax.

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#### *A Tale of Two Maps*

"Nobody ever does anything for me," she says; "and no matter what I do, they don't have any respect for me and my needs." I'm just a thing for people to use. I know that I shouldn't be angry, but I'm always bending over backwards for my friends, for my kids, for my husband. And not only that, I've got a very demanding mother. She still has me driving all over town because she doesn't drive. I've got six kids and a house to take care of and when I'm in the middle of fixing dinner she will call and expects me to drop everything and come running to her.

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God, only knows what would happen if I didn't go, she'd probably have heart failure if I didn't go. No one cares about me, I'm just a thing to be used. In fact I'm nothing, I'm a 'NO THING.'

Elaine has worked all her life for approval, love, and acceptance and now sees that all her efforts have not paid off. For all her years of helping and doing for others she has nothing to show for it but emptiness and rage. She has made herself a victim of other people's whims in order to please them and in return earn their love and approval.

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#### *A Tale of Two Maps*

The people Elaine gave the most to, such as her mother who thought it not presumptuous to call her at any hour of the day to be driven somewhere, gave her the least returns in acceptance and love. Elaine believed she had to earn her worth and earn the right to be loved and so the harder she worked, the worse she felt.

The map of self-image Elaine made looks like this:

1. If I don't give, I won't be appreciated.
2. My self-worth depends on the opinions of others.

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3. Love is something you have to earn and work for.
4. Respect is something you have to earn and work for.
5. If others don't like me, there is something wrong with me.
6. If someone is angry with me, it must be my fault.

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7. It's terrible to be angry and have bad feelings.
8. If I'm angry and have bad feelings I must be terrible.
9. It's terrible to be a thing people use.
10. I'm a thing people use, therefore I am terrible.

### ***A Matter of Larger Maps***

So how can we turn these events around to help ourselves or others to see the larger maps? We can start by applying these truths in our lives:

1. **It is not necessary** to be liked by everyone.
2. **It is not necessary** to earn or work for anyone's approval or acceptance.
3. **Know that your needs** and wants are just as important as other people's.

### ***A Matter of Larger Maps***

4. **Rejection is not the end** of the world. It may be unpleasant, but it does not mean that there's something wrong with you.
5. **Being angry and having bad feelings** does not make you a bad person. They are emotions that can be dealt with in a positive manner and because you experience them, you're not a terrible person.
6. **God loves you just the way you are.** You are a beloved child loved in every way. There is nothing that you need to do for you to have God's love, it's yours, it's free, and it's unconditional.

### ***A Matter of Larger Maps***

In his book The Thirteen Commandments, the late Unity minister and author, Sig Paulson wrote: *"It has been said that 'the most important psychological discovery of this century is the discovery of the 'self-image'. Whether we realize it or not, each of us carries about within us a mental blueprint, a picture, a map of ourselves. And like all maps they need some form of interpretation in order for them to be of any use. Books, courses, lectures, teachers, ministers, all help us to interpret the maps of our life, thus enabling us to enlarge the present map --the self-image of ourselves."*