

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

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

A Matter of Essence

In the matter of spiritual essence, Fillmore wrote:
Spiritual essence is the substance in which all things exist and out of which all things are made.

A Matter of Essence

In part, Webster's has defined essence as: *the basic or necessary constituent of a thing; intrinsic nature; something that exists as a spiritual or immaterial entity.*

A Matter of Essence

In his book **Reflections of the Christ Mind**, Paul Ferrini has this to say about our Essence:
When you remember your Essence, you remember your Spiritual connection to all beings. Essence within you is wholly lovable and loving. When you are in touch with your Essence, you know that each person including yourself is acceptable exactly as s/he is.

A Matter of Essence

Essence is the truth of how you are. It isn't temporal, or changing, or inconstant. It is the eternal, the unchanging, the constant, because Essence is love. To find it, to open the door to essence in your life, you must look within your own heart.

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Spiritualist, the Rev. Dr. Yvonne Elizondo, explains spiritual essence as: *our individual energy (spirit/soul) in its purest form. In other words, it is the 'vital awareness' that allows us to know we exist. The journey of finding and maintaining that pure form is accomplished by experiencing love, compassion, patience, and understanding, not only for ourselves, but for those around us.*

A Matter of Essence



We uncover our Spiritual Essence through the development of our spiritual awareness.

Spiritual awareness is the journey of discovering who we are as transcendental beings, gaining insight as to our creation, and establishing a path to follow as we proceed through the school of Life.

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It is through life lessons we experience and learn so that we are ultimately able to answer the eternal question.....

Who am I?

A Matter of Essence

To help me answer the question of “Who am I?”, I use the following acronym:

- E = Everlasting**
- S = Spiritual**
- S = State (of)**
- E = Edification (enlightenment)**
- N = Natural**
- C = Changeless**
- E = Enduring**

A Matter of Essence

The spiritual essence of who we are has always been, and will always be, what we in Unity have come to realize is the “Christ.”

Fillmore wrote in the Revealing Word: *The Christ in you is the true light, which guides every person coming into the world. It is, and ever has been, in each of us. We were all formed and came into existence through it. This is “Christ in you, the hope of glory” (Col. 1:27).*

A Matter of Essence

How can we exercise and manifest our essence in our everyday experiences so that we can demonstrate our everlasting spiritual state of edification that is natural, changeless, and enduring?

These four steps may be of help:

1. Rest in the Truth.

Jesus said, “You will know the truth and the truth shall set you free.”

“God is the answer. Go to God first and then the others as directed.”

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“God is spirit and those you worship God must worship in spirit and truth.”

“All authority comes from God, I do not do these things on my own accord but through the power of God that is within me.”

2. Enter into a relationship with God.

A relationship with God is paramount to changing our lives. And we do this by creating and then practicing our own personal prayer time with God. A time to sit in the silence where we leave all conflict, turmoil, and judgment outside the door. Open the dialogue with affirmative prayer then wait for the answer.

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3. Don't give your power away.

Don't compare your relationship with God to someone else's. God's presence in your life is totally yours and unique.

Associate with others of mutual appreciation and gratitude. Share your experience with others, the joys, the insights, the miracles, the truth that has helped to set you free.

Negative and positive experience are a part of our lives. Learn to set the boundaries that will help you choose what you will and will not accept. You, and only you, have the authority and responsibility to do this. No one can use you unless you let them.

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4. Claim your authenticity.

Know that you have the power to claim through word and action the highest truth you are capable of receiving.

Commitment and action will help you muster the courage to make the changes necessary for finding the highest truth in yourself.

Only you can claim what is yours by divine right of consciousness. Only you can empower yourself, and it starts by opening the door to the essence in your life.

A Matter of Essence

Remember: You are God's most beloved daughters and sons! God believes in you. The door to your spiritual essence is waiting to be opened and experienced as the everlasting spiritual state of edification that is natural, changeless, and enduring. It yours to experience by: 1) resting in the truth; 2) entering into a relationship with God; 3) not giving your power away; and 4) claiming your authenticity.