



Today's Lesson

***Blessing Bank of Life***

Power Point notes available at:

[www.unityofbakersfield.org](http://www.unityofbakersfield.org)

**Blessing Bank of Life**

The Daily Word lesson today spoke to the idea of motivation. Motivation is defined as the process that initiates, guides, and maintains goal-oriented behaviors. Motivation is what causes us to act, whether it is getting a glass of water to reduce thirst or reading a book to gain knowledge.

**Blessing Bank of Life**

As people the world over prepare to walk through the doorway to 2015 they are poised to make changes in their lives. There will be lists of resolutions, goals, aspirations that will lead to blessing being realized in their lives. It seems we all start out motivated and then something happens on the way to the blessing bank of life.

**Blessing Bank of Life**

Mentors and life coaches have stated time and time again that the activities of day-to-day living tend to overwhelm many people, and they often fail to re-prioritize what is important to achieving their blessings.

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After looking at all the reasons why people weren't manifesting their desires so that they could realize the blessings, they discovered a common activity:

**Each person was getting in the way of letting it happen.**

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People tend to be their own worst enemies when it comes to manifesting their blessings.

Students of Truth the world over have been schooled in the laws of metaphysics, and one of those laws is the law of mind action.

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Charles Fillmore wrote: *Mankind in the consciousness of the one Mind has no sense of apartness. Through affirmation mankind can attune themselves to Being, transmute their thoughts into ideas, and accomplish the seemingly impossible.*

(Revealing Word)

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What the life coaches have found is that the principle activity the curtails our motivation to move forward is our resistance to the very abundance of good things that God has for us. God wants only the best for us and yet we fight our beloved Creator all the way to the blessing bank of life with our resistance. Why is that?

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In her book Do I Have To Give Up Me to Be Loved By God, Dr. Margaret Paul writes:

*People who resist learned early on that resisting was the only way to maintain their integrity in the face of invasive, controlling caregivers, teachers, clergy, and other authority figures.*

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*This was a fact for them when they were children, but it's not true for them as adults. In fact, when a person is driven to resist out of fear of being controlled, they are not free to make positive choices that they know are best for them.*

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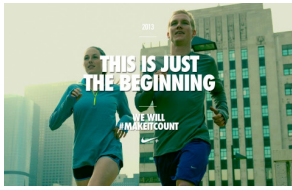
*Paradoxically, it is the resistance that is in control and making the choices. People who had to resist controlling authority figures and caregivers often transfer this resistance to their relationship with God—and God's love—for fear of being controlled and consumed by God the way they were by others when they were young. They believe on the deepest level that they would have to give up themselves to be loved by God.*

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So what can we do to help ourselves or a loved one to overcome the resistance in their lives so it can be turned around to...



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...spark their motivation to make everything they do count as a deposit in their blessing bank of life account?

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By looking for six signs that can keep them from hitting a dead end.

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**1. Being stuck.** Nothing you do seems to work. You believe you are stuck in the unhappiness, a bad relationship, a bad job, and you feel alone and misunderstood.

**Break the cycle** of this inner dialogue with ego. No one controls your emotions but you. Change the story, the perception and you change your life. Instead of traveling toward a dead end you're heading to your blessing bank.

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**2. Had controlling caregivers as a child.** These people showed up in your childhood as invasive, overprotective, engulfing, consuming, abusive, shaming or highly critical.

**Who of us** did not have someone like this in our lives while we were growing up. The fact is, we are now adults and, as adults, we get to choose if we are going to allow our childhood experiences to control our lives.

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**3. Wanting to change but not taking meaningful action.** You decide to make the change but never follow through, stuff keeps getting in the way of the action and the days turn to weeks, that turn to months, that turns to years.

**Put what you want** to see changed in writing. If you keep it in your mind it will get lost among all the other stuff. When you get side tracked go back to your paper and reaffirm your desire.

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**4. Denying your real desire.** Not to be controlled! Not even by YOU and your good intentions.

**Coming to terms** with a deep seated belief that creeps into your everyday experiences is not an easy task. But you can do it by not being critical or self-blaming of yourself or others who are there to help.

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**5. Resenting you goal.** You cannot connect with God when you are resisting and resenting to be control by God.

**Letting go** and letting God is easier said than done. The deep seated belief held by many people is: “God will make me do something I won’t or don’t want to do, like suffer.” The truth is, God controls no one!

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**6. Finding satisfaction with the frustration of others.** This is a power struggle activity, they say, “*you need to do this,*” but you don’t thus frustrating them in the process. The mind-set is one of “*oh, yea, I’ll show you who’s in charge.*”

**Coming to terms** with this passive-aggressive behavior is paramount in moving forward. This is quicksand of the mind and must be avoided. The truth: what you want for others is what you want for yourself.

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If you take anything with you today, remember this: You can break the cycle of resistance that prevents you or your loved one from having a firsthand experience of God’s blessing bank of life by:

1. Noticing that all resistance is a choice, and then notice yourself making that choice.
2. Notice the consequences of that choice.
3. Make a new choice.