

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

Today's Lesson
The Canvas of My Life
Power Point notes available at:
www.unityofbakersfield.org

The Canvas of My Life

As today's Daily Word reminds us:
"When I forgive, I give way for the new to emerge in the canvas of my life."

The Canvas of My Life

The power of forgiveness lies in our ability to let go of those emotional attachments we have to hurtful and painful experiences that keep us in bondage to others.

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To forgive
is to set a prisoner free, and realize the prisoner was you.

POSITIVEMOTIVATION.NET

FORGIVENESS

IS SOMETHING I DO FOR MYSELF NOT FOR OTHERS.

IT'S JUST AN EXPERIENCE, I LEARN AND I MOVE ON.

— Stephen —

The Canvas of My Life

The Master Teacher knew the power of forgiveness and how it helps people repaint the canvas of their lives when he said to Peter, *"I do not say to you, up to seven times, but up to seventy times seven."*

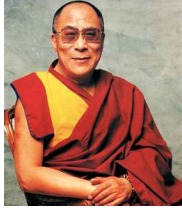
Peter represents our faith faculty of mind.

The Canvas of My Life

"When you forgive, you in no way change the past - but you sure do change the future."
-Bernard Meltzer

How can we start, as the Daily Word states, to paint new experiences...so we can move forward to create our lives the way we want them to be?

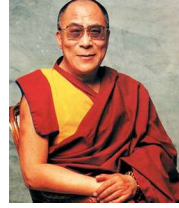
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By using some of the insights found in these simple instructions for life by the Dalai Lama so we can repaint the canvas of our lives:

1. Take into account that great love and great achievements involve great risk. When you lose, don't lose the lesson.

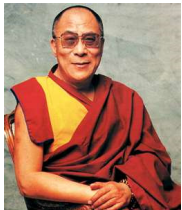
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2. Follow the three R's: Respect for self, Respect for others and Responsibility for all your actions.

3. Remember that not getting what you want is sometimes a wonderful stroke of luck.

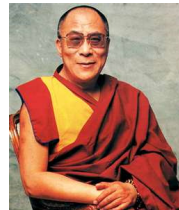
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4. Learn the rules so you know how to break them properly.

5. Don't let a little dispute injure a great friendship. When you realize you've made a mistake, take immediate steps to correct it.

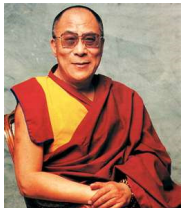
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6. Spend some time alone every day so that you can open your arms to change, but don't let go of your values. Remember that silence is sometimes the best answer.

7. Share your knowledge. It's a way to achieve immortality.

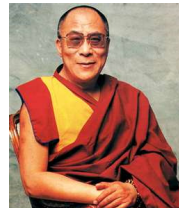
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8. A loving atmosphere in your home is the foundation of your life. In disagreements with loved ones, deal only with the current situation. Don't bring up the past.

9. Remember that the best relationship is one in which your love for each other exceeds your need for each other.

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10. Once a year, go someplace you've never been before. And when you're home approach love and cooking with reckless abandon.

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One little boy was drawing a picture when his teacher came by and said, "That's an interesting picture. What are you drawing?" The boy said, "It's a picture of God." The teacher then replied, "Nobody knows what God looks like." The boy looked up with a determined look on his face and said, "They will when I get done."