



Today's Lesson

**Life Happens**

Power Point notes available at:

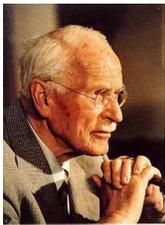
[www.unityofbakersfield.org](http://www.unityofbakersfield.org)

**Life Happens**

Someone once said, *"Somewhere between being born and getting old life happened, and I missed it."*

Life happens, it continues with our contributions or without them. The choice is always ours. And how we show up to life and life's challenges is our call. Sometimes life is filled with wonderful and fun-filled experiences and sometimes it's not.

**Life Happens**



It is no secret that race consciousness – what Jung called the collective unconscious of humanity – that part of the creative process that creates the world in its image, has in effect given us what has become the human condition. We all live in it, we all share it as life happens all around us.

**Life Happens**



The Master Teacher acknowledged the human condition of his day when he said, "In the world you have tribulation, but take courage; I have overcome the world... and above all remember that the things I have done you will do also, and greater will you do."

**Life Happens**

Life happens. We can't stop it. We can only hope to learn how to live it to the fullest extent possible and to deal with the challenges as they come up.

Spiritual counselors and mentors have come up with four stages of how life happens to people and the effect it has on them.

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Stage one is when we see life happening to us. There is a sense that the challenges we are having are not our fault and we tend to see ourselves as a victim of circumstances. To overcome this stage we need to give up our desire to blame.

Stage two is when we see ourselves in the human condition reacting to life happening around us. We do everything we can to create the life we want in a certain way and when it doesn't happen we may lose it. To overcome this stage we need to give up trying to control every single thing.

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Stage three is when we allow life to happen through us. We allow ourselves to be a channel for Spirit to work through us to bring about the highest and best results to our challenges. For this to work we must give up any belief that we are separate from God.

Stage four is when we realize that life is happening as us. Life just is and we are all in it together. In this stage we fully realize our oneness with God and that we don't have to give up anything because God is our every desire, hope, answer.

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When Jesus told the people that God knew their needs before they even asked, he was in effect laying the ground work for them to overcome the challenges.

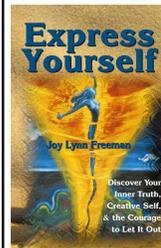
Today is no different, as truth students we study and then apply the spiritual principles as taught by Jesus and others so we can allow life to happen as us.

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As truth students "Be ye transformed by the renewal of your mind," is one of the most used verses of the Bible.

At the core of everything we say and do is a belief about ourselves, others, and our relationship to life. What we think we become. What we hold onto in our minds and hearts as real is manifested and then demonstrated in our lives and affairs.

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As Joy Lynn Freeman points out in her book *Expressing Yourself: Our beliefs affect our reality. Our minds act as a filtering system, canceling out anything that doesn't support our beliefs. Whatever form our beliefs take, the effect is the same: our beliefs determine what happens to us.*

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The use of affirmations as part of our daily routine has always been a spiritual practice that has changed the lives of many truth students.

Here are some that are found within the human condition:

I'm not good enough, smart enough.

I get love and attention from my spouse or friends when I'm feeling down or unhappy.

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I get love and attention when I'm needed for something (the caretaker myth).

Life is tough and stressful.

There is never enough time, energy, money, or love, for me to do what I want.

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Joy shares some positive affirmations that can help change and transform our toxic beliefs to healthy beliefs.

I've changed them a little by adding the statement: "As a beloved child of God,"

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As a beloved child of God:

***I am more than good enough just as I am. I am worthy of abundant love, success, health and joy.***

***I am lovable just as I am.***

***Life is fun and easy for me.***

***There is more than enough of everything: time, energy, money and love in my life.***