

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

Today's Lesson  
***The Gifts of a New Day***  
Power Point notes available  
at:  
[www.unityofbakersfield.org](http://www.unityofbakersfield.org)

### The Gifts of a New Day

The Daily Word for today affirms: *I joyously claim the gifts of a new day.*

To claim something is to have the belief that it is yours. That you are entitled to receive it and therefore open and receptive to its manifestation.

Each new day brings with it the opportunity to start over again, to do something different, to make changes in how we show up and be present on this journey we call life.

The gifts of a new day are those that will help us heal and evolve our soul.

### The Gifts of a New Day

Charles R. Fillmore  
Co-founder of Unity

Fillmore understood the soul to be our consciousness; the underlying idea back of any expression; the accumulated ideas behind our present expression. The soul makes the body, and therefore is the outer expression of its ideas held in consciousness.

### The Gifts of a New Day

Carl Jung also believed that humanity shared a common soul and on October 19, 1936 he shared his thesis "The Concept of the Collective Unconscious."

*This collective unconscious does not develop individually but is inherited. It consists of pre-existent forms, the archetypes, which can only become conscious secondarily and which give definite form to certain psychic contents.*

### The Gifts of a New Day

What do these two ideas tell us?  
Individually and collectively we have a soul.  
(As above, so below; As within, so without; As you do to others, you do to yourself.)  
We are born into a physical world endowed with a spiritual essence. We are here not only to evolve as a physical species, but also as spiritual beings. So how do we do this?

### The Gifts of a New Day

Using the two amazing gifts we are freely given every new day of our lives.

**Forgiveness in the Moment**

*"When I choose to forgive  
That which is before me in the moment,  
I send a wave of loving influence  
Throughout my world."*

## The Gifts of a New Day



Rosemary Fillmore Rhea shared some insights on healing the individual and collective souls in her booklet Forgiveness.

*As we look at our complex and conflicted world, we might agree that the one most needed ingredient to bring forth universal peace and harmony is the attribute of forgiveness.*

## The Gifts of a New Day

*When we study the history of civilizations, we see that there are old resentments, old hatreds, old injustices which continually stir the fires of revenge simmering somewhere in the human psyche. There are religious feuds, ethnic feuds, family feuds—feuds that continue from generation to generation. The memories of past injustices roll down through the ages, and few people seem willing to forgive or forget. To heal our world, we must learn the art of forgiveness.*

## The Gifts of a New Day

*And the healing process must begin with us. How can we do it? How can we learn to forgive when the world teaches us that injustice must be answered, that those who have caused us pain and sorrow must be punished?*



## The Gifts of a New Day

**I DON'T GET MAD  
I GET EVEN!**

The irony here is that we may say we don't get mad, but it takes **malice and determination (MAD)** to commit oneself to the act of getting even. There seems to be a lot of "getting even" on the world stage today.

## The Gifts of a New Day

As Shakespeare once wrote: *All the world's a stage, And all the men and women merely players.*



## The Gifts of a New Day



As we open our hearts to feed our soul with forgiveness we begin the healing in ourselves that will go out into the world.

## The Gifts of a New Day

In our desire to heal our souls so we can manifest and realize peace, order, harmony in our lives, we also need to understand what might be blocking that desire.

Here is an exercise that can be used by anyone and the realizations that can come from using it.

Find a time and quiet place where you can close your eyes and on the projection screen of your mind re-play the last fight you had with a friend, loved one, or co-worker.

## The Gifts of a New Day

What was the fight about? Was it about something that happened a long time ago and there's still a grudge? Was it about something that you didn't agree about? Was it about your belief being the right way—the only way?

Now, look at the scene again -- and this time ask yourself *"what will it take for this fight to end?"*

## The Gifts of a New Day

When the majority of people tried this, what the counselors found was that the most dominant image that came to mind in how the person would like the fight to end was:

*"The other person admits they were wrong, and you get to feel vindicated about your issues and feel justice is served. After all, I was right!"*

## The Gifts of a New Day

What the counselors also found was that a few had a different image come to mind:

*"The individual saw and understood that neither party involved was right or wrong and instead realized that something in the relationship was missing, broken, torn, not working and that they would both have to work to find a way to mend it."*

## The Gifts of a New Day

The question raised by the exercise proved that the belief system that our souls use to manifest our world is, in fact, conditioned by both the individual and collective consciousness. Why did the majority want to feel vindicated?

On a soul level humanity holds such a strong belief in consciousness that what is developed is an attitude of mind that wants to be right, wants to get even, wants to get revenge for being hurt.

## The Gifts of a New Day

From the book *The Art of Possibility*, Dr. Rosamund Stone-Zander has this insight for us: *It's important to realize that in order to restore harmony and peace to any relationship requires someone to take the first step as peacemaker. This could be as easy as saying, "I'm sorry that I let my feelings of pride, fear, laziness get in the way of us."*

## The Gifts of a New Day

Using the gifts of a new day, love and forgiveness can create for us the power to heal all adversity, all discord in our life so that we may heal the soul.

And this is accomplished when we forgive our past and view our lives from a perspective of love. When we look at ourselves and others through the eyes of love, we see that every experience, every person has been a part of our soul's unfoldment and healing.