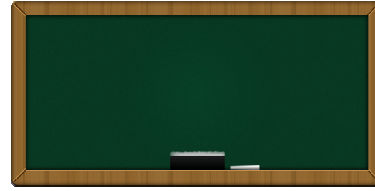




Today's Lesson  
**The Chalkboard of Life**  
Power Point notes available  
at:  
[www.unityofbakersfield.org](http://www.unityofbakersfield.org)

## The Chalkboard of Life



A friend told me last week that he wished his life could be like a chalkboard so that he could erase all errors and start over.

## The Chalkboard of Life



Teacher Ed Harris wrote an article for Unity Magazine about an ah-ha moment in his classroom:  
*As I entered my classroom, there was a boy at the chalkboard. Mark was tracing over the names of his peers on a committee.*

## The Chalkboard of Life

*It was fairly easy to do as the eraser had left a faint image on what had been written there the day before. He was recreating the committee list.*  
*"Never mind," I told him. "It will have to be changed anyway." I had learned last night that Debbie was moving away, and Eric was not eligible to serve on the committee because he only had a driver's permit instead of a license that was needed.*

## The Chalkboard of Life

*"We'll go over the list later today, Mark," I said as I hurried to the back of the room and unlocked my desk. As the class was pouring in I noticed how much of yesterday's work was still readable on the board. Oh well, it will soon be covered with new math problems.*  
*That evening I was reading a book about Native American culture.*

## The Chalkboard of Life

*It told of how some of the tribes believed that they died each night when they went to sleep and that each morning they were born again. This gave them a fresh start every day. The Great Spirit had given them a clean slate to start their day. Then I remembered my classroom and Mark at the chalkboard. Aren't we also given a clean slate every morning? Of course we can read yesterday's experiences on our life's chalkboard.*

## The Chalkboard of Life

*They may be erased but never wiped out. We can remember what was said and how we felt and what we did and what "they" said. We can remember our hurts and those who have offended us and those things about which we have taken offense. Each day we all have the choice of investing energy in yesterday's experience the second time.*

## The Chalkboard of Life

*We can repeat our feelings, attitudes, and prejudices of the previous day by chalking them in again with deliberate strokes. We have the choice of copying over our habits, thought patterns, and feelings of the previous day or beginning again with new positive statements of life. We can write anything we want on our chalkboard--joy, sorrow, love, hate, peace, good, bad, indifference.*

## The Chalkboard of Life

*We have a subconscious "mind slate" that will accept our naming life's experience whatever we will.*

*The thoughts kept flooding through my mind. Why do I bowl or play golf or any game? I bowl so I can watch the pins fall down in a different pattern and, hopefully, see more fall at one time. I finish the eighteen holes of golf so I can start all over with a new scorecard – so I can start over, new again.*

## The Chalkboard of Life



*That's it, I thought! We ARE renewed every morning. Thank You, God, for my clean slate and for this great idea!*

## The Chalkboard of Life



The writer of 1 John 4:4 put it this way: *"the one who is in you is greater than the one who is in the world."*

## The Chalkboard of Life

Because we have two feet firmly planted in the two worlds of materiality and spirituality we must use the activity of denial and affirmation when cleaning our life's chalkboard.

It's the process of letting go and letting God be God in the experience we are having. But for many people this may seem like too hard of an exercise to do.

## The Chalkboard of Life

How many times have we heard these statements or maybe even used them ourselves as we tried to start over again by "letting go and letting God?"

*What do you mean just forget about yesterday, I can't.*

*What do you mean just start over, I can't.*

*What do you mean wipe the slate clean, I can't.*

## The Chalkboard of Life

As the writer of Proverbs 23:7 pointed out:  
*"As a person thinks in their heart, so they are."*

What the "I can't" is really saying is:

I  
C reate  
A ffirmative  
N egative  
T hought

## The Chalkboard of Life

We can change the process from "I can't" to "I will" in three steps. The "I will" is our affirmation that:

I  
W illing  
I nvoke  
L ove &  
L ight

## The Chalkboard of Life

By invoking love and light in our experiences we practice two of Jesus's teachings on love and letting one's light shine. Using these attributes in the following three step process we will be able to have a clean slate anytime we want to.

Step one: Get in touch with your real feelings. Jesus said to go and get right before doing any forgiveness work at the altar.

## The Chalkboard of Life

What is it about your current challenge that causes you to retrace it on your chalkboard?

What kind of feelings are associated with this challenge?

Do you feel like a victim, powerless to do anything about your situation?

Affirm that everything is temporary and that the appearance of this experience has no power over you. With God all things are possible.

## The Chalkboard of Life

Step two: Write down all the negative and toxic feelings and attitudes of mind that come up for you about the situation.

Then one by one release each one to the universe by acknowledging that no one has any power over you, your mind, or your attitude of mind. That any external condition in the world only has the power you give to it.

## The Chalkboard of Life

Be patient as you practice giving the negative feelings and attitudes of mind back to the universe. Keep in mind that God knows your needs before you even ask. And it is the Father's good pleasure to give you what you need.

Step three: Turn the your feelings into positive expectations. We all live and learn, stumble and evolve, rise and fall, fail and grow, expand and progress.

## The Chalkboard of Life

Our evolution is a process of do-overs every day of our lives; to recreate our lives to be open and receptive to all that is good.

The key is to remember that even though we don't feel very kind, or brave, or forgiving, or even deserving, there is always a roof over our heads to shelter us from the storms, the sun shines upon us to give us warmth, and the earth supports us as we move about world and live our lives.

## The Chalkboard of Life

That past and future exist only in our minds. Your chalkboard is wiped clean in any moment of awareness, humility, or repentance. If you have a cosmic debt to pay, then pay it in the currency of kindness to the person it is owed, even if the person is you, not by punishing yourself, but by loving yourself.

**This is grace in action on the chalkboard of life.**