

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

Today's Lesson
Life's Rule Book
Power Point notes available
at:
www.unityofbakersfield.org

Life's Rule Book

We've all heard of this statement at one time or another: "Life is a game." If life is a game why didn't we receive a rule book? In fact, did you or anyone you know get a handbook?

Life's Rule Book

In just about every society the game of life is being played and people are being taught that there are winners and losers.

Life's Rule Book

Charles Darwin's theory of survival of the fittest was constantly drilled into us in high school by Mr. Chamberlain, when he began each gym class with: "Stay strong, stay alert, stay ahead, stay alive. Survival belongs to the fittest!"

Life's Rule Book

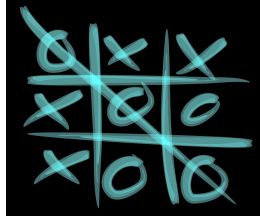
The church's basic rule book told us that only those who loved and obeyed God would be winners and go to heaven, everyone else would be losers and go to hell. This was based on the first rule: *Never question! Just accept and repent. Faith is your only option.*

Life's Rule Book

We have all played games at some time in our lives. Board games, sports, or cards, and each one had it's own set of rules to play by. And every time we played we learned how to play better as we used the rules to enhance our level of play.

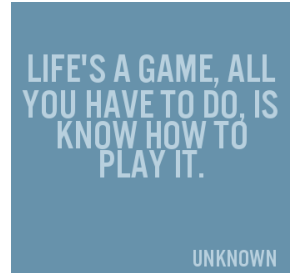
Life's Rule Book

Just about everyone at one time or another has played this game. Once they understood the rules and played it several times they stopped. Hardly playing it at all. The game is...



Life's Rule Book

"Life is the only game in which the object of the game is to learn the rules."
- Ashleigh Brilliant



Life's Rule Book

To play the game of life one basic rule to understand is to know how important this rule is...

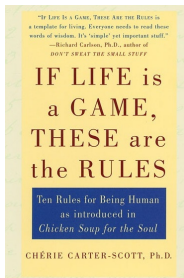


Life's Rule Book

Balance in life is key to living a life of well-being. It is one of the basic rules that most of us tend to forget as we go about our daily routines day in and day out, year in and year out.

Keep in mind that there is order to the universe and all things in it. Therefore there is balance of energies all working together to bring into manifestation life on many levels. So how are you using this energy in your life?

Life's Rule Book



In her book, *If Life is a Game, These are the Rules*, Dr. Carter-Scott writes, "Rule One: You Will Receive a Body. You may love it or hate it, but it will be yours for the duration of your life on Earth."

Life's Rule Book

The moment you arrived here on this Earth, you were given a body in which to house your spiritual essence. The purpose of this body is to act as a buffer between you and the outside world and to transport the "real" you through this game we call life. It will act as a teacher for some of the initial and fundamental lessons about being human.

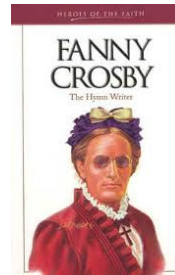
Life's Rule Book

If you are open to all the lessons and gifts your body has to offer you, it can impart to you valuable bits of wisdom and grace that will guide you along your path of spiritual evolution.

A case in point:

Fanny Crosby lived to be ninety-five years young. She was blind all her life, but never let it be an excuse for not living and experiencing life to its fullest.

Life's Rule Book



A writer of numerous poems and hymns thought out her life she gave the world a great and wonderful perspective from her personal awareness. When she was a little girl of eight years of age she wrote this poem:

Life's Rule Book

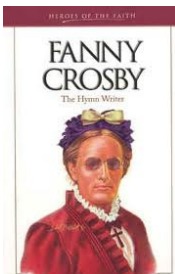
Oh what a happy child I am although I cannot see,
I am determined that in this world, contented I will be.
How many blessings I enjoy that other people don't.
To weep and sigh because I'm blind I cannot and I won't.

Life's Rule Book

The instructions for life's rule that you will receive a body are simple: Acceptance, Self-Esteem, Respect, and Pleasure.

Fanny accepted the condition of her blindness, which in turn allowed her to develop a sense self-esteem about herself as she was able to meet life's challenges, one lesson at a time. As she grew older she learned to respect her body for what it was, she learned to live in partnership with its physical limitations,

Life's Rule Book



...instead of cursing it for them. And because she followed these instructions she was able to derive pleasure from it where others could not, and thus blessed thousands through her writings of poetry and hymns.

Life's Rule Book

Acceptance. Cherie defines acceptance as *"the act of embracing what life presents to you with a good attitude."*

Imposing harsh judgments about ourselves only causes us to stay in an abusive relationship with our bodies.

Science has proven that there is a mind body connection. So allowing your mind to deny your body can lead to greater pain and suffering, whereas practicing acceptance can ease it.

Life's Rule Book

As Cherie points out in her book, *True acceptance comes when you can embrace and appreciate your body as it is right now, and no longer feel that you need to alter it to be worthy of someone's love—especially your own.*

Self-Esteem. Eleanor Roosevelt once said, “No one can make you feel inferior without your consent.” Cherie writes that *self-esteem is feeling worthy and able to meet life's challenges.*

Life's Rule Book

It is a lesson that we need to learn over and over again. That the process of building self-esteem is threefold.

The first step is to identify what stands in our way—limiting beliefs about ourselves; the second step to spend time in prayer and meditation to find our connection to the core of spirituality; and the third step is to take action to do what we are guided to do so that we can experience life to the fullest.

Life's Rule Book

Respect. Cherie writes: *To respect your body means to hold it in high regard and honor it. Treat it with the same care you would give any other valuable or irreplaceable object. Your body is the temple in which the holy of holies is housed, it is that place where the Lord of your being resides. Listen to your body and its wisdom; it will tell you what it needs if you ask, listen, and the heed.*

Life's Rule Book

Pleasure. Pleasure defined here is the physical manifestation of joy. The body, through its use of the five senses will teach you joy in abundant measure. There really is no secret to allowing the activity of pleasure to manifested as joy in our lives: just look at the children learning about their environment and the joy that comes from their new discoveries. They allow themselves to be open to the experience, they make time and space for it in their lives. We can too.

Life's Rule Book

A recent study was done to determine how children manifest joy in their lives. Those who had parents that pushed them to be academically challenged were not able to express great degrees of joy in their lives. Those children that were allowed to just explore their world and work on those projects that they were drawn to where able to express greater degrees of joy in their lives.

Life's Rule Book

Have you noticed that as life gets busy we find less time to be joyful, that we view pleasure as a luxury rather than a necessity?

How would our lives change for the better if we were to unlock the child within, to do what gives us pleasure, what brings us joy?

So remember: You have been given a body to accept, so that you can develop self-esteem and respect for it, and in turn it will help you manifest pleasure as you learn to use life's rule book.