



Today's Lesson

Your Memory Bank Account

Power Point notes available at: www.unityofbakersfield.org

Your Memory Bank Account

Awhile back there was an ad for a credit card that stated, "What's in your wallet?"

Ever since the emergence of New Thought and the principle known as the Law of Mind Action teachers and students have asked, "What's in your consciousness?"

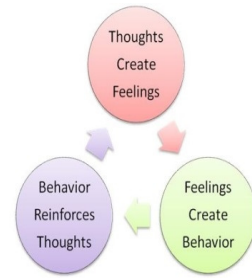
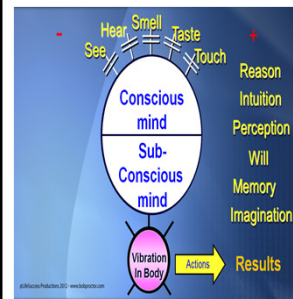
The more appropriate response should be, "What's in your memory bank?"

Your Memory Bank Account

Your memory bank is where you make daily deposits into your subconscious mind.

"Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality." Earl Nightingale

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Unity teachers, authors, and truth students have learned that an affirmation (thought) must become a feeling that creates an emotion so that it can change a behavior.

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Words we use to describe our experiences are amplifiers, especially when charged with feeling.

It is important to be careful of kinds of emotions that create our moods, for there is a connection between these moods and the visible world.

Any emotion, if it is sincere, is involuntary. Mark Twain

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The writer of Matthew has Jesus giving instructions on how to make deposits into our memory banks. *“Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven”* (Matt 18:19).



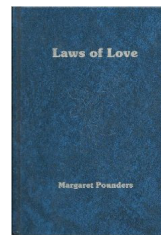
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Charles Fillmore taught that there is an immutable law that what we hold in mind, with strong feeling or its equivalent, will inevitably come into being in our life. Jesus told us, "If two of you agree on earth about anything they ask, it will be done for them by my Father in heaven." On the metaphysical level of understanding the two whom Jesus spoke are our thinking and feeling natures.

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An emotion should not be confused with feeling. Emotion, according to the Revealing Word, is "an undisciplined and uncontrolled force" and of short duration. (Anger is an emotion and not a feeling.) Feeling, however, has thought as its foundation; and though feelings and thoughts may be erroneous, they have power behind them, and their results are more enduring.

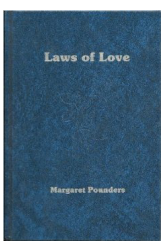
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The late Margaret Ponder in her book, Laws of Love, put it this way:

When we think one thing but feel another, or feel one way and think another, we are in mixed states of consciousness, and though we receive a little good, we get a little of what we do not want, as well.

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We are as Jesus described, "a house divided."

However, when both our feeling and thinking natures agree or reach a conviction that a thing is so, when our thinking and feeling natures are perfectly attuned, we would manifest our good instantly, as Jesus did.

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Memory Bank



How do we change the deposits we are making into our memory bank so that positive changes are available for withdrawal?

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Follow these rules for making deposits and you'll see a well-spring of blessings when is it time to make a withdrawal.

#1 - When making deposits to your subconscious be mindful of the type of faith you are depositing. As someone once remarked, "Faith is the fruit of the marriage of the thinking and feeling natures." Faith is the power that perceives and forms out of substance that which we desire.

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2 - On a daily basis remember that the will of God for you is good and that it is yours by divine right of consciousness. There is an ancient maxim that states, "As above, so below."

If a thing is good on earth, it is surely a good idea in the Mind of God. Never accept the belief that misfortune is the will of God, God's will for you is always abundant life.

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3 - Avoid the infiltration of negatives into your subconscious. Few people today believe that we can be possessed by evil spirits, yet most of us are to some degree influenced by the "evil spirits" of negative newspaper headlines, stock averages, medical statistics, other people's opinions, and even the weather.

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4 - Be mindful of the words you use on a daily basis. The subjective mind (our subconscious) takes all statements literally. Such as: "I'm afraid it will...; She makes me sick...; He's breaking my heart...; "I'm so mad I could just die."

And how many of us have talked about ourselves this way: "I'm a worrier...; "I'm no good at anything...; "I'm a pest...; "I'm so accident prone...;"I'm not smart enough...; and so on.

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5 - Overcome past beliefs in limitation. Families, cultures, and religious groups have all perpetuated ideas, concepts, and prejudices that have kept us in bondage with no one to call their bluff. Now is the time to put an end to this cycle and bring freedom to your world.

6 - Affirm the Truth that you are a good and worthy human being, made in the image and likeness of God. As the old adage states: "God doesn't make junk." Feel good about yourself and your environment. Praise yourself often for the strengths that you have and the talents and skills you share with the world.

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7 - Act as if you are the person you want to be. Feel as you would feel if you were this person now. Act as if you have achieved the goal that you desire. Remember, like attracts like, so take appropriate action and carry through on your ideas. Don't stop at the first road block you come to.

Remember that persistence is faith in action, and it takes us back to deposit rule number one, which in part states, "Faith is the power that perceives and forms out of substance that which we desire."