

**PRAYER:**

Mother-Father-God; Divine-Mind of the Universe; Thank You! We give thanks for our health, a portion of the world's wealth, all the powers You've given us to use, and the freedom to choose to use all this for the higher Good of all concerned. We know that we cannot overcome roadblocks to success without Your Power. We know that we cannot achieve our goals without Your Divine Love and Guidance. We affirm our choice to rely on Your great storehouse of Good for the futures we desire to create, here and now. We affirm that you are blessing us now with creative ideas that will lead us to the right choices, our best options, and the means to secure them for the highest good of all concerned. We know we are creative individuals, and we know we can do a better job of creating more love-filled situations, more successful achievements, and more abundance of Good in our lives. Thank You for giving us the opportunity to share Your love and Your Truth with others, so that our world becomes a richer, more love-filled place, and that we all can live in Divine Love together. ...and so it is... Amen.

**SCRIPTURE:** [ *from The New English Bible* ]

*John 10:10* = Jesus said, "I have come that men may have life, & may have it in all its fullness."

*Acts 20:35* = Luke writes, "...we should keep in mind the words of the Lord Jesus, who himself said, 'Happiness lies more in giving than receiving.' "

*Hebrews 11:1* = "And what is faith? Faith gives substance to our hopes, & makes us certain of realities we do not see."

**MESSAGE:** "You Are the Face of God...and the Hands and Feet of God!"

The topic from Unity for January is *HEALING*. That's a very broad topic! I could talk about diseases, doctors, various treatments, cures, etc. Those pertain to healing the body and I'll save that for next week, when I'll compare the teachings of Jesus, Charles Fillmore, Neale Donald Walsch, Abraham-Hicks, and Seth. But, another aspect of *healing* is mending life itself, fixing the daily grind and repairing and correcting our moment-to-moment business of handling the stuff of life. And boy, do we get bogged down! Anyone here ever get bogged down in handling the stuff of life? Anyone *not* ever get bogged down in the stuff of life?

In this day and age, in this economy, with the political campaign in full swing, I suggest there is much we can be repairing and correcting. Today, I'll talk about what we can do now to promote healing for our lives. How do we effect positive changes in situations and outcomes and in Self? How do we *heal* our challenging situations of life?

We all know that doctors don't heal us. They might give a pill or surgery or bandages, and then we and they have to wait for the body to heal itself. If we cut our finger, a Band-Aid and merthiolate together, don't heal it. They might keep the wound clean, but the body heals from inside. The longer we live, the longer it takes to heal physically. By now, by this age, the process of inner healing should be much faster! By now, we should know: all healing is *an inside job*. That's true, whether the wound is physical, mental, emotional, spiritual, or financial, work-related, family-related, or whatever!

If Charles Fillmore were here, he'd likely say that all wounds are not only healed from inside, but *created* from the inside. So, what can we change, today, to not create any more wounds? What needs to change and how do we do that? Question: what creates good stuff or bad stuff? Thoughts, period! Our human thoughts create; our mind-action creates. If all our wounds are created from inside, it makes sense for us to *not create* wounds in the first place, right?

That reminds me of a really funny story. Two dumb-dumbs were digging a ditch on a very hot day. One said to the other, "Why are we down in this hole, diggin' a ditch, when our boss is standin' up there in the shade of a tree?" "I don't know," responded the other, "I'll go ask him." He climbed out of the ditch and went to his boss. "Why are we diggin' in the hot sun and you're standin' in the shade?" "Intelligence," said the boss. "What's *intelligence*?" The boss said, "Well, I'll show you. I'll put my

hand on this tree and I want you to hit it with your fist as hard as you can.” The goober took a mighty swing and aimed at the boss' hand. At the last second, the boss moved his hand and the goober hit the tree. The boss said, “That’s intelligence!” The goober said, “Oh!” and went back to his ditch. His friend asked, “What did he say?” “He said we are down here because of *intelligence*.” “What’s intelligence?” asked his friend. The goober put his hand on his face and said, “Take your shovel and hit my hand.” ~ ~ You see, it really makes sense for us to *not create* wounds in the first place!

While we’re learning to undo old methods and routines, we likely still have some old, negative stuff to handle. Once a negative situation has been created, how can we heal it? I think by now, we all know that our emotions, thoughts, intentions and expectations create our wounds, so it makes sense that our emotions, thoughts, intentions and expectations also *heal* all our wounds. We must know and believe we’re created in the image and likeness of the Divine-Mind.

*Acts 17:28* = “For in Him we live, and move and have our being...” We are the Face and Hands and Feet of Divine-mind, for Self and others. We know we’ve been given all the powers we need to co-create with Divine-Mind.

*Matthew 17:20* = “If you have faith as a grain of mustard seed, you’ll tell this mountain to move and it will.”

*John 14:12* = “In Truth I tell you, you will do what I have done and greater things.” Yet, we often forget that we are creating, with every thought, word, and deed. We create every challenge we face; we draw it to us. Thoughts are electro-*magnetic* energy. Often, we forget that; we likely grew up with family members who did not know or believe that. We learned early that “life happens to us” and is controlled by outside stuff. *Today, we know better, so we must do better.*

We must THINK, SPEAK, and DO better, in every “now” moment. Surely, we each desire a more perfect world, where all are supplied with enough food, shelter, health, love, joy, etc. That begins with you and me. It starts now. We’re to be BRINGERS of the LIGHT for Self and others. We are the face, hands, and feet of Divine-Mind.

Thoughts are things. Thoughts create your body, your life and your situations. We are the “body of Christ.” One member of the body is just as vital as the next. We are the face, hands, and feet of the God-Essence, if we’re open to that lifestyle! It’s not a now-and-then-thing. We must surrender our life, our motives, our goals, and all things to the God-Essence. If we’re open to it, the Divine-Mind moves through each of us, guides us, acts through us, speaks through us, and creates through us! You already are a vital part of the Body of Christ.

You already are a vital part of U.E.S. There is a gap if you’re not here, a void, a vacuum! Part of our life is this Sunday morning gathering, this spiritual group, this spiritual family. We each are needed here; we’re the hands and feet of U.E.S., for God’s work. When we work for God, when we’re “on God’s Payroll,” the benefits never stop! We create this group. We create what happens here. We manifest the future of this church. Look around; what have we been thinking lately? Some folks must be thinking that U.E.S. is not very important; spiritual development is not needed today; I don’t need to step up; let someone else do it; my connection to Divine-Mind doesn’t need work; I can sleep late; I don’t need reminders to live my Truth. ~ ~ Hmm; I wonder about that.

You see, life will be what we make it...good, bad or indifferent. Our relationships will be what we make them...good, bad or indifferent. Our work situation will be what we make it...good, bad or indifferent. This church will be what we make it...good, bad or indifferent. If we’re not the ones, who is? What level of good can you imagine for U.E.S.? What level of growth can you visualize for U.E.S.? What level of outreach can you hold onto for U.E.S.?

This week, I was talking to a lady, who had one of those “Ah-Ha Moments” in her life. She has a little business at home and her husband is retired. She and her husband have been financially challenged for about 4 years. They’re reading a Seth book together every night. One thing Seth said was that *worry makes things worse!* She realized that she’d been really stressed and worried about

money. She decided to stop worrying, to tell herself that money will flow easily to her; money is no longer a big issue for her; it will come, and that's okay with her; she'll survive! Guess what! In three days, one client made a long-overdue \$1,000 payment on his account! Someone who owed her husband money paid up with a couple hundred dollars. A new client called and wants her to do work for him, and paid up front. She started practicing her Truth and manifested it quickly!

Abraham-Hick says that our worry is what we do when we use our imagination, vibrations and energy to create what we *do not want*. Can you see that? What have we been thinking, visualizing and speaking?

This past week, I was walking in our yard and I smelled cat doo-doo. I realized that microscopic particles were going through my nose and into my lungs. I thought about air spray, bacon, cigarette smoke, both good and bad stuff going into my lungs and blood. Those particles become part of us, affect our brain, thoughts and actions. If we smell "doo-doo," we think, GET AWAY FROM THAT, and we skedaddle! Anything with a nasty smell...yuk! GET AWAY FROM THAT! We leave! Ah, if bacon is cooking, we come closer; Yum! We want it in our mouth! "Channel #5" can bring on hugs and physical contact, and feelings of love. Smells and fragrances, with their microscopic bits of energy, prompt us and give us the opportunity to choose what we'll think, say and do next.

*The Spirit of God* is like a *fragrance* of sub-atomic energy, bits of sparkling-glittery life-energy, already in us and part of us. It's already flowing through our veins, affecting our brain. The Christ-Mind affects what we think, say and do, if and when we choose to listen! We can either be drawn closer or run away. It's our choice.

It takes practice to connect with God's power, to use your powers. I strongly urge you to practice surrendering Self to the God-Mind; let go of worry over challenges and see how quickly things smooth out. Do unto others as you would have them do unto you; love others as your Self; cast no stones. We are the face and hands and feet of God. Let's go forward! You already are a vital part of the Body of Christ and a vital part of U.E.S. There is a gap if you are not here. Part of our life is this Sunday morning gathering, this spiritual family. We create this group; we create what happens here; we manifest this gathering, this church and its future. Life will be what we make it...good, bad or indifferent. Our relationships, career, and this church will be what we make them...good, bad or indifferent. If we're not acting as the face and hands and feet of Divine-mind, who will?

*Romans 12:2* = "Adapt yourselves no longer to the pattern of this present world, but let your minds be remade and your whole nature thus transformed." That speaks of healing from the inside!

*Ephesians 3:16* = "Be strengthened with might through God's Spirit in the inner human." Truly, we can do something in each "now" moment to promote healing for our lives; we can effect positive changes in all our situations, outcomes, and in Self; we can heal our challenging situations of life! It's up to us. Let's be triumphant; let's be remade, and allow our whole nature to be transformed, so we can better live our Truth, demonstrating the Christ-Mind in each "now" moment of life.

Let's affirm that in our meditation.

### **MEDITATION:**

This is the time when we settle into a quiet, inner space and refresh our connection with Divine-Mind. Close your eyes for a private encounter and relax; let the chair hold you; let your shoulders down and focus on your breathing – in/out. ~ Quiet the chatter in your mind and rest in silence. ~ Let your intention for the next few minutes be to gain insight on being the Face of the God-Mind, the Hands of the God-Essence, and the Feet of the One Source. ~ For a moment, just notice the Life-Force within you. ~ Turn on your Heart-Light. ~ Start by creating a mental suitcase, large enough to hold all your problems, challenges and struggles. ~ Now into that suitcase, place your challenges, struggles, and problems. ~ ~ Surrender it all to the One Holy Presence. ~ ~ Just let them all go; lift that suitcase up to

the God-Mind, and let it all go. ~ Feel the relief of FREEDOM. ~ Now, knowing the Divine-Mind will take care of all those issues and take care of you, too, rest in that new sense of complete freedom. ~ ~ ~

Fill every fiber of your Being with joy and freedom! ~ ~ Rest in the awareness that the Divine-Mind will provide all you need for life, and will provide abundantly! ~ ~ Your life is now like the wedding banquet that Jesus attended, where He turned water, a basic daily commodity, into wonderful wine, and the best quality around. When you surrender and allow Him to guide you, you prosper with the best quality available! ~ ~ Choose to give your best to the Christ-Mind; choose to be the Face of God, to be the Hands and Feet of God for the highest good of all concerned. ~ As you make that choice and surrender your life and your whole Self to the One Source, rest in the silence and listen for divine guidance. ~ ~ ~

Give thanks for all the new guidance, insight, and love you've received here today. ~ Gently, bring all your new intentions and awareness back to your body, your life, this room, and when ready, open your eyes.

“In Truth, I tell you, you will do what I have done and greater things.” ...and so it is... Amen.