



Unity Church of Christianity
Feed Thy Spirit
October 24, 2010

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I have a little story to begin with today about little Johnny. Little Johnny gets around. You know, he's in a lot of stories. And anyway, this one is about little Johnny who asked his grandma how old she was, and Grandma answered, "39 and holding."

And so little Johnny was quiet for a moment, and then he said, "And so how old would you be if you let go?"

So, who are we if we would let go, right? What shows up? —very good, very good. You know, all of us are on a quest. I always like to refer to it as a quest. Life is a quest—a spiritual quest to not only understand spiritual truth but to experience spiritual truth. And when I say experience, I mean feel it—I mean really opening up your whole being in spirit, mind, and body—the whole being of you—to experience the activity of the divine. And that's what it's about. And so—I think—being in the quest means to be and remain in the question in a healthy way. We've been told lots of things, from childhood on, about God, about Jesus, about characters in the Bible—Abraham, Isaac, Jacob, Joseph, Moses. We've been told things about heaven and hell. We've been told various stories of the Bible. We've received a variety of theologies and philosophies and religious doctrine and dogma and interpretation. And so, we've been filled with a lot of

things, and certainly much has been helpful and been something of value. Some perhaps may have been confusing at times—some paradoxes—some mystery—some things leaving us wondering—sometimes even disconnected, empty, and unfulfilled, along with the many things that have fulfilled us along that path.

But some people have been inclined to sometimes lock on to a set of beliefs. They don't allow themselves room to question. They don't allow themselves room to be in the quest, to go deeper, and to broaden their belief system or to expand their spiritual consciousness. Because, really, if you're going to broaden and expand, you have to be in the quest, and that means on the quest and in the question and that means a willingness to be going deeper—to ask yourself what it is that stands in the way and see what answers you get so you can heal yourselves, move through it and past it. So, it's important. I'm saying that it's healthy to be in the question, and it's healthy to question. It's not a bad thing at all. And in fact many a person have been turned off to religion when they were discouraged from asking questions that they may have had.

So, God invites us to question because God invites the quest. You know, when I was a kid on the playground in grade school, we would, on the blacktop, pick up some tag football teams. It might be five on a side or something, and we would play some football. And you'd get into the huddle, and whoever who was designated as the quarterback might, in the huddle, say, "Okay, go deep. Go deep." You know, and so he is talking about, really, to run as far as you can as fast as you can to outrun your opponent and perhaps catch a pass and have a touchdown—score a touchdown. Well, I think in the game of spiritual awakening and in the game of spiritual evolution, one could say that God is our quarterback, and God is telling us to go deep and to run past our opponent. And who is our opponent, but ourselves and our own ideas and beliefs that are limiting—that hold us back and trip us up and keep us from scoring spiritual points, if you will. And the way we score spiritual points is really the equivalent of having the experience—whatever it is that takes us into the experience.

You know, when I watch on TV occasionally college football or pro football, when somebody scores a touchdown—wow, that's an exhilarating thing. I know they're taking a little bit of the celebration away from them, but they want to hoot and holler and jump and throw their body into the crowd and all these different things—if you watched a little bit about that. It's exhilarating—you know—they've scored a touchdown, and I think everyone should be able to score a touchdown.

Well, likewise, everyone should be able to experience, not just scoring a touchdown, but what I refer to as scoring an *up-touch*. Not a touchdown, but an *up-touch*. And to move upward to touch the energies of life and love and of the divine that are there available—to these higher energies that are there wanting to enliven you to expand you and broaden you—energies of love—energies of peace—energies of joy—energies of one. They are real. They exist, and they are exhilarating. And some of us have moved in and out of them. Some of us have had tastes of

them. Some of us have drifted away and disconnected for sometimes too long a time. And all of us, when we're unhappy and when we're miserable and we just feel off, a lot of times it's because we have disconnected from these energies that we know exist, that we know are exhilarating, that we know that are inspiring and uplifting, that we want to have an experience on a more consistent, regular basis—that we want to live from that. And to a certain extent—I think—we're all called to that and are wanting that. We may not know exactly how to go about it, but we know that these energies exist. We instinctively want to step further and deeper into it, and that's what Jesus wanted for us. That was his prayer as you recall—that we might come and know and experience the same relationship with the divine—the same energies that he himself also experienced.

So, a good question I feel to ask ourselves each time that we come to church or those who watch on TV—good question is, “Why am I doing this?”—you know—“Why am I here?” or “Why am I sitting in front of this TV watching this lesson—listening to this?” You may have a number of answers or a number of reasons that come to you, and they may be all good. But what I feel or I think is one of the main, main reasons that we come together, whether we're in touch with it or not—the reason we sit and watch on TV—or that's what we're doing—those who are listening—is because basically we want to connect—we want to connect. One of the things that we want to connect with is other like-minded people because there's an energy that comes from everyone when they step into a higher frequency and energy, and we want to feel that. But most importantly, we really want to connect with God. We want to connect with the divine. We want to connect with the part of us and of ourselves that we know vibrates that peace, love, and joy that exists—that we've experienced—that we want to move back into that. We want to find our way home, if you will, in this experience and in this life.

So our soul basically—your soul—my soul—it longs to dip into the ocean of divine spirit and to feel this loving kind of embrace with the energies of spirit and to learn how to—you know—take it with us into our day, into our week, into our life with some consistency. There is nothing worse, really, than to have a sense that you have lost your connection. People have been there, and it's sometimes referred to as “the dark night of the soul.” They have lost their connection with themselves—with the divine. It's a horrible place to be. It's a horrible feeling to have. And sometimes the way that we can dip into the ocean of divine spirit might be through something that's said in a lesson, like here today. The intention is always to teach, to love and inspire people into a deepening experience with the divine.

Another way that you might dip into this energy in this connection is through prayer and meditation whether it's in this service or whether it's at home alone in times of meditation. Another way is through song and through music that is typically, again, energy and vibration that has the potential to lift one. But we have to ask ourselves really, “What am I doing to discipline myself to lean on into that experience to help cultivate and create it. What am I doing to cooperate with those energies that are around me that are put on the table for me to partake of?”

Am I really throwing myself into it wholeheartedly or halfheartedly? Am I wanting to be fed but just entering it on a surfacey whim, wish, and a want? How am I cooperating?"

And so, do we take this soul hunger that we have that brings us here—do we take it seriously? And we have to ask ourselves these kinds of questions. And I think there are some things that really can help us to connect to the higher vibrations and the higher energies of God and of life.

First, I think it's helpful to realize that everything—everything in the universe is spirit. Everything in the universe is spirit, and it's vibrating at different frequencies, okay? It is science, of course, that tells us that atomic particles are all around vibrating at various frequencies and that everything is a sea of vibration in motion. And whether it's light that is shining upon you and vibrating, whether it's trees or flowers, whether it's bodies of water, whether it's animals, whether it's your pet. And, of course, we're told biblically that we also are spirit. In Scripture we are told that God is spirit, and they that worship him must worship him in spirit and in truth. We're also told that we are made in the image and after the likeness of God, and if God is spirit, who you really are is spirit.

And so, what that means is that there is this God life and presence that is all around us at all times vibrating with God at different levels and frequencies. There is only one life, and there is only one source of that life, but it has varying forms and varying experiences—different levels. And so, the most important thing is to realize everything is spirit. And there is the Holy Spirit that we've been introduced to, of course, and what Jesus called *The Spirit of Truth* which when he left he said, "The Spirit of Truth will be with you—the Holy Spirit that will council you and will remind you of the truth." There is that spirit of God that is all around us and within us. There is the spirit of Christ. There is the spirit of various beings and prophets, whether Abraham or Moses or Isaiah or Jeremiah or the prophets. In fact, Jesus, if you recall, asked his disciples the question—he says, "Who do men say that I am?"

And they said, "Isaiah, Jeremiah, or one of the prophets." And what that was saying, really, was that they were referring to the idea that Jesus was, as a soul, possibly one of—you know—was the spirit of one of these prophets simply returned and reincarnated. And so what that really essentially means is they accepted the eternity of one spirit. They understood that you can never snuff out one's spirit.

And so, it's very, very important here today and any day and any time, really, to realize and grasp and accept that you—you are spirit—to just be with that and grasp what that means. We sometimes think that we are a body, and we identify with body consciousness. There's nothing wrong with the body, but you are not a body. You have a body, all right? And it's important to understand the idea that you are a three-fold being. It's very important to grasp that so you know who you are and what you're about and what you're up to.

First of all, you are spirit—most important. That means you are immortal. The spirit of you is perfect. It's whole. It's of God, all right? And that is with you. Then your soul—your soul is your consciousness. Your soul is where you are in your enfoldment in spiritual consciousness—how near or far you are in mind and heart from integrating the will of God and the truth of God. That's where you are as a soul. And so, the quest that we're all on is one of soul growth. There are gradations and idea of moving higher and through a purifying of the consciousness, and that's the soul growth that we're trying all to be on the path of. So, there are these higher levels that we are called to. Some people listen to that inner calling and that inner voice and all of the resources that are there seeking to guide and direct the person. Others kind of tune them out and do their own thing—do their own will. And so, again, we're all in a different place in our soul evolution, but Jesus Christ, of course, was the model—was the great example—was the way-shower of what it looks like, and he had all spiritual circuits of oneness activated, and he showed us what that's like and what it can be like. He said, "I and the Father are one."

So, we said that your spirit is immortal. We said your soul is your unconsciousness unfolding wherever you are in terms of integrating in mind and heart, and your body then is mortal. Your body is temporal. Your body is the clothing of the soul and the spirit. You can wear out your body. You cannot wear out your spirit. So, the soul, again, is measured by the integration—the level of integration or the lack of integration into mind and heart of the truth of God.

And so, in terms of—and this is important for you to get—in terms of being a three-fold being, you need to think "You are a spirit. You are spirit. You have a body, and you evolve your soul." You get the difference? You are spirit, you have a body, and you evolve your soul. And if you are spirit and you are vibrating at whatever level of awakening you have experienced in mind and heart to this point in time, it also makes sense that you are able then to connect with the vibrations and the frequencies of other spirits, okay? It means we can connect to the frequencies of love and peace and joy and oneness, and you can also connect to the frequencies moving through other souls, and they can connect to yours.

We can connect to not only the spirit of God or the spirit of another person; we can connect to the spirit of a tree 'cause there's life in it. It's pulsating with the one life—a flower—a mountain—a body of water—the ocean—an animal—a pet—all of these things. It's all alive—every bit of it. And surely you've all felt that sense of connectedness with it. There are certain times when we are focused and attentive and in the moment that the beauty of a flower or flowers may speak to us, or the vastness of an ocean standing on the shore, or a mountain that speaks to us in some particular way. But we can also be blinded and disconnected and not even be present and feeling that connectedness of the energy that is there to be received because we're somewhere else in our mind—caught up—disconnected.

And so, it's important to understand where we are—how we're living. It's important also for a person to begin to see themselves as spirit and that they are connected with all life in all its

myriad forms as spirit as well and to look for things that feed—feed us—and feed the spirit and makes your spirit come alive. You see? The same way that we have to feed our bodies and nourish our bodies and care for them, it's important to realize that we have to nourish also the spirit of us—get to know yourself as a spirit. And when you get to know yourself and identify yourself as spirit, it really helps also when you move up to the time when you're going to depart from this physical body—take your last breath. You're not all caught up into your body consciousness. You're really established that “It's okay, I'm going to experience this. Everyone goes through it. I am spirit.” You see—totally different kind of experience that you create for yourself.

And so, our lives can become lifeless—empty. They can become lacking of joy and satisfaction. We can actually starve our spirit because we aren't really in touch with what feeds it. We haven't really gotten to know ourselves as spirit. We've gotten to know ourselves as a body trying to satisfy everything external alone, but we are three-fold, and it's important to know that. So, begin to notice what feeds your spirit. You know—ask your spirit what it wants. Ask yourself—you know—“What are the conditions—experiences—the activities in life that has your spirit go, ‘Ahhh?’” You've been there? There have been those moments, you see? “This is great. This so feeds my spirit and my soul”—because what feeds your spirit and brings into the mind and heart also lifts you as a soul in your progression. Very important to be strengthened and satisfied and fulfilled at the spirit level. And it's different for everyone.

Some people—their spirit is fed by going to the city—the vibrancy of the life in the city and—you know—shopping and feeling all the people and even if you don't buy anything. Some people just love that. That's a great day. It's not for everyone. But others are drawn to the more rural experience. It might be—you know—an ocean or the mountains or just nature. And where we're different is it might be—all you need to do is sit in it. Others are more activated. Their spirit is more geared to movement and motion. They want to climb that mountain, not just look at it. They want to sail the oceans, not just be at the seashore. But you need to decide what feeds you, what draws you, what goes, “Ahh, this is wonderful.” It can be having a pet and spending time with your pet. There's an exchange there. It's a wonderful thing. Your spirit can be fed in gardening. It can be fed in dancing. It can be in gourmet cooking. It can be in painting or wood crafting or just sitting and listening to classical music. Or it can be travel.

You know, for me, one of the things is certainly being with nature. I grew up as a kid with—my whole backyard went on for miles of woods. And so, my playground was in the woods. Then I went—my first ministry was in the woods. The church was actually plunked down in the center of a woods. There were deer and birds and a nature path. And so, when I came to Houston and there was all this pavement and a house with fences around and a small yard, I went into withdrawal. And at lunch time, I'd actually look around for a forest, and I would go to the park or the arboretum or something to eat my lunch. I just had to feel the energy of nature, and I had to be with it.

Thank God, more recently we now have a home that's on a small lake, and it abuts a nature preserve, and my soul is so happy there. It is so fed. I know that about me, and you need to know what it is about you that feeds your soul, that feels your spirit, that makes it soar, that causes it to go, "Ahh, ahh." It's so important.

And another thing for me is travel. You know, my spirit cries out to travel and to go to unique and exotic lands and to experience other people and find out about them and to experience life and beauty in other places. I am fed by being able to look forward to my next deep spiritual growth experience where I'm going ". . . ye apart . . ." a while or to my next pilgrimage. If I just know when it is and the date of it, it feeds my soul to know that that's coming—it's off—whether 10 or 12 months away or 2 months—whatever—that feeds my soul. Some love travel; some do not. They can take it or leave it.

We're all different, but the more we feed our spirit, the more we're able to connect to this life and have it be building in us. We're all children of a grand universe, and all of us have the spiritual support that is there available for us to access if we but learn to go in its direction and if we but learn to open up to it and feed our spirit and connect with our spirit. It's a benevolent universe. But it's important to learn that you cannot succeed in this life on your own. You cannot succeed in this life on your own. You never have, and you never will. Any success you've had, you've never done alone. I promise you. The invisible world has come in to help and assist whether you know it or not. It is working—the other side and this side together. We have to learn to connect to all the help that is there even in the invisible realms—never alone. We're never given more than we, at the same time, can deal with and have all the resources given to see us succeed and overcome and learn through an experience.

I did not grow up a Catholic, but one of the things I appreciate about Catholicism is that beginning at a very early age, they were introduced to angels and to saints—lots of them—some to the extent where there was a saint for every day or an angel for every day or many of their names were named after a saint. There was that sense of connection. Much of that has been lost in Protestantism. Even in today, if you talk about angels and you talk about spirits or something of the other side, it's labeled weird or strange, and yet that has been a part of every age and peoples all through time. It's been on walls and painted and so forth—frescoes, of course, by Michelangelo and many, many other wonderful artists.

So, many credible people have come to me and expressed amazing stories, and they felt safe, thank God, and amazing experiences that they've had, and I didn't label it, and they felt safe. And it's understandable that those who have never had that experience would be inclined to be skeptical because—you know—sometimes we're just not open to what we've never known or experienced. And we're so attached to form and the physical senses—what we can see—we don't really believe that anything possible could happen that have to do with the invisible side of

things, and we need to open ourselves to that and realize how much is there that is helping and assisting in the ways of God and not be closed off.

The Bible has over 300 references to angels. Angels are a factor of every faith tradition through time. It is universally accepted. The late Jewish Bible was that every nation had its own guardian angel or protector in the spirit world. You know, it's been said through time, really, that there's probably not thousands, but millions of angel sightings that have been reported—millions of people that have had experiences, and sometimes we get into the realm where it's, again, not okay. We have to go underground.

Every one of you have had a time or two where you've had something—experienced an incident that was a near miss—where you felt you were protected or avoided trauma or harm that something came in and happened in its timing or sequence of things where you just know that there was something like an angel or a help from the other side that assisted you. I can cite several in my own life if we had the time that saved my life, and I know that there are many of you out here that have had the same experience.

And so, whether you realize it or not, everyone has really been born with and given an angel or a spirit—a guide to help you and to help you make your life easier—a guardian angel, if you will, that's connected with you intimately from the moment you took your first breath to the time you finish your last, and it's there to help you learn. It's there to help you accomplish what you've come into this life to accomplish. It's there to help you stay on the path. It's there to help protect you at times and move you through difficult times when you're in defeat and despair and feel beaten down.

There is said that there is a whole world of helpers that are around us at all times. It is also said that angels are those who are sometimes able to even materialize and manifest themselves. RaNelle Wallace hit, in a small plane with her husband, the side of a mountain and was burned very seriously—thrown outside the plane. She looked back and saw her husband in an inferno of flames in the cockpit and then saw someone appear and pull her husband out of the cockpit. He only had minor burns as a result. That being disappeared. He never even had the experience. He had been passed out then came to later and came to her aid.

I read an account, and there are many that you can read and many that exist, but this was of a lady that had just lost her mother in cancer, her husband to divorce, and her best friend by a freak accident. She was on the way to the funeral in a plane. As a lady came in, elderly—sweet—in a wheelchair, they had plunked her in the seat next to her. For the whole 2-plus hours, she poured out her soul to this elderly lady. She listened to her. She had a little prayer book, and when they got done and landed, she found out her name was Delores Good. And she left in a wheelchair and went. And then she found—the lady that poured her heart out to the elderly—she found this prayer book, and so she ran off looking for her—couldn't find her. She went back to an agent,

asked for the listing, asked for Delores Good. No Delores Good on the register. In fact, they didn't even have anyone registered to be sitting in the seat that was next to her. She then looked at the book. The book was entitled *The Lord is Good*, and then she remembered the name *De Lord is Good*—Delores Good. Delores was an angel.

I have learned in most recent years to—in my prayers and spiritual communications and connections—to call on in prayer the divine presence, the Christ presence, spiritual masters, angles, spiritual guides and helpers of love, light, and compassion. I cover it all because I know that God has many forms of help that are out there and I know that spirit and the spirit world is vast—vast—and that humanity tends to have a small, narrow mind, and it's time to open up and develop and enter into a relationship. And I want a relationship with everything that surrounds me that is there to help me and move me forward. So, I'm learning to see spirit in all things—in all aspects of my life. My world is expanding and broadening as a result. I'm coming alive. It's taking me into my heart and moving me out of my head more and more. It increases the creativity, the inspiration, the light of God moving through me. It's connecting the dots where things were mystery. Things are coming together, and you're understanding more than you ever have before. I have made it my intention to go deeper in my connection with spirit in all of its forms. How about you? God bless you.