



Unity Church of Christianity  
Embrace Your Higher Self  
October 27, 2010

## **Howard Caesar**

So! I begin this morning with a true story. This true story comes to us from New Castle, Kentucky. There is a church there and a guy named Pastor Dave, I won't divulge his last name. But anyway, he was telling how after a worship service at his church there in Kentucky, a mother who had a fidgety 7-year-old son came and told Pastor Dave how she finally got her son to sit still and be quiet in the service.

She said about half way through Pastor Dave's sermon, she leaned over and whispered to her 7-year-old son, "If you don't be quiet, Pastor Dave is going to lose his place and he'll have to start his sermon all over again." It worked. The kid was quiet. So, a little advice to all of you out there, all right?

You know, down through time, there have been many metaphors used to explain lots of things. Metaphors are a wonderful way to explain many areas of life, and certainly, the metaphor has been used to help explain and understand things having to do with the spiritual realm. Analogies are made, and parables have been told, and certainly Jesus used the metaphor very well along with the parables in various ways to convey the ideas that were often of another dimension. But he would use the elements of the known to talk about the unknown.

I'd like to be able to share a metaphor today as we begin. And the metaphor I'd like to share is this. Man is a blender. Like an old Osterizer, they used to be called. So, I'm referring to the appliance, a blender. And basically what I'm saying here is we gather lots of things, like ingredients. Thoughts, ideas, beliefs, perspectives, all kinds of things, and we mix it up, and we drink it down. And essentially, in drinking what we have mixed up and concocted by the way we interface and interact with life, we begin to experience its contents. And so, when we taste life through what it is that we put in the blender of our being, so to speak, we experience life—we taste life in this way. And our blender's content really equates to our consciousness. You know whatever it is that we put into that blender adds up and makes up, in essence, our consciousness. Life can taste good or bad depending on what it is that we're putting into our mind and our subconscious and where we're coming from in our heart.

And so, to define that metaphor a little bit further, we could say that we are an appliance, made by God for the purpose of turning out good. You know we're supposed to be putting together a blend that's—kind of a smoothie—something good and purposeful.

Now there are two things that are important, I feel, to gain from this metaphor, and that's why I share it. And that is, it's important to really weigh, and measure, and scrutinize what it is that you put in the blender of your consciousness—certainly that's important. But secondly, an appliance has to be plugged in. It has to be plugged into its power source if it's going to work properly. And so that's an important element. And so, in all of our spiritual lives, it's important to be aware of what it is that we're feeding ourselves and, yet at the same time, to realize that we have to always be thinking of to being plugged into the source—to be plugged into God—to the divine—our true connection—our true, true source. We're talking again about this idea of connection—making a divine connection to the energies of God.

Last week we talked a little bit about this. We said some things I think that may be worth repeating. We talked about the importance of going deeper in our connection with the energies of God. And I use the example that it's like playing football. God is like the quarterback, and God is telling us to go deep—to go deep, okay? And to catch, not a football, but to catch an idea, an inspiration, an insight, a truth, if you will—score a touchdown or score some points with the universe but—you know—the truth shall set you free. In other words, to move down the field on into a bigger energy field of possibilities of God's good—to progress—to move forward—that type of thing and experience the exhilarating feeling of that movement—of those energies—of that life—of that which is the connection of the divine.

So, we are all in this life, and we're all on the playing field of life, and as Jesus said, "Lift up your eyes and see the fields are already ripe unto the harvest." So that the fields that we're playing in are already ripe. Everything we could ever imagine or need is already there. It's something that has to be incorporated and filtered through the consciousness of our own

individual makeup—our own blender—what it is that we've been putting in the blender. It is so important to recognize the whole universe is benevolent—it's all there—it's all been provided for—but you and I are entering into this process. And so, all around you are fields of potential new perspectives and insights that will bring forth or bring home the harvest of new possibilities, which mean a better life—a more expansive life—a more prosperous life—a more healthy life. And you know these things exist from either past experience, or current experience, or intuitively. You just know that there is the something more that is there.

So, we're all in this game of life. We're all on the field of life. And the only opponent that we face really, essentially, is ourselves, and when we say ourselves, what I'm talking about is the self that is referred to as ego—EGO—edging God out. Which is really ego is what fills things in the blender with those things that are not grown in the garden of God. It fills the blender with all the things that are not of the nature that would feed one's soul. The ego feeds us with negatables—not vegetables—negatables. And they feed us with negatables that are doubt, and fear, and limitation, anger—all these different things that separate us from our true higher self.

There's an Indian story that goes along with what it is that we're talking about, and it's an Indian story about two young braves. They were sort of young boys yet and—maybe teenagers—and they were still trying to learn what it is that would help them to become potentially a chief down the road, or a medicine man, or just become a good respected member of the tribe. And anyway, one of the braves was called Willy White Feather. The other was Johnny White Eagle. And Willy and Johnny got into a conflict. Johnny went to see his wise old grandfather in the tribe about this growing frustration. And he knocks on the door of the teepee, and his grandfather calls him in, and Johnny says, "I am so, so angry—I need your help."

And he comes in and he says, "Well, tell me about it."

And he tells him about this incident that he had with Willy, and he says, "Willy makes me so angry, I'd like to hit him, but I know if I hit him that would get me in a lot more trouble, and I am just so angry."

And the grandfather listens and he just says, "I see, I see. You're angry, and I understand. I get angry too. Do you know that? I get angry too."

And Johnny said, "No, I didn't. I never really noticed that in you. I've never seen you do anything that appeared to be angry."

And he said, "Well, I do get angry." And he said, "Sometimes I feel as though I have two wolves inside of me. And one is a white wolf, and the other is a black wolf. And the white wolf inspires me with peace, and love, and joy, while the black wolf creates anger or sadness, or hatred even."

And sometimes these two wolves battle fiercely in my heart and they fight with each other to decide which one will determine how I will feel and which I'll go with."

And Johnny says, "Really Grandfather! Which wolf wins the battle?"

And the grandfather looks at the boy and points to his heart, and he says, "The wolf that I choose to feed. The wolf I choose to feed."

You know, John Lennon, the guy that was the Beatle, the great singer. He said something that was really interesting. He was quoted to say, "Part of me suspects that I'm a loser, and the other part of me thinks I'm God Almighty."

What did that mean? I think we have a black wolf and a white wolf in us too, and sometimes they get into a bitter, fiercely fought battle. Who's going to show up here? Who is really dominating? Who's in charge? Who am I going to listen to? Who am I going to identify with? The black wolf equates to the ego that edges God out. The white wolf is of the higher self and the higher energies that are of the divine. We're all on the playing field of life, and the only opponent is our ego, or this separate self. The white wolf is God Almighty, if you will—or what Jesus was referring to when he said, "You are the light of the world." You are the white wolf. That's who you really are, and that's who you should be identifying with.

So, we all want to connect with the white wolf that is inside of us, these higher energies of the divine, of our higher nature. They exist. That's who we are. We have to remember again and again who we truly are because the world will try and manipulate others around us into being—sometimes—a black wolf, because a lot of the outer world is driven by ego, and so we can get pulled and lured into those kinds of energy.

Last week we addressed the idea or the reason why we come and attend church. And there may be reasons. But I believe that at the forefront one of the most significant reasons that most people come to church or listen on TV is that you want to connect. That's the most important thing. You want to connect with God. You want to connect with the experience of the divine energies of God that you know exist. You have felt them and tasted them in your blender at various times as you've moved through this life, and we know that there is really nothing worse than to feel you have lost your connection. And those individuals that have gone through a dark night of the soul—essentially what they're experiencing when they get to that really lost place, is that they have lost a connection. And when they have really reached that feeling of truly losing connection with the divine, you can be sure that all that's talking inside and all that's being fed in the blender is essentially that which reflects the ego. Because the ego will always argue for separation; it will always argue for that. And all of what it shares is lies, and it doesn't give you accurate information. But it makes you feel horrible, and separate, and apart. Makes you doubt, and be fearful, and all of those things that we have gone through in varying degrees at times in our lives.

So, we're here to experience the higher energies, of course—of love, and of peace and joy, and certainly oneness—one of my favorites.

So last week we talked about the experiencing of higher energies and identifying with God as a presence. There is a presence and that presence is a spirit, and that spirit is at everywhere and in everything. It's energy and at all times.

Today I want to emphasize more the idea of identifying with the spirit of God as being within you—that that's the focus—to really connect with the realization that the spirit of God dwells within you. It's important to remember that God is not only out there and all around you, but to remember and deeply identify with the idea that God is dwelling within you. It's a very significant thing. And in one of the favorite quotes of Ralph Waldo Emerson he says, "What lies behind us, and what lies before us are tiny matters compared to what lies within us." Again, the great emphasis-- it doesn't matter what you're headed toward in the challenges; it doesn't matter where you've been in the path you've been on and the mistakes you've made. All that matters is really what lies within you. That's where the focus needs to be. That's where the emphasis needs to be. What lies inside us is God; it's that which is of the divine nature. It's those energies. Now there are two ways to think about this. We can think about this as God as a presence, and that's good, that's fine—we want to go there. But another way is to think of God as the self or a self that lives inside of you. That there is a self that is of God and we call it sometimes the higher self. Sometimes it's the true self or the God self or the sacred self that's named different things, they're all synonymous, sometimes the Christ self. But, it is there in us to be embraced and to be experienced and to emerge, and when a person is actually acting in spirit in their life—and I mean drawing upon spirit consciously, calling forth it, feeling it—basically they are in their higher self. So, we want to identify with our higher self, and we want to connect with our higher self.

You know, we've talked a little bit about the fact they we are a three-fold being, and I really want to emphasize how important it is because the idea that you're a spirit, soul, and body. And people get it confused, and they don't understand the role that each plays, and what's most important, and where they need to focus, and what they need to identify with. And so we are spirit, soul, and body—we are a threefold being. And spirit then, to start with, spirit is the perfect part of you—the immortal—the God part of you, okay? When we say that you are divine, we're referring to the spirit of you, that which is made in the image and after the likeness of God. The divine has placed the image and likeness—that's it—the spirit of the divine. You are divine. There's no getting around it. It's the highest—it's the white wolf in you—it's the light of the world that wants to be expressed.

The soul—the soul is a sort of measurement of where you are and how you're doing in terms of incorporating the spirit—or that perfect image—that DNA—that divine blueprint that God has placed in you as your higher self. So, the soul is a measurement of where you are in your

consciousness—in your unfoldment. We develop our soul—we grow our soul—we evolve our soul—through our free will. And all the choices we're making—all the things we absorb—all the things we think and store in our subconscious along the whole path of life that we've been on as long as we have existed. And so, soul is how near or far we are in mind and heart in relation to having integrated the way, the truth, and the life. You follow that? The soul is how near or far we are in mind and heart in relation to having integrated the way, the truth, and the life of the divine.

So, soul is a measurement of whether we're feeding the white wolf or we're feeding the black wolf. It is a measurement of how much we're living from our higher self or from listening to ego. And we're here to evolve, of course. So we say and talk about souls—there are enlightened souls, and there are unenlightened souls. There are mature souls, and there are immature souls and varying degrees of those. There are those who are connected souls. Connected, really living from a sense of connectedness, and there are those who are living in the world that really reflect of massive disconnect, okay? They just really are not in touch with spirit, and so we're somewhere in all of that and that's what the soul is about. And Jesus Christ, of course, was the model and the example of a connected soul that had fully integrated God. "The Father and I are one", okay? And our soul is on a journey in consciousness towards—moving toward a purification whereby we can begin to arrive at the goal of Christ's consciousness. That's what he meant when he said, "Follow me." Why do you think he taught all that he taught? He was trying to call you as a soul into putting on and living from the highest that is in you, which is your higher self, which is the Christ in you.

Okay, so, some people say that this life is really important—you have to make the most of it. You have to, as a soul, grow and unfold. Because some would say you only have this life to get it done. And then in the East, there are several billion people that believe that there are other lives, and whatever you don't get done in this life, you take yourself with you and at whatever level of awareness you check out at, as a soul in your development, you have to pick up where you left off and keep going. And so that's a lot that theory. You can decide where you are on that because I know people are in discussion on all of that all the time.

So, we talked about the spirit. We talked about the soul. And what about the body? The body is of course the garment of the eternal youth. It houses the spirit and your soul. People often think they are a body, but the truth is you have a body. You're not a body because, basically your body is mortal—it's temporal. You wear out your body—everyone does, but you don't wear out your spirit, and you take along with you your soul, which really is the compilation of where you are in consciousness of what you've fed the blender over the course of this life or many lives. So, most importantly, you are spirit, you have a body, and you evolve your soul. Got it?

So, therefore, we come to the question, and the question is, "What are you going to identify with in this world?" Many of us identify with the body. You know we stand in front of the mirror and it's all about body. And the body is not bad it just—you have to understand—it's a vehicle of

information. We have five senses that are always bringing in information, but don't become overly attached to the physical form because that's not who you are in a lasting eternal way. We have to release that physical form and not be attached to the sense that's who I am. A body changes form, it grows older, we wear it out, and so forth. So, to identify with the body is not going to serve you.

So, okay, then do you want a body? Do you want to identify with your soul? No, that's not the highest in you either. Your soul is a measurement of where you currently are in consciousness. It has its ups and downs. It can be aware and awake, or it can be totally asleep at times. It can be happy, or it can be unhappy. It can be feeding itself that which is of the white wolf or that which is of the black wolf, and ego. So, we can get lost in that part of us that John Lennon says we think we are a loser. And, as it's been said, we don't see things really as they are, but we see things as we are. In other words, wherever you are as a soul in your enfoldment—whatever level you are at in your awakening process, that's what you're seeing from. And that's why it's so important to keep engaging and identifying and living from this self—this higher self in you, calling on it and wanting to see through it—you see?

So, sin is said to be to miss the mark. It is an archery term. It's to miss the target and our soul is a blender that is full of hits and misses, and it reflects where we are on this path, not who we are in truth. You understand that? What you want to begin to identify with is not where you are on the path, but who you are in truth so that your soul will be taken to it and be overlaid onto the spirit which you're held to be in the mind of God—the divine image and likeness. But that all comes through free will and all the choices of what you're going to throw in the blender—what you're going to believe in the world that tells you who you are or who you are not—what you're capable and what you're not capable of—who God is and who God is not—who's right and who's wrong.

There are arguments for separation, and there are arguments for oneness. There are arguments for peace and there are arguments for its opposite. It's all a part of life and you have to make decisions, and those decisions are made on where it is that you're going to identify. It's not with the body alone—not with soul. You want to identify over and over and over again with the divinity—with the spirit—with your higher self.

And keeping with this metaphor of a blender—the blender, if we could say, was our body, but what you put inside the blender is your consciousness, and that's what moves you as a soul. And the spirit is the outlet, and the power source that you have to plug the appliance into. It's not going to work—nothing will work—the blender won't work; nothing will work unless you're plugged into the life source. The cord, we could say, is the ego, and the cord is attached to the blender and its contents. And really the cord is the only thing that separates you from the power, and the ego is always trying to shorten the cord. So, you can't reach the power source. It's always tightening it up. The ego is always lying. The ego is never providing accurate information. It's

the Holy Spirit that comes in and gives you an extension cord—here, connect. Connect and connect with God, the source.

So, through connection, then we draw on this energy. We draw on the energies of healing. We draw on guiding energy, and love energy, and joy energy, and peace energy, and strengthening energy, and empowering energy, and clarifying energy, and confidence-building energy. Energies that are of the spirit that feel good inside of you that you know exist, and that's what you're called toward—having a connection with. So, you know it exists. And so it's all important. We said there are two ways to do that. It's to identify with God as a presence, and also then to identify with the very own part of you that is God. The very own part of you that is God which is your higher self. And—you know—Scripture talks about this higher self in various ways as being the light that lighteth every man coming into the world. That's the white wolf, and that's the higher self. Jesus talked about it as those who are attached to it, and connected to it and identified to it. They are aligned with the truth that builds their house on a rock which is the truth and nothing shall shake it, okay? If you're unwise, and throw the unwise stuff into the blender—you're on sand—you're on shaky ground. That's what it boils down to.

Paul, the apostle, he said and referred to that which was the secret hidden for ages and generations which is, "Christ in you, your hope of glory." So, he's talking about the higher self as being Christ—the Christ self in you. It's been a secret. It's been hidden for ages and generations, but it's in you—it's in you. He talked about let this mind be in you that was in Christ Jesus. He's talking about the mind of the higher self. He said that we were joint heirs with Christ. An heir to what? The absolute spirit of the divine that was in Jesus is in us. We have not activated it, and we have not grown it. We have not fulfilled it, but that's the path we're on.

Last week we talked about guardian angels a bit—that we all have a guardian angel that's there to help and assist us. But of all the guides that a person has that they could turn to really, the most important is our own higher self. It's the direct link to your Creator. It is the direct link to your source and it's the most important connection that we have. So, remember you are spirit, and you are—the perfect idea that you are in the mind of God exists not only in the mind of God, but it exists and lives in you. And that's what you want to connect with and think about and reflect on and identify with. It's the extension cord that you want to keep connected. Connect to the voice and the vibration of your higher self. And one of the ways we do that of course is meditation. Quieting the mind and recognizing. And there's time of prayer. Affirmations help. You know, affirming I am one with the highest that is in me. I am one with the God's self of me. I am a conduit for God's energy. All of that.

And then after doing your inner work, you need to set some intentions for what you're going to do outwardly in the world. You see, that is from the space of your higher self. I'm going today smile at a stranger. I'm going to call someone and tell them I love them. I'm going to feed a homeless person. I'm going to walk in nature. I'm going to make a charitable contribution to an

organization I believe in. I'm going to help someone that is in need. I'm going to volunteer my services, my time, my talent in some way to come from activating that part of me. I'm going to pray for others who I see that are stressed and strained and going to send them peace and joy because I know that all that I give to others recharges me. And every morning before I get out of bed I'm going to say to myself, "May my own higher self show the way and lead me through this day." That's the way to go. And so as you move out, remember that whatever the issue is, whatever the problem that you're facing in life, ask your higher self, and then get quiet. It will come with an answer. Identify, identify, identify with it. You have a body. You are evolving your soul, but what you are is spirit, and God has placed his spirit within you, in a self, a higher self, and you're here to embrace that higher self and be filled with all the good that God is. Go—God bless you.