



Unity Church of Christianity
Vibes From On High
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I think it's important how we think of our concept of God, and that God is not in a far-away place. Yet sometimes we hear stories of and think of God in various ways, as though he's off somewhere (he or she).

There's a little story about the children who were lined up at the cafeteria at a Catholic school for lunch, and at the head of one table was this large pile of apples. One of the nuns had put a note there that said, "Take only one—God is watching." Well, at the other end of the table there was a pile of chocolate chip cookies, and when moving through the line, one little boy had made his own note. It said, "Take all you want—God is watching the apples." So the truth of that is God is watching the apples and the cookies and everything in between because God is everywhere present. So, it's important for us to know that, and we always want to know the truth.

One of our favorite verses that we like to say or draw upon is, "Ye shall know the truth and the truth shall set you free." And I believe that most of us want to be free; however, I don't believe that all of us fully understand what it means to know the truth. We are, as souls, growing and unfolding as we expand and broaden as to learning what the truth and understanding how to incorporate it into our lives.

One of the most important things initially, if you want to come to know the truth, is to realize there's a distinction that used to be made between facts and truth. Facts change—a big aspect of one's world in a three-dimensional world is facts. One day it's hot and one day it's cold. One day it's rainy, another day it's sunny. One day you can be sick, the next day you can be well. One day you can have a prosperous day, the next day it might not go so well. One day you might feel like you're not loved, the next day you're very loved. The universe has its cycles, perhaps, or its tides that come and go, but facts change.

And the truth, as differentiated from facts, is that the truth is eternal. The truth is unchanging, and the truth is constant, consistent, it's of God. You have to depend and rely upon a God that is always love, always good, always strength. We tend to make God in man's image and project a personality onto God that has the love coming and going and being withdrawn or whatever it is that we label good. Being here one day, gone another, and that ultimately God is always constant as a presence and we are the filters by which we are either experiencing it or restricting it. And that's so important as we grow as an unfolding soul to know that. And to know that always, no matter what the facts may be saying out there, no matter what the physical evidence is in the world or in our lives, that underneath it all and above it all, there is what is called the truth. And it is the truth of God, it is the truth that God is good, the truth that God is love, and the truth that God is always a help, there in the form of an invisible power and a guiding wisdom. And it's so important that we understand and grasp that, and consistently stand in the space of having that as part of our own internal makeup. And no matter how big the problem is that we may be facing, and we face them, all of us, no one is denied those challenges. There is always, present at the same time, an answer or a way that is provided for you to transcend that. You have something within you that can transcend any condition or circumstance in life. You won't find it outside yourself. You have to go within to find that which transcends the facts of life that are subject to change. So there's always help and the place that it's always found is within, first.

We like the quote from Ralph Waldo Emerson where he says, "What lies behind us and what lies before us are tiny matters compared to what lies within us." We must always be emphasizing the idea that there is something within us that is always mightier than anything that lies externally to us. As Scripture states, "He that is within me is greater than he that is in the world." It's knowing that there's always help and that help comes oftentimes in the form of guidance.

We've talked about how important it is to realize that we are a three-fold being—spirit, soul, and body. And what we're talking about today in relation to that is important, because the body then is a fact. In talking about facts versus truth, and a three-fold being, spirit, soul, and body, the body is a fact. It changes, it doesn't have permanency. The spirit of you is the truth. The spirit of you has a consistency, eternality. It is the God-self of you. It is unchanging. And then the soul is the measurement of where you are in consciousness at this time. How much or how little of the spirit and truth you have integrated on your eternal journey back to God. Essentially we're all on a journey back to God, and it's not a geographical journey, it's a journey in consciousness. The

journey is back to oneness. We've slipped into separation—we've slipped into a three-dimensional world where we project all the sense of distance and separation and forgetting who we are. Forgetting all that is able to be drawn on, that lives within us, that transcends whatever it is that we may come to face. That's the thing that we're here to wake up to, and that's a process that is unfolding in us.

So spirit is the truth of you—the eternal. It's the perfect idea that you are held to be in the mind of God. And the soul is what you grow. The soul is what you evolve. You lay the spirit over the soul and they become one, and you become what you are held to be in the mind of God—what you are seen to be in the mind of God—the perfect idea, the blueprint, the God seed in its fullness. And that's an inner process that we all have to begin to work with. How well one integrates and lives the truth of spirit, is the determining factor in terms of one's progress and evolvment as a soul.

So, the goal, once again, is back to connecting. Everything lies with a sense of connecting in consciousness—not connecting with the thought that we're separate and God is far removed somewhere watching the cookies and the apples, but God is within us. To emphasize that again and again, therefore, whatever it is that we may be facing, we're not trying to fix it by moving the furniture first in our life. We're first looking within and are able to move, then, into the outer. We often forget to do that. The goal is to heal the disconnect, and it's to reconnect on a consistent basis with the spirit of God, the eternal of God, the higher self of God that is within us.

So, there's always help, and that help is in the form of wisdom and it comes from within. In fact, the Scripture says Jesus grew in wisdom and in stature. You and I are to be growing in wisdom and in stature. And when that was said it didn't mean that Jesus grew in wisdom and that meant he wouldn't face problems. Jesus certainly faced challenges in his life. It meant that he would always know where his help was and where it came from, and it would see him through. It meant that he wasn't entrenched in the facts, and he wouldn't identify with all of the facts. He'd always remember who he was, which was to know the truth, and that truth was what showed him a way through. And when he said that the Father and I are one, he was also saying I am one with the truth of God. That's all I know, and no matter what is going on here in this world, and no matter what people are trying to do to me, no matter what it appears, or how people may read this experience I'm going through, the truth is God is good and God is love, and there's always help in the form of an inner power. You may not see me drawing on that inner power, but that's what is seeing me through, and that's what Jesus Christ's message was about.

We're to be one with the father and one with the truth. And that means we're functioning in the frequency and the vibrations of the divine. It's the highest frequencies and the highest vibrations that are of the character and nature of love and power and strength and wisdom. And they exist, they are real. You dip in and out of them at times in your life. It is to have the sixth sense, this inner guide that you have, to feel connected to an inner voice of the divine, to be in touch with these spiritual vibes that can come to us as help.

There's a verse in Psalms where God speaks through the psalmist and says, "I will instruct you and teach you in the way you shall go." That is always there. "I will teach you and instruct you in the way that you shall go." It's the same way that Jesus said, "When I'm leaving, God will provide a counselor who will be with you and remind you of what is the truth that will see you through. You won't see me physically, but there is this voice—this inner counselor." It is often called intuition, and this is something that we are all meant to develop as a soul in our progression. It becomes a realization within us that no matter what it is that we face, no matter what the challenge or the obstacle or the dark nights of the soul we may go through, that if we turn to this power within—remember to do that, and not allow appearances to overwhelm us—that we will have this spiritual connection with God. As we focus on that we are going to be guided, we're going to be protected, we're going to feel and know at all moments in time—no matter how grim things may look—I'm going to be okay. I'm going to learn through this experience and somehow there's a gift in it to learn, but I'm going to always look at it from the highest frequency possible. And I'm always going to seek to gravitate toward the truth.

We've talked about the idea that we have a higher self. Within this higher self is the activity of God—this spirit of God—higher dimensions, and it's only natural, therefore, to connect with this voice of our higher self—this voice of the spirit of God that is in us. It's the sixth sense, and we have to sharpen it the same way that we sharpen a tool. It's there to help and to give us direction as a soul because the universe is our friend, and God is good and is trying to nurture us into being and putting on the fullness that we're held to be in the mind of God. We resist and we insist, often times, on remaining the same. We feel safe sometimes in clinging to a static way of being as opposed to the realization there's something dynamic wanting to help, wanting to move us forward and leaning on into that and listening to it. Many of the decisions we make in life are made with logic. They're linear, they're made with the five outer senses. Those are not bad. That's where you start. That's kindergarten in terms of the spiritual path. After awhile you have to be able to allow that inner voice to really dominate within you as you learn to trust it and as you learn to understand it and recognize it. How many of us really check in on a regular consistent basis with higher mind as we're facing things? How many of us are really attuned to those vibes that are there? We tend not to align with it because we're so invested and conditioned to logic, and facts, and these kinds of things. Again we need the balance of both.

There's a story of a family that goes off on a Saturday for a picnic out in the country. They drive an hour. They go into the mountains, and they are hiking, and they have a picnic, and at the end of the day they're ready to come home and the mom says, "Honey, I feel something inside that says we ought to take the scenic ride home." The husband is tired, he's been hiking, and he's been playing with the kids. It's an hour longer trip, but he concedes. And so they drive home and later that evening on the news they see that there was a semi-trailer that flipped over on the highway that they would have taken back around about the time that they were headed back. People are still on the road, hours, waiting to get home, traffic is stopped, and that they're home safe. She felt something within, conveyed it, they moved on it, they acted on it.

The universe is there to help us and to be our friend. So often we ignore these things, and yet it exists. And there are those who have spiritually taken strides that understand that voice and have made it their friend and listened to it with consistency. Some people have grown up in a household where intuition was not allowed to exist or it wasn't much welcomed. It might have been a strictly intellectual household where the focus was on all indicators having to come from the external physical world—not ever from the inner. So, sometimes anything that was in the realm of intuition or the sixth sense might even get labeled or thought of as bizarre, or strange, or weird.

So, sometimes we can live from a very conservative space where we're maybe very much afraid; out of fear, we want to control everything based on what we see and touch and feel and what our five senses give us. We think that's the safest place, but it isn't always in terms of the spiritual realm. So, those who have learned to listen to their intuition describe these vibes that come to them as a feeling. It's an internal feeling that comes over them, and it's like a hunch or it's something being spoken in their gut. In fact they even locate it sometimes as being in their chest or in their stomach or "in my heart I know" kind of thing. It's like our spiritual radar, our spiritual compass; it's our air traffic control tower. It's trying to help us steer around trouble. So, there can be good vibes and bad vibes that come to us trying to help, and assist, and steer us. The good vibes obviously feel good inside of us and so whatever it is we're coming to that's an intersection in our life—it feels safe, it feels that all is well, it maybe gives us the okay sign that we can move ahead, and we actually can sense that we're going to be okay as we connect with that dimension of our being. Bad vibes obviously don't feel too comfortable, it is an uncomfortable feeling, and they're basically signalling us to yield, caution, or move away. Be careful. Take another option here. Look at all courses. Don't move too quickly. Go carefully. Be on your toes. Or, it might even be a red light—stop, halt, go no further, and that all can come from an inner feeling, and no more. You may not even have enough to measure things externally. We've had moments in time where we haven't listened to that voice, and we went against it and learned later. It was trying to be there to help us. We've all had indicators like that happen.

My mother used to have sayings about this. She'd say, "There's something fishy about this!" Or she'd say, "I smell trouble!" Or, "I don't like the feel of this!" We all have different sayings or similar ones. A family can even be divided by the dynamic of following or not following this sixth sense. A husband and wife may have different places from which they come, and regard, and make a decision. So, the key is we're always drawn to a person or partner that may not be the same or think the same because we're trying to learn balance. That's the way of the universe. You may draw a partner that you have differing opinions, and so part of that is to balance that. One spouse may be very, very sensitive to these kinds of feelings and be open minded and in touch with their inner guidance and have a sensitivity and the other may be very linear and very rational and closed to anything that would argue with what's happening externally. So, that can cause somewhat of a polarizing effect, and it's important for each to learn to listen to the other. To make sure each gets to feel heard. That no one is discounted and that there's not a sense of

competition as to who's being right. But there is an honoring and a recognition that you draw upon, both the outward look and the inward look, and together they have to be a balance in going forward. It's good to listen and then to reevaluate the choices you've made later in regard to all of that.

There is this story that I continue to think about, because it made such a big impact; the book *The Burning Within*. It really touched me. It's about RaNelle Wallace. She was in Alaska in a small airplane with her husband, and weather was bad. They were supposed to take a short flight from one little town to another little town, and she didn't want to do it. Everything inside her screamed, "Don't get in the plane!" She begged her husband not to go. It was cloudy or snowy—conditions were bad. He tried convincing her it's just her fears, but she said it was a gut feeling. She overrode those feeling, got on the plane, and they crashed into the side of a mountain because they had no visibility. She experienced severe burns to her hands, legs, feet, and face and had to have a lot of surgeries. The story goes on to tell how, even after that, God was there to help lead and guide in a voice that was helping her move through that situation she had encountered.

The inner source of wisdom is always the heart. It's always pretty much here checking out the heart. Because the override that we face in life is our intellect, and our intellect always draws upon the outer senses. Again, not bad, but you have to learn to incorporate the head and the heart together and have a marriage there within your own soul. In Proverbs 2 it says, "When wisdom enters into your heart, and knowledge is pleasant; discretion shall preserve you, understanding shall keep you." So, it's both, the wisdom of the heart as well as knowledge. They come together in a very important way.

It is our nature to be in touch with this dimension, the subtle energies and aspects of life that are there that we just can't put our finger on. We can't weigh and measure, but the subtle energies of life are there to help us. And it's for us to get in touch with it. God is spirit and they that worship him must worship him in spirit and in truth, and that spirit lives within you. So, we have to listen to this connection. We get into trouble when we tune out this voice or doubt the messages that it's trying to convey and steer to us. We talk ourselves often times out of a feeling that we may have as to what we should or shouldn't be doing. I read of a guy who went to parties and gatherings where there were people he didn't know, and he liked to play this game where he would go up and ask them, "What time do you have?" And they would tell him the time, and he would say, "Oh, that's funny, my watch says that it's—" And he'd pick another time, like a half hour later or a half hour earlier. And he said it was interesting how many people would question the accuracy of their watches simply because he had told them a different time. Sometimes, he said, 70% or 80% of the people would doubt what their watch said. And we have that tendency in our life how easily we are taken into uncertainty, believing someone else knows better than what is being told from within us, from within our being, our very soul. So we must open our heart, not our head necessarily alone, but listen to the heart that is there.

People have a vibration about themselves. We each have a distinct fingerprint. Many people tune in to another's vibration and can sense where they are vibrationally and intuitively. They can feel whether that person is happy and vibrant and alive, or they can feel the energies of stress or agitation or that the person is angry or afraid, or sick and weak, or feeling energies of strength coming from them. People can feel that. They can feel the energies of love or distance. We can learn to do the same as well. It requires simply being present. It requires an honoring of these feelings and this intuition. It's like playing a piano, practice, practice, practice is important. Our energy fields overlap so that you can feel another. It's like two guitars being laid side by side, and you can strum one guitar and pluck it and the same note will vibrate in the other guitar as well. We are tuned to one another, and we can be in tune to energies and vibrations; just like twins--oftentimes know what the other twin is going through or can even feel their energies when there are great distances between them. Mothers can feel the energy of their children oftentimes when they're in trouble. And there are many, many stories about that.

In her book, Sonia Choquette tells about her mother having a tremendously strong sense of intuition and listening to her inner voice. She tells a story about her brother Neil who was 17 years old, and he and some friends went to a concert up in the mountains about 60 miles away or so. Later that night at 1 a.m. the parents got a call and it was the police informing her father that Neil had been in a car wreck, and that he'd been seriously injured and he had been taken by ambulance to the hospital and chances for survival did not look good. So, he was naturally upset, hung up the phone, and told Sonia's mother. At first she was frantic and then all of a sudden a calm came over her, and she said, "It's not him. It's not him."

And the father said, "What? What? They have his driver's license! He's been taken to the emergency room! Hurry! Get Dressed! Let's go!"

And her response was, "No. It isn't him. I can feel his vibration and he's perfectly fine."

So, 10 minutes later the father is about to jump in the car and be on his way. The phone rings again and it's Sonia's brother Neil and he says, "Dad, I'm at the hospital."

And his father says, "Are you all right?"

He says, "I'm fine, but there was an accident that took place in front of us on the way home. The driver lost control, swerved into the other lane, and collided with an oncoming car. We stopped and helped these people until the police came."

"But they told us that *you* were the one that was hurt, and they found your driver's license in the pocket of your coat."

And Neil said, "No it wasn't me dad. I put my jacket over the guy who was injured. My wallet was in the coat. Don't worry. It was just a mistake."

So, the father hung up, relieved, turned to the mother, and said, "That was Neil. He's okay."

The mother smiled and started to cry. She said, "I told you. I knew it wasn't his vibration that was gone."

It's amazing the connections that we can have. But we can do the same. We hear the phone ring and we know who's calling before we pick it up. We can be talking with another person and introduce a whole new subject out of the blue and at the very moment that person starts talking about it, you were just opening your mouth to talk about the same subject. As a soul we're all evolving and intuition is there to help, it's the spiritual compass. We are to learn to listen with our heart and to know that intuition is what takes us to where wisdom resides within us. So, learn to ask for guidance from a place inside you of knowing deeply that the universe is your friend, that the universe wants to support you, that the universe of good is God. And learn to meditate regularly, that helps to open that up. Pause at times to call on God at the intersections of life, and ask for help, and check in with what that inner feeling might be. And realizing when you get an insight, a feeling, an inspiration, or a deep inner knowing, it's there. The more you do it, the more you offer it, to seek it out, the more you are loyal to it, the more you appreciate it. At the end of the day I like to think of all the moments that intuition has spoken to me. During the day when it happens I pause and say, "Thank you." At the end of day I try and tally up what they were so that it keeps building in me that sense that it's speaking to me on a regular basis, taking me to new places and higher places that say "we're in partnership baby and we're going to great places together." And that's what we all need to know and do, become aware of that sixth sense. Welcome it, accept it, trust it, seek it, request its assistance.

I want to end with a question, "Do you believe God is there with wisdom and guidance at all times?" I'm not going to answer—you need to ask your own inner voice. God bless you all.