



Unity Church of Christianity
The True You
March 13, 2011

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I want to begin by telling you a story about a man who had imbibed. He was stumbling through the woods and came upon a preacher who was baptizing some people in a river. He walked into the river and bumped into the preacher from behind. The preacher turned around, got a whiff of alcohol on the man's breath, and went on with what he was doing. He said to the man, "Are you ready to find Jesus?" The man said, "Yeah." So the preacher dunked him and brought him up. He then asked him, "Brother, have you found Jesus." The man said, "I haven't found Jesus." The preacher was shocked, so he dunked him again and held him down longer. He brought him up and said, "Brother, have you found Jesus?" The man said, "No, I haven't found Jesus." The preacher was really surprised, so he dunked him again, holding him down for almost a minute. The guy was flapping around. Finally he let him up and said, "In the name of God, have you found Jesus?" The man said, "Are you sure this is where He fell in?"

I don't want to be disrespectful about baptizing with water, but I do have a point. Most of us are looking for something in the physical world to release us from our pain and suffering and to move us into happiness. Much of humanity becomes drunk with the ways of the world and the illusion that something external is going to save you or make you whole.

At Unity we emphasize what we believe Jesus emphasized, as well as the great teachers that preceded Him—Buddha, Krishna, Muhammad, Moses, Zoroaster. They emphasized the inner

realms of consciousness—first within, then without. Jesus taught, “Seek ye first the kingdom.” He told us that that kingdom was within us. God must first be found within. From there, you’re able to see God everywhere, in everyone and everything. There’s a connectedness.

The preacher in our humorous story kept asking, “Have you found Jesus?” I think Jesus would have asked a different question: “Have you found God within you?” Along the same lines, He would ask if you’ve found the kingdom of God within and if you’ve found your true self. Living in this world, we create many selves. Through our many experiences, we create a conversation about ideas and beliefs that limit us and take us away from our true self. The true self is glorious, radiant, and wonderful. If you knew who you were in the eyes of God, it would be amazing. We’re all on a journey of spiritual awakening to this.

God is a mystery in many ways, as we deepen our connectedness with the Divine. We gain new clarity and see things from a new angle. Hopefully all of you have progressed and have gained new understanding and insights to truths never before known. They help you get a sense of who you are and what you’re about.

Man has not always known where to look for the Divinity. In fact, there’s a wonderful Hindu story about Brahma calling all of his lesser gods together. They were deciding where they would hide the divinity of man. The lesser gods gave suggestions, one of which was to hide the divinity of man in the depths of the earth. Brahma said, “No, because man will eventually find his way into that.” They suggested putting it in the deepest ocean. Brahma said, “No, they’ll find their way into the deepest oceans.” They said, “Put it on top of the highest mountain.” Brahma said, “No, man will eventually climb the highest mountain.” Brahma finally decided to hide it deep in man himself, for he will never think to look for it there.

Through ages and eons, man has been searching outside of himself, but it’s something that is already buried deep within him. It’s something that everyone can understand, because when we come into this world we get swept into the five senses. They pull us outward, and that has to be put into perspective.

Jesus talked about the idea of hidden divinity when He talked about His parables of the kingdom of heaven. One of them was the Pearl of Great Price, which said that the self of you is something that you must value—it’s like a pearl of great price. He also had the Parable of the Hidden Treasure. The kingdom of God within you is like a hidden treasure. He said there is a spiritual self—this kingdom of heaven—that has been hidden in the field. When a man found it, he was so filled with joy that he sold all that he had to buy the field. In another place, Jesus talked about fields already ripened to harvest, which means that the real you already exists but is hidden within you. Once you find it, nothing else can measure up, and you’ll do anything to return to that field of life, energy, and consciousness.

Apostle Paul states in Colossians 15, “Behold, I show you a mystery. We shall not all sleep, but we shall all be changed.” The process is one of awakening, more than being saved. We’ve been

asleep for much of our lives, but we're all in the process of change. Eventually man will awaken to the truth that God lives within him.

Today we want to embrace this field—this true self. I like to refer to it as the spiritual essence. I look for the essence in every person and try to live for my essence. I sometimes forget it's there, and I have to return to embracing that essence. To do that, you have to identify more with it. This essence is referred to in the Old Testament as “the image and likeness.” It was referred to in the New Testament as “the Christ.” They're one in the same—it's your spiritual essence. The divinity has been hidden within you. It cannot be seen. You can only know and experience it as the truth of who you are.

There's an ancient story about a father who wanted to convey this idea of the unseen dimension of God to his son. The boy was named Svetaketu. His father asked him to bring a piece of ripe fruit from the nearby fig tree. When he brought it to his father, the father said, “Son, split the fruit in two.” The boy split it in two, and the father said, “What do you find there?” The boy said, “Enumerable tiny seeds, father.” The father said, “Then take one of the seeds and split it in two.” The son did that, and the father said, “What is it that you find there?” The son said, “Nothing at all.” That's when the father jumped in and said, “But dear son, this great tree cannot possibly come from nothing. Even if you cannot see with your eyes the subtle something in the seed that produces this mighty form, it is present nonetheless. That is the power. That is the spirit unseen which pervades everywhere and is in all things. That is the spirit which lies at the root of all existence. That is also in you, my son.”

That's a message that we need to learn. We need to remind ourselves and know that we must identify with the part of ourselves that brings a sense of strength and possibility. God is your true essence, and your true essence is of God. We say God is good, so the nature of God is good. A key realization to understand is that a person does not become good by trying to be good. That's what we think, but a person really becomes good by finding the goodness that is already there in their true nature. You are good; you have the inherent nature of goodness. When you find yourself, you are good. You'll know what to do. Every moment, it will be there for you. Find that within yourself and allow the goodness to emerge. The goodness can only emerge as a person awakens in consciousness to their spiritual essence as they begin to identify more with it.

Within our consciousness is both the experience we're having and the “experiencer.” There is what is known, and there is the “knower”—the witness. There's another part where you can step back and observe. There would be no experience without the experiencer, and nothing could be known without the knower. Most of us are caught up in what the five senses bring in. We're three-fold beings—spirit, mind, and body. Most of us are attuned to things of form, so we know all about our body. From there, we identify with thought forms. It's mostly in that realm. Sometimes we forget about the spirit dimension—the inner essence. It's there, and it's sacred and holy. When we meditate, that's the part we want to connect with. This inner essence is timeless and eternal. To tap into it is magical. It's the mystical part of oneself. There's no form to it. It has its own dimension. The way we enter into this inner space is by slowing down the mind with meditation and other methods.

Deepak Chopra made the idea of “the gap” famous. The gap is in between thoughts. You slow down your mind enough to actually get into the gap between thoughts. It might be just a second or two, but that’s the place where you want to go—the gap that is in one’s stream of thought. One of the things that helps you get there is your breathing. Your breathing is not form, so there’s no object for you to focus on, judge, label, or evaluate. You just observe your breathing, which can take you into the gap.

The Bible says that God formed man of the dust of the ground and breathed into him the breath of life. The breath is very significant and has been equated with spirit since ancient times. Being the observer of your breath slows it down. Breath is the realm of the formless, so breath and spirit are one in the same. In meditation you observe that and it takes your attention away from thought. It creates space and interrupts thought.

For people who have compulsive behavior patterns—whether it’s smoking, over-eating, drinking, or excessive TV watching—if they stop and take three deep, conscious breaths, it begins to create an awareness that the addiction is doing the talking, not the real person. Even if you experience panic and fear, alter your breathing. If you focus on it and change its momentum, speed, or depth, it can help you. Breath is a really powerful thing that connects you with the Divine.

All of us have at least two bodies—the outer, physical body and the inner body. First Corinthians, Chapter 15, states, “There is a natural body, and there is a spiritual body.” Paul says it that clearly. He says, “And so it is written that the first man, Adam, became a living being and alas a life-giving spirit.” In Genesis 1 and 2 there are two creation stories of man—the physical form and the formless. That’s what Paul is referring to as he’s talking. He goes on to say, “The first man was of the earth, made of dust. The second man is the Lord from heaven, from higher consciousness. As we have borne the image of the man of dust, we shall bear the image of the heavenly man.” In other words, you must begin to give birth to that image in you—the Divine.

Eckhart Tolle speaks about the inner body in one of his books. He points out that the inner body is not solid and is spacious. He says that physicists have come to discover that the apparent solidity of matter is an illusion. It’s created by our senses and includes the body, which is 99.9% empty space. It’s hard to comprehend because our senses tell us it can’t be. Science is very firm on this though. There is a vast amount of space between and inside of each atom.

Eckhart makes the analogy of how vast space it. He talks about how light travels from the moon to the earth at 186,000 miles/second, taking a little more than one second. He says that light from the sun takes about eight minutes to reach us, and it takes four to five years for the light from the nearest stars to reach us. Light from the nearest galaxy, Andromeda, takes 2.4 million years to get to the earth. Just think how many seconds—the time it takes light from the moon to reach the earth—you can put into 2.4 million years. Your mind can’t even encompass that; that’s the vastness of space. We need to realize that our bodies are just as spacious as the universe. We live in spaciousness, yet we limit ourselves by living alone from the five senses.

Eckhart also points out that inner-space is intensely alive. When you identify with your true essence, there is an energy that happens. Jesus talked about salt, using it as a metaphor for an aspect of our lives. He said, “Salt is good, but if the salt loses its flavor, how will you season it?” He answered the question by saying, “Have salt in yourself.” What He’s saying is that we salt the outer things in life, seasoning our life by accumulating things and winning acknowledgements. Eventually, though, you get to the place where it’s lost its flavor. When you come to that realization—how will you season your life now? It’s all within you. You have to salt your life from within, becoming conscious of the spiritual essence inside yourself.

Stillness is God’s language. It has no form and it’s without thought. Moments in which we can become still and pause help us feel alive and attuned and able to move through many things. Jesus said, “We need to lose ourselves in order to find ourselves.” It’s in all four Gospels, said exactly the same way: “For whoever desires to save his life, will lose it; but whoever loses his life for my sake, will find it.” He’s talking about the self and who He’s currently living from. It will be lost eventually, for the true spiritual essence. We’ll find it.

Paul talked about the mystery. Charles Fillmore, the founder of Unity, had a favorite verse from Colossians 1. Paul says, “The stewardship from God which was given to me for you to fulfill the word of God—the mystery which has been hidden for ages and from generations—is made known to the saints to whom God would make known what is the riches of the glory of this ministry among the gentiles, which is Christ in you—your hope of glory. We preach warning every man and taking every man in all wisdom that we may present every man perfect in Christ Jesus which worketh in me mightily.” He’s saying that same thing is working in me and it’s working in you, taking you to that essence.

The earlier story had the question, “Have you found Jesus?” The question should be, “Have you found Christ in you?” We’re often told to just believe in Christ. Jesus said, “No. You need to believe in me. But by believing in me, you’re really believing in God—the one source—the ocean.” In John 12 He said, “He who believes in me believes not in me, but in Him who sent me. I have come as a light into the world that whoever believes in me should not abide in darkness.”

If you want to move from the darkness and heaviness of the lie into the brightness of the truth, begin to embrace, identify, and live from that Christ within. That’s a journey. It doesn’t happen in a heartbeat. Simply remember that that’s who you are. The more you can remember that, the more you can move forward. If we can breathe deeply, enter into stillness, identify with our spiritual essence, and withdraw from the fearful and unhappy selves, what is left is our true nature. It’s beautiful, radiant, glorious, love-filled, joy-filled, peace-filled, and simply divine. It’s you. God bless.