



Unity Church of Christianity
Claim It
April 10, 2011

Howard Caesar

There is a prayer that you are all familiar with. Perhaps you've referred to it, said it, sung it, and prayed it. It's the Prayer of St. Francis. The reason that we have aligned with that prayer is because it profoundly moves us to the idea of us being an instrument of God. All of us can resonate with the idea that there is a dimension of us that is glorious, wonderful, and is the essence of the Divine, wanting to be brought forth into expression. That means to be an instrument, almost like music being played through us—the music of the soul, the music of the Divine, and the music of the universe wants to have its way with us.

When we hear that prayer, "Lord, make of me an instrument of your peace," it impacts us at a deep level. The manner in which we become an instrument is through sowing, if you remember the prayer. The idea is sowing seeds. The prayer says, "Let me sow love where there is hatred. Let me sow pardon where there is injury, faith where there is doubt, hope where there is despair, light where there is darkness." Essentially, you and I are called into the world to be instruments through which the Divine might move.

We are here to stand up for truth. We are also here to put a dimension of our focus on what it is that we can bring into this world by virtue of our connectedness with the Divine, by remembering the truth of who we are, by reaching into the depths of our beings, and embracing

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that which is of strength, power, beauty, and goodness. It is you. It is the truth of you. We have forgotten, and part of it is about waking up.

This prayer suggests that we become more aware of the life, which is about making a contribution and a difference—bringing goodness. There are two kinds of life. We can live life horizontally or vertically. Those that live life horizontally want to just get by and survive. The person who is living from the vertical perspective is the one who has the conscious intention of moving up, growing, expanding, and broadening spiritually—awakening to the truth of who they are. That's an upsurge in your awareness. That's why we talk about it going higher, and there is a higher self within you. It wants to be birthed, expressed, and lived from. There's an upside of every person's consciousness that wants to be birthed.

Jesus said, "If I be lifted up, I draw all men unto me." He didn't mean that He would draw them to Himself geographically or physically. He was basically saying that He—or anyone—when stepping into who they really are, lift up the people around them. There are people who we love to be around because there's an aliveness, joy, and energy. They somehow remind us of what we're not being or what we've forgotten or a dimension of ourselves. One thinks, "Where did that part of me go? If I be lifted up, I draw all men unto me." There's a dimension of that and a role that we play in this world that is along that line.

In Genesis, God has a conversation with Abraham. He says, "Lift up your eyes and look from the place where you are. Look northward, southward, eastward, westward." Essentially, He's saying to look to the field of possibility that lies beyond what your horizontal perspective is. Look up. Lift your eyes up. Something wants to be birthed that is the more of you. That's a dynamic going on in all of us. We're being asked to lift up our eyes.

Jesus said, "You say that it's four months until the harvest; I say lift up your eyes and look. The fields are already ripe unto harvest. You're just not looking and lifting your eyes up." There's something in every moment of time for us to be able to reach for something that is greater and wanting to come forth. Sometimes it's sowing images through imagination.

There is another way in which we create a field of energy around us that takes us up in consciousness, awareness, and energy. It brings amazing results. That is through the power of the spoken word. There is overwhelming evidence that there is something significant in the power of the word. It is throughout the scriptures that we should learn about it. Wherever you are or whatever you've come to understand, there is another deeper dimension for you to embrace around that idea.

Words carry meaning. We say thought is creative. Once given voice and vibration of sound, thought is another whole dimension of creation. It's a known scientific fact that everything vibrates with energy, and sound vibrations affect physical matter. There was a commercial where Ella Fitzgerald would hit a note, and a glass would break. That's a real thing. Energy is like that.

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When I was a kid, I remember those jets being tested that were breaking the sound barrier. There were things called sonic booms. Your whole house would shake from the sound. I still remember that. I also remember the great big pipe organ in the Lutheran church I grew up going to. I had to go to Sunday school and then the church service. It was a long morning, and I hadn't eaten. When the worship service started, you could feel every part of your body vibrating.

Biblically there is a strong story reflecting the idea we're talking about. It's about the walls of Jericho. It's found in the sixth chapter of Joshua. Jericho was a walled city. It was the first obstacle that the Hebrews ran into after they entered the land of Canaan—the Promised Land. The Israelites had no implements of war at that time, so Joshua was guided to instruct the people to circle the city. They were to do that once each day for six days. Then he had seven priests appointed, who were given trumpets made out of rams' horns. They were to lead the procession each of the six days. On the seventh day, they were to circle the city seven times. After seven times, the priests were to sound the trumpets, which would be heard all the way around the city, signaling for all of the people around the city to give a great shout. They carried it out. The horns went off after the seventh time around, and they gave a great shout, and the walls came crumbling down. So they went in and they took the city.

Similarly, we have walls—things that we bump up against. The truth is if we begin to affirm the truth and know it, there's a dynamic that takes place. The beauty of that story is the cooperative synchronization of energy. That says that any group of people can accomplish anything that they affirm and know to be a truth together. We're moving into another whole dynamic. Margaret Mead said, "Never underestimate what a small group can do when they are committed together and holding to the truth."

We had a workshop with Gregg Braden yesterday. He talked about this as coherence. There is a global coherence that is important to develop in times of crisis and difficulty. You are here to contribute, in consciousness, to the solutions, and not just focus on how bad it is. You affirm in another way, in which there is a cooperative synchronization energy allowing for global coherence. You are here at this time for a purpose.

In the dictionary, the word coherent means to stick together, unite, interconnect, and understand ability and congruity. Coherence is a very powerful thing when you bring all of the minds and voices together, knowing the same one truth.

What I'm addressing today is the power of the spoken word—not just what we think, but what we speak. It creates a field that affects our lives and the lives of those around us, for good or ill. We have a conversation going on inside of us all of the time. We also have conversation on the outside. It's important to know the talk we talk. What conversations are dominant within us? What are those that find their way into sound and voice? Is it an up-talk or a down-talk? Is it constructive or destructive? Is it judgmental? Is it critical? Or is it building up and constructing in some way? The spoken word takes thought and gives it another dimension through the power of sound.

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The Bible is full of references to this. Proverb 12 states, “From the fruit of his words, a man is satisfied with good.” In other words, the fruit of your words will take you into an experience of life that is good. Do not ever underestimate the power of the word and what it is that you’re affirming and giving voice to. Proverb 16 says, “The mind of the wise makes his speech judicious and adds persuasiveness to his lips.” It goes on to say, “Pleasant words are like a honeycomb—sweetness to the soul and health to the body.” It really has an impact on you, so never underestimate.

One of the co-founders of Unity, Myrtle Fillmore, was facing the illness of tuberculosis. It was the cancer of that day. She was given six months to live and was quite distraught. She came upon metaphysics teachings that changed her life. Through those teachings, she realized that one’s health is deeply connected with the nature of the constant conversation we carry on with ourselves. She had grown up very sickly all through her life, so that’s what she thought of herself. Everyone said she was always sickly. She grasped the idea that the cells of your body have an intelligence and are alive and listening to what you’re taking about internally and externally. She began to speak words of life to her body. She affirmed it and claimed it. She changed everything she set about herself and others. The point is if we can make ourselves sick in this way, we can also make ourselves well by proclaiming the truth. That’s what Myrtle did, and she was completely healed in two years. She was a totally different person. She was more radiant and alive, because the energies moving through her were now totally different.

Proverbs 18 say, “Death and life are in the power of the tongue.” There it is. As the writer of Job put it, “Thou shalt decree a thing, and it shall be established unto you.” Whatever you decree or affirm, it’s important to become aware. We see this creative process of decreeing. There’s an example of it in the book of Genesis, where God becomes the voice that is decreeing things into manifestation through the spoken word. It’s depicted as, “God said, ‘Let there be light,’ and there was light. God said, ‘Let there be a firmament,’ and there was a firmament. God said, ‘Let dry land appear,’ and it did.” This is to say that you and I are co-creators and individual expressions of God. We are the voice of God saying, “Let there be, let there be, let there be.” We are called and asked to up the energy of what it is that we’re declaring and claiming. We are all in this together. We can impact our lives individually and collectively.

We can never assume that the words we speak about ourselves or others just disappear. They don’t. It’s like the little boy who was traveling down the escalator with his mother and asked, “What do they do with all of the stairs that pile up in the basement?” He didn’t realize that they circle around and come back up. We’re told that this is the way with the words that we speak; they return to us.

Isaiah said it quite clearly. He said, “So shall my word be that goeth forth out of my mouth. It shall not return to me void, but it shall accomplish that which I please, and it shall prosper in the thing wherein to I sent it.” Prosperity, health, and happiness have to do with sending out what you’re claiming, affirming, knowing, and stating with feeling. It will not return to you void. It’s a power.

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We have to be careful what we say around others. I'll never forget a story told by my classmate in ministerial school. He was from New York and had been involved in theater. He had a friend who signed a contract to be on tour to act. He wasn't keen on the idea, because it meant there would be a lot of travel. He'd be gone a lot and would miss his wife. Another opportunity came along for his friend which was Off Broadway. He would be able to stay in the city. He had already signed a contract for the traveling show, and the only way he could see to get out of it was to claim that his wife was ill. He happened to find the name of a serious disease in a magazine. It was a long name that he had never heard of before. He went and told them that his wife had this disease. They let him off. Several weeks later, his wife got sick. She went to the doctor, and the doctor gave the name of the very illness that her husband had found in the magazine. I've never forgotten the impact of that story. Is it a coincidence, or is there power in what we decree for ourselves and others? Is there an intersection of energy fields on an unspoken, as well as a spoken level?

Jesus said, "Every idle word that man shall speak, they shall give account thereof." He followed that up by saying, "For by thy words you shall be justified, and by thy words you shall be condemned." In Matthew 15 He said, "Hear and understand, it is not what goes into the mouth that defileth a man, it is what proceedeth out of the mouth that defileth a man."

It was the Centurion who came to Jesus for his servant to be healed. Jesus said, "Only say the word and he will be healed," and he was. Several lines down on that same page, we're told that many were brought to Jesus who were suffering. He cast out the illness with His word. There's something powerful about the spoken word. Prayer—even saying it out loud—can be very powerful, which is why prayer with other people can be a powerful thing.

When Jesus was tempted in the wilderness, one of the things He said was that man does not live by bread alone, but by every word that proceeded out of the mouth of God. He was saying that all of the words that come from one's mouth are to be of the nature of God. Those that come forth from your mouth are to be of love, peace, joy, and goodness. That's what we are to live by. Jesus was conveying the idea that the words which come forth from us are to be life-giving and that we should be conscious enough to know that that is the case. He was able to say, therefore, "The words that I have spoken to you are spirit and are life." That's what we must do. He was modeling that for us. It's about lifting ourselves up so that we might lift another. It's realizing that we're all interconnected. There's a coherency here. What we say around children is very key.

We can change another person's day. I got in an elevator, and there was a lady there. We were the only two in there. To break the awkward silence the lady said, "So, are you ready to have this day be over?" I looked at her and smiled and said, "Actually, no. I'm not in a hurry for this day to be over. I'm enjoying this day." She was quiet and looked at me. Her eyes got big, and she said, "Really? Well, my kind of man!" She wanted to be lifted up, and she got that somehow or another. She dangled something out there, I didn't bite and took it higher, and she said, "Well, wonderful!" That's what our soul wants—something constructive.

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Feeling is so important. We're not talking about just affirming, declaring, and claiming without feeling. Gregg Braden mentioned that in his travels he was among Tibetans who would chant their prayers for hours. He asked them what that was about. They said to him that it was all to get to the feeling—the feeling of the heart opening and the connectedness to the Divine. That was the vibration that took them to this coherence of oneness with the heart.

I've been in India a number of times. One of my great teachers there talks about bringing passion to what you ask God for and bringing passion to what you know to be the truth. The heart has to be there. This is taught universally. That's how you claim what is yours. The wholeness of God lives in me. The prosperity of God's universe is upon me, affirming our health and well-being. I often say that I'm poised and centered in the Christ-mind, and nothing can disturb the calm peace of my soul. Saying that over and over takes me into a calm peace.

We are here to see what we stand for and what we value in this life. Let the words of Jesus stay with us. Let our words be of spirit and of life. We need to look up, think up, speak up, feel up, and live up, and the universe will deliver up. God bless you.