



Unity Church of Christianity  
The Secret Place  
June 5, 2011

## **Howard Caesar**

I think most of you know about our church sign. A lot of churches have their own signs and marquees. Sometimes they put the titles of upcoming sermons, and sometimes there are just phrases or information. I received some church signs from around the country. I'm going to share a few of them with you, a number of which have a sense of humor.

The first church sign I'll share with you said, "Adam blamed Eve, Eve blamed the snake, and the snake didn't have a leg to stand on." Another sign said, "You keep using my name in vain. I'll make rush hour longer. -God." Yet another sign said, "Honk if you love Jesus; text while driving if you want to go meet Him." One had apparently been having trouble with some thievery. Their marquee said, "Thou shall not steal the copper from the AC unit." Then there was one out east during the winter. In the picture there is snow piled high around the sign and it said, "Whoever is praying for snow, please stop." Another sign said, "Every day above ground is a good one." Finally, this one started with a question. "How do we make holy water? We boil the hell out of it!"

Today I want to talk to you about a secret. Before we get into it, though, I would like to review a couple of things about the path of life that we're on and the journey of life that we're all experiencing.

I think it's important for us to recognize that we're all here by choice. You chose to be here on some level, whether you realize it or not. No matter how things are going, you chose to be here. It is not an accident. You longed to be here because you wanted the opportunity to grow and evolve. This is actually the curriculum that we have been given in the three-dimensional world. We are challenged by the very things that give us the opportunity to look for the spiritual truth, ideas, and ideals that we can draw upon out of our relationship with the Divine. We demonstrate that we deserve to rise higher to new levels by virtue of what we have learned and demonstrated.

We are here to grow. Growth is natural order of life. If you're alive, you are growing; you're meant to be growing.

I like to garden and have flowers. I love to watch them bloom. I like to watch them go through this process where they make progress from a seed or small plant. A plant is in constant growth. The only way to stop the growth of a plant is to kill it. Otherwise, it is always naturally going. It has a steady internal pressure that moves it forward, reaching for the light. It seeks to fulfill that which is at its core—the seed element—the seed truth of that which it was designed to be. It will not be satisfied until it continues with that process, moving in that direction. It starts with roots that spread below what we can even see. Then tender shoots begin to come forward. Eventually, it pushes through all of the obstacles that stand in its way, and it bursts forth as it matures. Then it blooms and shows its beauty and essence. Then it drops seeds and the cycle continues.

In every stage, we are able to witness the ongoing energies of this life. That's the case for all of us, too. We are to be a part of that. The key is to realize that there is a process that is happening for you and I. We are to lean into this process of growth and unfoldment and spiritual evolution. You and I have to make it our intention—our conscious decision—that we're here to be about that to some extent. In that process, we come to learn and understand things. That, in and of itself, becomes a tremendous help because with understanding, awareness, and learning, you have the tools that help further you and the others around you.

We're all in this evolutionary, involutory process of moving and growing. Some have even said that we are in a progression in which we're moving from our "animal nature" into our human nature, then into our spiritual nature. There is a progression. The animal nature is where we are least developed. It's about survival and looking to the external threats and drawing upon your physical means. It's about hunting and fishing to sustain yourself. You're protecting yourself based on your physical strength.

Then we evolve into more of a mental being. We discover the intellect more, and we develop those capabilities. Rather than brute strength alone to sustain ourselves, we begin to reason, foresee, anticipate, strategize, trade, exchange, and integrate into the idea that projection is something that can be helped by the intellect. Still, even with the intellect, we look to the outer. The focus is outward.

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Eventually, as we mature, we come to the place where we discover that there is a dimension beyond the physical and intellectual that has dominion over it all. Some call it a secret because it seems hidden. Not all people seem to be able to find that. It's something you evolve toward a discovery of. It's not found in a three-dimensional world or outside yourself. It's beyond all form. It's in the invisible realm and in the spiritual realm.

So eventually, we evolve to the place where we recognize that we are spiritual beings. We begin to ask the questions, to learn, and to discover. We develop knowledge—which we gain intellectually—but it has to become experiential. We have to demonstrate it and move in those realms and feel, personally, what is going on there.

If contacted and allowed to flow, it has dominion over all other realms—the physical and mental. It has its benefits of bringing forth a deeper sense of peace, a deeper sense of being centered, a feeling of the joy of life. Your heart expands and opens. There is a real difference in finding peace and protection—a sense of security that's not born of something external.

We have said that there are really only two emotions that we experience in this life. They are love and fear. Fear is the idea of separation or separation consciousness. Love is a belief in oneness with God.

Our path, in its simplest form, is moving from fear to love—moving from separation to oneness. The more we cleanse ourselves of all of the fears and insecurities—external, psychological, physical—we grasp what is really the truth. That then becomes our conversation, and it's a whole different experience.

Our biggest obstacle on the path from fear to love is our mind. It's only our mind, with its conversation, that talks us into our fears. When we're centered and aligned, and we find this secret place, we begin to feel a different vibratory frequency of life that doesn't allow us to become fragmented and separated. It just can't happen; you can't have both.

We are in a phase where our mind is master. There's a conversation going on all of the time. It's too busy, and you're always looking for a problem if you don't have one. If you don't have a problem, it will find somebody else's to fix. You have to become master of your mind whereby you're meant to serve you, not be master over you.

There is this dwelling place that we are called to go to where the only true protection you can ever have exists, where God's angels are given charge over you. The dwelling place is not external to you. You can't say, "Lo here" or "Lo there."

All of us have passages. To whatever extent you are familiar to the Bible, you've heard things that speak to you and touch your soul. You resonate with the energies of what's being said. They uplift and inspire you.

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It may be, “Greater is He that is in you than He that is in the world,” or Paul’s treatise on love or the 23<sup>rd</sup> Psalm. There are passages that people extract that become a help to them—a focus and a reminder. They go back to them again and again. They have meaning for them.

For me, one of those is the 91<sup>st</sup> Psalm. Not only for me, but for a lot of people, the message is so beautiful and powerful. It describes this place that lives in us and the benefits that come from dwelling there. All of the masters and mystics have talked about this same place. It’s called the secret place of the Most High. Just to say it carries an energy that there is, within you and me, a secret place of the Most High—the Most High being God. God is the Most High in this sacred place of the Most High. This shrine is in you. It’s nowhere else to be found. That’s why it’s secret. No one can take you to it. You have to take yourself there.

It is sacred, it is holy, and it is in you. A key word here is secret, because it carries the idea that something is hidden and has to be found or discovered. A lot of people go through a whole lifetime without even touching it or only having gone up to its door. Others live in it on a daily basis. They dwell from it on a daily basis.

Jesus talked about this idea of the secret in prayer and connecting with the Divine. He said that when you pray and enter your inner chamber, closet, or room, close the door and pray to your Father in secret; Father who sees in secret will reward you. Ultimately, in that deep connection in the sacred place where you are one with God, there are rewards.

Deep within you is this sacred place that even Jesus went to on a regular basis to be filled with and rewarded by the energies of God and to be reminded of who He was and reidentify with that in His true heritage as a spiritual being. Where Jesus went to love on God was this dwelling place in Him—to love on this sacred place of the Most High where He found God.

In fact, the Apostle Paul talked about love. He said, “Set your affections on things above, not on things on the earth. Your true affection should be on that.” Paul talked about this idea of love in other ways. He said, “I hath not seen nor ear heard, neither has entered into the heart of man, the things that God has prepared for them that love Him.” To love Him means to dwell with Him. To dwell with Him means you will find your way to this secret place of the Most High.

Even this idea of the secret is in a very important passage that I love to remind people of. That is where the Apostle Paul talked about a mystery that is hidden, meaning it’s secret. He said, “The mystery which has been hidden for ages and from generations and now is made known, which is Christ in you, your hope of glory.” The Christ of you—the Divine seed—lives in you. You haven’t been told that.

Through the centuries, churches and religions have wanted to control you. They didn’t want you to go directly to God. They wanted you to go through an intermediary. What Paul is saying is that this is the truth. There is a Christ in you—the God seed. He ends that by saying, “That we may present every man perfect in Christ.” There is a perfect dimension in you that’s dwelling and wanting to be expressed. That’s why you long to come into this life and be given another

chance to be able to express that which is inherently your truth. It's about learning and growing more.

In the Book of Job and the story of Job, he was up against a lot of things and had a lot of questioning in his life, but he said, "Have you heard the secret of God?" He referred to a time in his youth, before he became conditioned to the outer world and his mind became master, perhaps. He said, "When the secret of God was upon my tent..." In other words, there was a time he remembered where that secret place of the Most High was felt and experienced and then it went away. He got distracted and pulled away. He was finding his way back.

The psalm starts by distinguishing he who dwells in this secret place of the Most High from he who does not. There's a difference and there are benefits. It's not a physical location; it's a spiritual state where you have union and an experience of God.

The psalm is rich in symbolism. The first line says, "He who dwells in the secret place of the Most High shall abide unto the shadow of the Almighty." A shadow is not a bad thing. In Carl Jungian psychology, the shadow is something to be dealt with, but we're not talking about that. The shadow referred to here is a good thing. There is the idea that when God is shining, there has to be light in order to cast a shadow. So if you are seeing a shadow, it is always evidence that God is with you.

The second verse says, "I will say of the Lord; He is my refuge and my fortress. In Him will I trust." Those are awesome words. When a person is dealing with their fears and is going into a difficult challenge in their life, such as surgery or a new business. To begin by saying, "I will say of the Lord," means "I will affirm, decree, and know this: He is my refuge and my fortress. In Him will I trust." That's very powerful and has a lot of energy.

In the day of David, the writer of many psalms, it was believed that people could feel more secure by building an external fortress—the bigger, higher, thicker—the more you had a refuge from your enemies. David said, "We will not look to the outer, manmade, physical material—anything as a fortress. We are saying, 'My God is my fortress and my refuge.'" David represents, even biblically, one who has demonstrated the love of God in many ways.

Fear is something that we all bump up against. It's a universal experience. It's what we are being healed of. We want to be free of our fears, physically and psychologically. If you move to this dwelling place, you begin to shift beyond it.

The third verse says, "Surely He shall deliver you from the snare of the fowler and from the noisome pestilence." Those are interesting statements. What is noisome pestilence? A minister who was teaching a class about the 91<sup>st</sup> Psalm asked the class if they knew what noisome pestilence is. One lady raised her hand and said, "Yes, it's my next door neighbor. He's got a set of drums." She was wrong. What is really means is anything that is health-threatening like a disease, or it threatens your physical well-being. The most common noisome pestilence is fear.

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Do you know what a fowler is? It is one who went around and was trying to snare—catch birds. “The snare of the fowler” means your adversary, whatever it is. It can be a person, your thoughts, or the snare that catches you. You’re caught in the grasp of an idea or belief that is limiting you and holding you back.

Being in the secret place of the Most High, you can’t have erroneous, limiting, fearsome thoughts, or you’re not in the secret place of the Most High. You can know whether you’re in it or not, just as you know you can’t be in joy and sorrow at the same time.

Realize that it doesn’t mean you won’t be challenged by going to the dwelling place. It just means your reaction and response to the challenges of life will be totally different. You won’t overreact as you once did. You’ll be more centered and know how to respond.

The next verse says, “He shall cover you with His feathers, and under His wings you shall trust—take refuge. His truth will be your shield and your armor.” You get the idea that there is a mother hen and God has swept you under the wings, and it’s trying to create that visual.

There was a story about a woman who was taking a class about the 91<sup>st</sup> Psalm. The class was let out and they went to have coffee. The woman had to leave the coffee shop first. In the parking lot, she was accosted at gunpoint by someone who wanted her money. She was frantic with all of this and tried to protect herself. She was trying to remember some of lines from the 23<sup>rd</sup> Psalm. She was jumbled and started screaming, “I’m covered with feathers. I’m covered with feathers.” The guy thought she was insane, got frightened himself, and ran off without taking the money.

The content of this psalm is amazing. It is filled with statements of truth, that he that shall dwell in the sacred secret place of the Most High—ba-boom, ba-boom, ba-boom! This is the way it is. It’s very empowering and wonderful. It takes you to this deepest place if you listen to it in that way. It states, “You will not be afraid, night or day.” It says it in various ways. “A thousand shall fall at your side, ten thousand at your right hand, but it will not come near you because you are not falling into the thoughts, ideas, and beliefs that have to do with fear and separation. You dwell in the secret place of the Most High. He will give his angels charge over you to keep you in all your ways.”

The last three verses I want to share with you because there’s a shift in which God is now speaking to you in first person. The “he” is you, meaning humanity—any person. Imagine now that God is saying this, “Because he has set his love upon me, therefore I will deliver him. I will set him on high because he has known my name (my nature) and has taken the time to get to know me. He shall call upon me and I will answer him. I will be with him in trouble, I will deliver and honor him, and show him my salvation, my freedom, and my sovereignty.”

The secret place of the Most High is where we’re seeking to go when we go into prayer, meditation, the quiet, the sacred-silence, the inner-shrine, the practice of the presence of God. All of us have access to that. It depends on us and where we are along that pathway of progression to make it important and seek it.

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Right now, I invite you to find a place where you can feel—the deepest place in you—and I want to read you the whole 91<sup>st</sup> Psalm so you can take it in and take it with you. It's powerful to do alone and in mass together with like-minded people as a community.

He who dwells in the sacred secret place of the Most High shall abide under the shadow of the Almighty. I will say of the Lord, He is my refuge and my fortress—my God; in Him I will trust. Surely He shall deliver you from the snare of the fowler and from the noisome pestilence. He shall cover you with His feathers, and under His wings you shall take refuge. His truth shall be your shield and buckler. You shall not be afraid of the terror by night, nor the arrow that flies by day, nor the pestilence that walks in darkness, nor the destruction that lays waste at noon day. A thousand may fall at your side—ten thousand at your right hand. But it shall not come near you. Only your eyes shall look and the see the reward of the wicked, because you have made the Lord, who is my refuge, even the Most High—your dwelling place—no evil shall befall you. Nor shall any plague come near your dwelling, for He shall give His angels charge over you to keep you in all your ways. In their hands they shall bear you up, lest you dash your foot against a stone. You shall tread upon the lion and the cobra, and the young lion and the serpent you shall trample under foot.

Because he has set his love upon me, therefore I will deliver him. I will set him on high because he has known my name. He shall call upon me and I will answer him. I will be with him in trouble. I will deliver him and honor him. With long life I will satisfy him and show him my salvation.

I invite you to read this with regularity, especially when you're up against a fear or heading into something. Memorize it or parts of it. It carries strength, power, and truth. It carries a vibration in and of itself. It begins with your desire to dwell in the secret place of the Most High. It lives in every one of us. It is the sacred shrine. Go there often.

God bless you.