



Unity Church of Christianity  
Bondage or Bonding  
June 19, 2011

### **Howard Caesar**

I think you all can agree that all of us, at one time or another, have a need of being comforted and having our fears be lifted. We all go through moments of fear and challenge. I think every voice is a potential voice for God that can be there to help us, encourage us, and give us a reminder of what is the truth about God, life, us, what it is that we can draw upon, inner resources, and all of that. From time to time, we need that help and encouragement.

I recall a time when I was hurting and afraid. I was in the third grade, during the Cuban Missile Crisis. Some of you may recall it. I remember that there was a lot of fear going on. Even at that age, you knew that somebody was trying to get you. One of the reasons was we were doing these drills in school. You would single-file out. They were training you to be able to quickly get out into the hallways, get on your knees, and put your head between your knees. You'd have hallways loaded with children from different classrooms, all out in the hallways on their knees, heads between their knees. So you knew something was pretty serious. You'd get bits and pieces of news and messages as to why we were doing this. They may have tried to keep it away from you some, but it was there.

I remember one night when I was in bed, my father came into my room. I told him that I was a bit afraid about all of this. What's going on? Are we going to be bombed? Are we going to have

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a raid at any time? What's going on in the world? It's kind of frightening. I didn't quite know what to do with that fear. I don't remember exactly all that he said. He did simply say that much of what we were doing at school was simply a precaution and that none of this is ever likely to happen. Whatever he said helped me, and I was able to just release it. It brought a sense of comfort. Fathers can do that, and that's what fathers are to do as a role.

But we're all voices for God, and we're all voices to bring comfort, reassurance, love, and care. We need never forget that and realize that we all play a role. We need those voices in our lives that give us a perspective that can move us beyond our fears and help us see a way of seeing things that allows the fears to be lifted.

One of the basic Unity books that has been around for a long time was the first book read by many a person in Unity. It's probably over a half-century old, at least. It's called *Lessons in Truth* by Emilie Cady. She's an old metaphysician from way back and was a great teacher. She wrote several books, including *Lessons in Truth*. The first chapter of her book is called *Bondage or Liberty, Which?* Either you're in bondage or you can be free. Which is it you're going to choose? Then the rest of her book tells you how to go forward in that.

The first lines of that first chapter state, "Every man [or person] believes themselves to be in bondage to the flesh and to things of the flesh." Back then they used the word flesh, but they really meant the physical, material world—to be in bondage to form, to that which is external to you.

She went on to say that all suffering is the result of this belief—the belief that you're in bondage to the external dimension of the world. She went on from there to say, "The history of the coming of the children of Israel out of their long bondage in Egypt is descriptive of the human mind [or descriptive of consciousness—growing up out of the sense part of themselves and on into the spiritual part]." That's the process that we go through, and even that is depicted in the story of the Bible.

She goes on, where God is speaking to Moses, and quotes that part from Exodus.

And Jehovah said, 'I have surely seen the affliction of my people who are in Egypt and have heard their cry by reason of their taskmaster, for I know their sorrows. And I am come down to deliver them out of the hand of the Egyptians and to bring them up out of that land, unto a good land—and a large—unto a land flowing with milk and honey.'

On the surface, many people have read that in the Bible and think of it as just being kind of historical. It's just about the Egyptians and the Israelites and the problems they were having—one being in slavery to the other. But Emilie Cady, who was a great metaphysician, told us that there's always a message that underlies that is a universal truth that is talking to us on a soul level and is trying to move us from one state of consciousness to another. In this case, she's saying it's from bondage to liberty and that these words express exactly the attitude of the Creator toward its creation—you and me. Essentially, I can see your pain. I know the problems.

I'm coming to deliver. I have a way of interacting with you if you will be open to it, and I can move you through these things.

So like my father coming into the bedroom to comfort me, our Father God is essentially saying this through these scriptures—"I've seen the affliction of you who are in darkness and misunderstanding and don't understand the truth. I heard your cry that you are in sorrow or sickness or limitation of some kind, and I am come down to deliver you out of that suffering, and I have come to bring you up and out of that land, that consciousness, that experience, into a good land flowing with milk and honey."

My earthly father played that role for me that night and has on other occasions. My father has passed on since. Our heavenly Father plays that role, and it's important to understand that there's a relationship there that's important too. Jesus taught us to not pray to my Father, your Father, his Father, or her Father, but our Father—the idea that all of us share this presence and power. And that puts us all together in one family, if you understand what's being said there.

Many people are in a sort of bondage because they have learned certain concepts about the journey of life—that the journey of life has been framed to be somewhat of a struggle. Many of the encounters you face in life have to do with battling against the obstacles. There are problems to be faced and to challenge you and to be conquered. Whether the challenges that you face are at work or home or you see them in the news, this idea is often portrayed. There are a lot of problems out there and we've got to solve them. It's like there are sides and divisions and fights and battles going on. Some people get to win and some people don't, and that's the way many a person experiences and sees life.

This is all a product of separation—the idea that we are each a separate self that lives apart from everyone and everything that is out there. That's what Emilie Cady was trying to say. It's the belief that we exist as a separate entity and are a self-contained, isolated being. In that relationship, we have our dramas that we go through in life. Many of us think that, as a separate entity, we are out here alone and that God is somehow far-removed and distant. That's why one of the biggest things you could ever learn is to move from the concept of God being out there in the heavens somewhere, to God being within you and being a part of you. There is no distance.

This idea of separation is all an illusion, but man believes it in some degree or another, whether they're conscious of it or not. Some of that illusion is the belief that the journey of life is basically a survival of the fittest. The winner takes all. He who dies with the most toys wins.

There's a gap between the definition of ourselves in life and embracing what is true and our truest essence. That's the gap that has to be made up. Sometimes we flip back and forth into it. Part of our awareness is noticing when we fall asleep in consciousness and fall asleep to our connectedness. In other words, we forget about the connectedness, and we fall asleep into the idea of separation in varying degrees.

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There is a book written by Lynne McTaggart, who is a wonderful author. Some of you are familiar with her earlier book, *The Field*. She now has a book out called *The Bond*. In it she writes that there is an entirely new scientific story that is emerging that challenges many of the Newtonian and Darwinian assumptions, including the premise of being a separate universe. Darwin and Newton had the mechanistic, separate kind of mentality, and they argued for this separation idea. Now, McTaggart refers to quantum physics, from which the latest evidence offers the extraordinary possibility that all of life exists in this dynamic relationship of connection. The quantum dynamic has shown how we're all really connected. Quantum physicists now recognize that the universe is not a collection of separate things jostling around in empty space, but all matter exists in this quantum web of relationship, of connection, of living things made up of the most elemental thing—energy systems. There's a transformation of information going on within the environment of this relationship.

All of that can sound complex, but it basically means that between the smallest particles of our beings—between our body and our environment, between ourselves and all of the people with whom we are in contact with, between every member of every social or societal cluster—there is a bond. There is a connection. Whether we know it or not, there is something very sacred about each one of us. If we could really understand the truth, that distance would all diminish, and we would all realize our connectedness and sense of being bonded. In the same way, a mother bonds with a child because it emerged from within it. It's one with it. In a sense, we all have emerged from the same place, the same creative energy, the same love and light that we call God.

There is a connection that is so integral and profound that there is no longer a clear demarcation between the end of one thing and the beginning of another. In quantum physics they're finding that the world essentially operates, then, not through the activity of individual things, but in the connection that is between them. In a sense, in the space between things is where it is.

McTaggart writes, "The most essential aspect of life is not the isolated thing. It is the relationship itself—the inseparable, irreducible bond, the connection. The space in between holds the key to the life in this organism." There is, then, no such thing as a thing because nothing in the world is separate. Each of us is tightly interconnected. Quantum physicists continue to hunt for the thing, but the act of searching for it causes it to alter itself. So they discovered that the presence or the absence of observation actually determines the outcome of what it is they're looking at. That's where it comes back to the teaching of the same idea that whatever we're look for and whatever our intention, that's what we're going to see, and that's what will become our reality. You need to be clear that you're looking for the highest, the best, the good, the rich, and the truth of God, and that you are coming from that consciousness, as opposed to our fear-based, separate self being. You'll find reason to remain separate, angry, and in those kinds of experiences. They're telling us that it's all in what you're looking for.

We're learning that life is not established within a thing, but in this bond—this space between the things. The idea of having a bond is so important in terms of interconnectedness. More of humanity is coming to understand that, and that's where we're moving, and that's where we're going. Some are intentional about it and awake to it, and some don't have a clue that this is what

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it's about. Some are being pulled, some are being pushed, and some are still asleep. But we're all in different places.

I was attending a luncheon at a minister's conference in which a new book authored by David Arnett came out. It's a Unity book that is just being launched and is hot off the presses. I got to meet and hear the author. It's a novel that was berthed out of some profound spiritual experiences that this person had. Through the novel, he takes the reader into another whole realm that was born as a result of incidences that happened in his life.

One of the incidents involved a person who is of high-education and brilliant, but down to earth as well. He has lived most of his life in different countries, and he's a U.S. citizen. His father had died and he went back to the states for the funeral. Now he was back in the country he was living in, about 10 or 12 weeks after his father had passed. He had set the intention with his mother and sister to be on a phone call. It was a Saturday. He went into his study at home. He walked by his bookshelf, sat down at his desk, and made the call. In the call, because it was fairly recent, the conversation gravitated toward his father. They were all talking about what a wonderful man this person was. They talked about how much they loved him and the difference that he had made in their lives. They shared a few stories and talked about how they missed him already. They talked about how grateful they were to have such a wonderful man in their lives. After about 20-30 minutes, and talking about a few other things as well, they said goodbye and hung up.

He got up from his desk, walked toward the entrance to his study to leave, and there on the floor by the doorway were three books. You couldn't actually even get out the door without having to step over these books. He's a tidy guy, and he would have known when he came through the door if they were there. So he was shocked. Each of the books was upside down, and the titles were not able to be seen. He began to flip them over. The first book he flipped over was *Tinker, Tailor, Soldier, Spy*. I haven't heard of that book and he hadn't either, because he didn't have it in his library, but it was now there on the floor. His father was a soldier and a spy. He was high up in the military intelligence. The next book that he turned over was *The Dead Father*. He didn't have that book in his library either. The third book that he turned over was titled *The Shroud of Turin and the Resurrection*. The message was that his soldier spy father who was now dead was moving on and saying goodbye. He was heading toward the light of the resurrection. He was in the continuum of life and sending him that message.

He tried to figure out whether there was an opening in his shelves where these had fallen out, thinking maybe he'd see a gap, but he couldn't find any. It was all tight. He called in his wife, shared what had happened, and the only thing they could figure out was the tremendous love and energy they had going on and being felt by three people over a long distance. The idea is that everything is local and connected. It somehow, was the energy that brought this message from his father. That was one thing that happened in his life that spurred him to share a book in a novel form. It's called *Messengers*, and it's the idea that we're really connected to all dimensions of life, way beyond what people realize. Also, there are other people who have been on this planet and in this world who have known that more than we have, and that's something that we are waking up to.

Essentially, the key here is that there is a bond between him and his father that will never be lost. There's a bond that we have with all humanity that, if we choose, need never be lost if we really connect to the energies of love and know that nothing is an accident. People come into our lives to help us, assist us, encourage us, and move us forward—and us to them as well. It's mutual but there are many dimensions.

Many people's driving motivation in life is the drive to survive at all costs. Then you have a guy like the German philosopher, Friedrich Nietzsche, who said that the driving force and motivation in life is not necessarily to survive at all costs, but the will to power. That was his perception.

Lynne McTaggart, in her new book on bond, writes that the most fundamental urge we all have is for relationship. Whether we realize it or not, we all have this essential impulse in life and a will to connect, to merge with others, to move from an isolated individual into the holism of the group—the sense that we're all one. That's why, as people grow in consciousness, they move not only from a wonderful, loving connectedness to their immediately family, but there is an awakening and opening whereby they see that all humanity really is their family. We're all of one creation and that coming together. That's a very powerful thing to move into. Connectedness is about the whole and a sense of belonging. We're all essentially one in truth.

Ostracism is one the most unbearable situations that human beings can possibly endure—being tossed outside, not being allowed back in with group or family. The parable of the prodigal son was Jesus' way of saying that if God is a punishing God, then the father in the story who represents God would not have let the prodigal son back in. He would have shunned him, he would have pushed him away, and he would have ostracized him. But that's not the way of God. It was very important for Jesus to convey that, and that's why it's such a popular parable, because it is the nature of love. Never push anyone totally forever outside the circle. You always welcome them in because it's about unconditional love, and that's what God is, and that's what we're taught to demonstrate as well.

There is an eternal bond that is with our Creator. Therefore, there should be an eternal bond that we awaken to with each other and with all life—a real, deep place. There are so many studies that have gone on about those who have felt left out or isolated. Many of the people who attempt suicides—when it comes down to it, that's the issue. Our bond is so important, whether it be with family, friends, or groups.

Dean Ornish, the internationally recognized heart expert, says that there are all of these risk factors like obesity, sedentary lifestyles, high-fat diets that are really only less than half of the cause of heart attacks. He says those risk factors have less to do with a heart attack than does the simple isolation from other people, from our own feelings, and from a higher power. That's essentially it. A heart attack is a disease of emotional alienation. It's tied to our emotions. All kinds of studies have shown that when you come together with groups of people who are about a good cause—a church or organization of some sort—there's a strengthening that takes place out of the sense of bond and the sense that you're giving and offering strength, help, and assistance

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to others—and they to you. There's something mutual—a bond that happens—and that feeds a soul. It's so important, as opposed to the individual who goes off isolating themselves, one must look for opportunities in what's being said, based on all the studies, to find their way into these kinds of healthy groups.

In December, 2004, there were three 80-foot waves that hit Thailand—South Surin Island. On that island, there was a small nomadic community called the Moken Tribe. They headed for the hilltops and witnessed 24,000 villagers lose their lives. Their tribe of about 200 was all safe up in the hilltops as they made their way. This was noted by the elders who led them. This same tsunami swept through other places and islands. There were four other indigenous tribes who escaped the tsunami as well. When you talk to the elders of those tribes and ask them how they knew the tsunami was coming, they say things like, “One of the small boys of the tribe suddenly felt dizzy” or “The level of the creek near the village had suddenly dropped.” One elder noticed some differences in the swells of the waves in the ocean. Another noticed the unusual restlessness and scuffling of some of the small mammals—things like this. They have the ability to have a bond with the earth and things that are around them—that they see things another doesn't see. They're looking into that space between what seems to be a separation between a thing and a thing, but there is no separation. There are those who have a level of sensitivity where they feel the impulse and connectedness of all life, with another, with nature. And it speaks to them, and they see into that space that that exists.

The bottom line that I'm saying today is that we always have a choice. The choice is bondage or bonding. That really is what it comes down to when you look at life as being relation. You can go in isolation and separation and find reasons to separate out—create division. We can create a story in our minds about anything and on that basis have our own bondage. And it's not fun. We may ostracize ourselves for various reasons.

Or we can go towards bonding. The bonding is an energy that has to do with the energies of connections, love going beyond all boundaries, and acceptance. It is the idea that around us we have nothing but wonderful, sacred beings. The angels are among us, in a sense, and there's a dimension of goodness and God-ness that is in every soul, if we will see it. It's the relationship of the space that lives between what we think are two things: ourselves and another. If we allow that space to be filled with the bond of love and the ability to see as the Creator sees, it's a great gift. We make, then, each person who comes into our lives a gift, and they add strength to us.

So who have you bonded with lately? You have to make it your intention. Bondage or bonding—which will it be?

God bless you all.