



Unity Church of Christianity
A Miracle in the Making
October 23, 2011

Howard Caesar

So I want to tell you about a grandmother who had her 7-year-old grandson over for the night, and in the morning he made her a cup of coffee. She drank the worst cup of coffee that she's ever had in her life. When she got to the bottom of the cup, there were three little green Army men. She said to her grandson, "Honey, what are these little Army men doing in my coffee?" And her grandson said, "Well grandma, it says on TV, the best part of waking up is soldiers in your cup!"

Now some of you may need a cup of coffee to get started in the morning, but when it comes to waking up spiritually it's what we have inside the cup of our soul that really matters. Actually, Jesus talked about a cup in several instances. In one instance, he was scolding the Pharisees because they basically cleansed only the outside of the cup while the inside was filled with extortion and self-indulgence. He told them to first clean the inside of the cup so that the outside may also be clean. You maybe remember that passage?

That's really significant because it's important to be concerned about what's inside the cup of our own being. What is being poured into ourselves through our thoughts, words, and deeds?

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There's a process of cleansing and purification taking place that is part of our growth and enfoldment. The cleansing process of the cup of our soul paves the way for some amazing demonstrations that can take place in a person's life, some of which we might even refer to as a miracle or miraculous kinds of demonstrations. Things you never imagine could happen do because there is a process of having totally cleansed the cup. A pure being moving through and purifying the soul so that it opens up to a great expanse not otherwise known if the cup is full of limitation and holding back.

Perhaps some of us could use a miracle here today, and some of us are working on a miracle. It's good to ask ourselves, "Where do we stand on miracles?" Do we believe in miracles? Some do and some don't. Often times a miracle has been classified as something supernatural. I think it's important to understand that miracles do not refer only to that which is simply big, amazing, and seemingly impossible. We have to learn that miracles are all around us at all times. You are a living breathing miracle. When you stop and think about the amazing movement of Divine Intelligence that is being orchestrated in your breathing and your heart beating and cells being created and the life that is in you. It is an amazing miraculous dynamic that is happening every moment inside of you. You are a living, breathing miracle. **(03:55)**

Therefore, if that's going on inside of us, we have the capacity to create miracles or co-create them if you will. I think it's the physics buildings at UCLA where carved in stone are the words, "Nothing is too wonderful to be true." That should really be an affirmation that we carry with us every day. Nothing is too wonderful to be true.

Jesus set the pattern, and He was the model for us to follow in life. He called us to that. He referred to the things he demonstrated in life as the works of God. He said, "The things that I do you can do also and even greater works than these." So we must take Him at His word. A lot of what He did, even the seemingly miraculous, was the works of God.

We can all be miracle workers in a sense because we all have access to the same universal laws and principles that he accessed. Jesus applied them at a deeper level of understanding than we may currently have. We're still learning, understanding, perfecting, and integrating those universal laws and principles that are part of our own growth. There may be some things that seem beyond us at this current level of enfoldment. Yet, at the same time, we have to understand that it's all about a rise in consciousness. It's all about cleaning the cup, purifying the process, opening up to a sense of what is possible, a clear pathway for seeing possibilities, and that whole dynamic as a rise in consciousness that allows us to move things from possibilities into realities. What Jesus taught and emphasized to us, we can never lose sight of that.

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As one writer put it, “The word miracle has gotten bad press.” He said, “It has come to mean that God intervenes directly in the operation of His world and breaks his own rules by causing something grand to happen that can’t happen.” Often times that’s the way people think of a miracle.

However, the miraculous that often seems unexplainable is explainable if a person understands the universal laws and principles behind any kind of miraculous demonstration in the world. Miracles are not evidence of God breaking His own rules in any way. They’re actually clues to what is possible, to you and to me, if we will only learn the conditions.

There was a philosopher by the name of Spinoza who wrote, “If miracles were exceptions to cosmic law, then God’s existence would be disproved, but miracles do not break God’s law. They are evidence of the action of his laws.” You have access every day to laws and principles that really impact your life along the way. **(07:12)** In a sense, we need to become miracle literate in that there are miracles to be created all the time by you and me. We need not think of them as supernatural or strange or impossible because they are very, very common and meant to be. We often times are accustomed to traveling in only one world, the world that we call reality with a small “r.” We have to move to a bigger reality, with a capital “R,” that encompasses what is possible in terms of understanding the Divine.

Now, in the realm of this miracle-making dynamic, there is a Bible passage containing the conditions that have to be present in order for a miracle to occur. Do you know what the most often quoted miracle is? It’s not just referenced by Christianity, but it’s referenced also by other traditions. It is the miracle of the loaves and the fish. In the book *Autobiography of a Yogi*, Paramahansa Yogananda carefully recounts the details of this incredible miracle and its demonstration. It is the only miracle that is found in all four gospels as well. So it’s significant and it’s there for us. There is something to see literally, and there’s something for us to see on different levels mystically contained within its lines.

An interesting thing, not often brought out in this miracle, is what preceded it? If you read the scripture, the day before the miracle of *The Feeding of the Five Thousand*, John the Baptist had been beheaded. His head was delivered on a platter to Herod. Herodias, the wife of Herod’s brother, wanted John the Baptist put to death. Herod didn’t want to do that because he knew the multitude that followed John the Baptist would be on his back. So he compromised and put him in prison instead. On Herod’s birthday, Herodias’ daughter danced beautifully before Herod as a birthday gift. He was so moved that he gave an oath of “Whatever you want, I will deliver for you,” in front of everyone there. Prompted by her mother, she then asked for John the Baptist’s head on a platter. The disciples took the body, buried it, and then went to tell Jesus.

The next line in the passage is talking about the miracle of *The Feeding of the Five Thousand*. It's very interesting because it begins with the words "When Jesus heard it," when Jesus heard this news, he departed by boat to a desert place apart. The interesting thing is that he was able to heal people and feed 5000. He was able to rebound from a very difficult emotional happening. He had to find a way to get beyond what was in front of him. What had just occurred was very painful, very difficult, very much something that one would struggle with and be unhappy.

There's a Dr. Michael Abrams who authored a book on the miracles and conditions of a miracle. He says this well-known section, found in the Gospel of Mathew, is like a hidden text. He calls it the "alpha passage." He likens it to following a treasure map in which there are certain conditions that have to be met in order for one to demonstrate a miracle. Again, think of a miracle as the demonstration of certain laws and principles. Always think of it in those terms. Once you understand the laws and principles, and you fulfill those certain conditions, then you too will be able to demonstrate at a deep level.

The passage tells us that Jesus departed by boat and went apart to a desert place, and when he went forth from there, he found a great multitude around him. He was then moved with compassion toward them, and he began to heal them. When evening came, his disciples came to him and said, "We need to send the multitudes away so that they can get back to the villages and buy food and be able to eat." Jesus told the disciples they should feed the people. The disciples said, "Oh, but we only have five loaves and two fish." Jesus said, "Bring them to me." It was then that he took what he had in his hands, looked up to Heaven and gave thanks. He then delivered it, and it just kept multiplying until all that were there were fed.

Dr. Abrams began to dissect and study the words of this passage. He found it to be very cryptic and like a road map telling him about sacred necessary conditions. It was like a recipe for making a cake. You have to get all the ingredients and all the conditions together just right. You need flour, eggs, milk, sugar and shortening. You mix it up in a bowl, and then put it in the oven at the right temperature for the right amount of time. If you get it all right, you've got a tasty cake. My wife could tell you if I ever created a tasty cake that would be a miracle. The kitchen is foreign to me so it would take a miracle.

Anyway, the first condition revealed in the first verse of this passage is when Jesus went off to a desert place. He didn't go to a desert. He went to a place that was like a desert and that's the distinction being made. All of us need a desert like place to go to when something big happens, and we need to put it into perspective. We don't have a desert to walk out into, although we had a hot summer. We need to find a place like that.

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The first step is to cultivate an emptiness so that God can fill it. Whatever has happened, whatever has filled you up, whatever has totally torn you apart, whatever is disturbing you and taking you totally out of harmony, go and empty all that. Find an emptiness.

A desert is literally a place that is of profound isolation and silence and emptiness. It symbolizes an inner process that is critical to any kind of demonstration in your life. It's a step that you have to take. Going to that kind of a desert space is what creates—well the idea of emptiness creates spaciousness. If you create the emptiness to have a pure being come in and console you, and fill you with truth and wisdom, there is an expanse that can happen in your life. The emptiness is a process of letting go and emptying the mind of the present moment that has you in its clutches. Again, remember that just one day before Jesus performed this miracle, *The Feeding of the Five Thousand*, His dear friend, John the Baptist, was beheaded.

It doesn't matter what experience or circumstance we are faced with, it is possible for us to move beyond the conditions. The first step of emptiness is critical. You have to empty—just as Jesus had to empty His mind of what had just happened, we have to suspend the internal dialogue that wants to go over and over the story, and how needless and senseless it was. We have to find a place where we can stop thinking. It really is about “stop thinking.” Silencing our thinking, slowing the mind down and getting yourself focused on the truth is really what meditation is about. You find the freedom to regain a sense of inner harmony.

Stop and think. It's not the events that cause us the internal pain, suffering and unhappiness. Our suffering lies in the thoughts we attach to the events. Jesus understood that. He had to go apart and empty himself because of what happened to John the Baptist.

We're not talking about ceasing all thought. We're talking about creating interludes of no thought in order to have sacred spaces and places for pure being to come in and saturate you. Everyone has to do it. Jesus did it. It's the way to move on and through. It's escaping the habitual workings of the mind, which are a perpetual sequence of judgments, opinions, labeling, and negative dialogue. There's no more rehearsing what has been, but getting beyond it and that's what Jesus was about.

Paul Pearsall tells about a time when he and his wife were in Rome, Italy, going to see the Sistine Chapel and Michelangelo's work. They stood in line a long time, and when they finally walked through, he said his first thought was, “It ain't that big a deal.” You had to admit he was honest. As he moved forward, he got a new perspective that overwhelmed him. The people were in awe and became quiet which moved him as well. It was an amazing experience like stepping

into a miracle of paintings. In the midst of all this, he saw a fly high up on the wall crawling across the paintings. He thought, "What a shame that fly is right up there on top of it, closer than any one of us, but it just can't see what is there to be seen." Then he remembered having read some philosopher who talked about a fly in the Sistine Chapel. He remembered the name of the philosopher and looked up the quote when he got home. This was the quote by philosopher William Irwin Thompson, "We are like flies crawling across the ceiling of the Sistine Chapel. We cannot see what angels and gods lie underneath the threshold of our perceptions. We do not live in reality. We live in our paradigms, our habituated perceptions, our illusions. The illusions we share through culture we call reality, but the true reality of our condition is invisible to us." That is a great quote. The point is we have to avoid the habituated perceptions that we get lured into and not get so immersed in what has just happened, or the circumstance, or situation, or what we fear. We have to step back a bit, and that's what Jesus was saying is the first step. There's a fine line between our thoughts that feed us and free us and those that imprison us.

Dr. Abrams was hiking one time in the mountains of Colorado. He found himself on a ridge somewhere near the Continental Divide at about 12,000 feet. While he was on that ridge, he had a realization and insight that all precipitation landing on the eastern side of the ridge flows east to Boulder Creek and from Boulder Creek heads toward the Atlantic Ocean. All the precipitation that falls on the western side of the ridge flows down into the Colorado River and into the Pacific Ocean. Just that one line, if it falls this way, it goes to the Atlantic and this way it goes to the Pacific. The difference is in a very fine line between which ocean one will find themselves in.

That is life, essentially one thought, one perception, one idea that we embrace can put us in the ocean of expanse and possibility or in the ocean of our imprisonment. It's important to know that every day we walk a thin line of our own Continental Divide.

Even *The Course in Miracles* says, "Miracles are everyone's right, but purification is necessary first." The cup has to be emptied. The first condition of a miracle is emptiness; that is crucial. It's brought on by things like meditation, being in the moment, emptying the mind of what is going on, whatever the current circumstances. It's suspending the inner dialogue that you've gotten into and not telling every friend about every detail and nuance about the problem you're facing so that you can rehearse it over and over, again, giving it power and strength. It's getting past that and creating a sense of emptying that allows the space for God's wisdom and power to come pouring in.

The second condition is alignment. The first one is emptiness, the second is alignment. You drive a car. I drive a car. If your car is out of alignment, it's a shaky ride down the road of life. It is shaky and dangerous. You need a sense of alignment just like your car does.

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The first condition is making contact with God, emptying yourself out so that you can be filled. You feel a sense of connecting with the pure essence of a river of power that wants to move and flow through you. The second condition is then aligning with that power and allowing it to have its way in you, to go with its flow if you will.

Notice the next passage for Jesus, “After He went apart by himself, he went forth.” He went with the flow. He saw this great multitude and He felt something. He was moved with love and compassion. The current that He stepped into was love. It wasn’t going to be about fear. Fear will take you into separation. Fear will want to get even. Fear will want to keep you in limitation of every kind. He went and emptied Himself. He got filled with that which connects Him to the Divine. What connects you to the Divine? Love and compassion. What did He do? He came and moved forward with that. The first thing He sees is the multitude and what did he do? He was moved with compassion, with love, that flow. He let the river move through Him, and He healed all the people that were in front of Him until it was nearly dark. He was moved with compassion such that He was able to bless what He had, knowing what was possible. He kept breaking the bread and cutting up the fish, and it fed all who were there.

The miracle was not about Himself. It was not for himself. It was invested in the service of others coming from love and compassion. He healed the multitude. He fed them. There’s a shift. We need to shift our focus from ourselves and our needs to our oneness with all of God’s children, and how we can be of help and of service. To align with love and compassion really causes us to align with the powerful force that connects us with all that’s around us.

Many miracles that you’ve heard about have to do with people that have helped another. There’s a story about a drought on farm. The crops were dying, cows weren’t milking, and it was really serious. This little 6-year-old boy had been scolded for using the hose to play with. One day the mother noticed her son sneaking into the woods and then running back to the house. He would sneak into the woods, and then run back to the house. Finally, after 45 minutes of this, she followed behind him and hid behind a tree to spy. She saw him going into the woods and cupping his hands filled with water. Back in the woods were some large deer, one with large antlers, a buck, and she saw her son slowly getting so close to the deer that she almost screamed out, “Get away!” For fear that they might do something, especially the buck. It was just at that moment her son kneeled down gently, and the head of an infant fawn lifted up. It was suffering from dehydration and heat exhaustion. It lapped up the water from the boy’s cupped hands. What he had been doing was running back and forth trying to nurse this deer. The family of the deer just stood there honoring this process. There is some sort of oneness when there’s love and compassion going on. It was a beautiful thing. The mother felt her tears dropping to the ground

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when she saw what had happened. Then there were more drops and more drops, and suddenly it was pouring down rain. She said, "God was weeping with pride over her son." She said, "One could say that this was all just a huge coincidence and miracles don't really exist. I won't argue with that. All I can say is that the rain came, and our farm was saved that day." It was basically a little boy that saved a little fawn.

Third condition is asking. After you empty and after you align then ask. We have to ask to receive. Ask and it shall be given unto you. You have not because you ask not. We all need to ask for higher wisdom, whatever is for my highest good or all concerned.

The multitudes didn't come expecting to be fed. They were seeking spiritual knowledge, and so somehow allow your requests to be connected to your spiritual advancement. It all starts with emptying, then stepping into alignment, and then asking.

You're all a walking miracle. You all have the possibilities to demonstrate incredibly. These are three steps that hopefully will help you see your way through to tremendous demonstrations in love and compassion and miracle goodness. God bless you all.