



Unity Church of Christianity
Led by the Spirit
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I believe we live in a world where people often feel lost and alone and just confused in the process of trying to find themselves. It is very important for us to keep coming back to the aspect of remembering who we are in our relationship with the Divine. First and foremost, we are children of God. We say that again and again, “We are children of God,” but do we really feel what’s being said there?

We are offspring of the most high God. We are created by this infinite dimension of love that fills all space and time. The magnitude of what we have been created from is so immense. We cannot lose sight of that. The energy, vibration and frequency that goes along with a person who is able to embrace the magnitude of what is being said, “I am a child of God. I am a child of the infinite. I am a child of infinite love and life and goodness.” That is very powerful.

There is a verse found in Romans, chapter 8, that I think everyone should read over and over and over again and never forget. It’s what the Apostle Paul came to know, and he wanted the whole

world to know. What he said was, “The spirit of God itself bares witness with our spirit that we are children of God.” It is very, very powerful. It goes on from there to say, “And if children, then heirs of God and joint heirs with Christ.”

That’s a pretty lofty statement and it’s like, “Can we go there?” We are joined heirs with Christ which means everything that Christ came to know and experience with the Father, with the one presence and power that He referred to as Father in terms of the intimacy of relationship; we can all have this same relationship. We can all experience what He experienced, the dimensions of peace, love, joy and truth. It is a very powerful thing to contemplate what Jesus said and Paul wrote.

The God of the universe calls all of us to be his own, and He loves each and every one of us. No one should have a self image problem unless they are holding the wrong image as many of us are. We follow a series of thoughts, ideas and beliefs that deviate from the truth of who we really are and who we are held to be in the mind of God.

A lot of life and spiritual growth is the journey of bringing ourselves back again and again to holding that image, “I am a child of God.” What does that look like? What does that feel like? Who is that?

In the moments when I’m not, I want to return back to who I am, and remember again, and affirm it. Our minds can take us to thoughts, beliefs and ideas that categorize ourselves as unworthy and undeserving. We may cling to old things said or done in the past that says, “There is no way for God to come and love me.” We project onto God a human nature with human tendencies to withhold, that is not accurate at all, but we do it. It’s not fair to God and it’s not fair to us. His love never goes away. It’s always there.

The question becomes one of “Who or what are we going to have leading us in our life?” That’s a decision you should make daily, hourly, minute by minute. Who is leading me right now? Who am I listening to? Is it our mind that we listen to? Our minds can take us all over the place. It can have us way in the past and afraid of the future. When we just listen to our minds alone, which often are mingling with the ego to edge God out, it takes us into fear and separation.

We want to be led by the spirit. The Apostle Paul had no doubt about this. One of the things that he said in the same passage, a couple of verses down, “All who are led by the spirit of God are sons of God.”

Now we just talked about being children of God, and now we're saying we're sons of God. What is Paul talking about here? It basically says that it's a done deal. You are all children of God, that's for sure. As we mature and grow in our spiritual consciousness and awakening to the truth of who we are and allowing ourselves to be led, then we begin to move into what is called the "son-ship." We put on all the characteristics and qualities demonstrated by Christ. We move into a whole other level and dimension of being.

It's been said that life is a dance with the Divine. The question is "Who is going to lead?" Have you ever fought with somebody who wants to lead and they're not supposed to be leading?

When I was in grade school we actually had some classes on dancing in physical education. We'd have a certain hour for a period of weeks where someone would come in and teach us dance for our cultural development. The class would divide up and sometimes the class had more guys than girls or more girls than guys. Sometimes two girls had to match up and dance together or two guys had to and that was really something when there were two guys deciding who was going to lead. There was a little bit of squabbling going on there.

One of the important teachings that we must learn is to surrender the lead, to let God lead. In all of life we may be unconsciously in that battle of "my will or thy will" and getting clear on when you're into your will and when you're really consciously surrendering the lead. We must get to the place where we want to be led. We're not trying to wrestle control away from anything or anyone in this universe that we are following. Remember Jesus said, "Follow me." He wanted us to become followers and follow into this son-ship that he was demonstrating. Before we can follow we have to willingly step into the dance of life. We have to be willing to participate. We have to be willing to not play it safe and to kind of lean on into life.

Talking about dancing, when I was in high school we would have a dance that would follow a home game. People would buy tickets and not everyone went but many people did. I would attend most of the dances, and I would notice people along with me as wall flowers. In the gymnasium, the bleachers would be out and so people would sit on bleachers or stand around the walls. There were a lot of wall flowers, and then there were those out on the dance floor looking like they were having a good time.

As a freshman and sophomore I was very small, a little guy, and all the girls were bigger than me. I felt inferior and insecure and didn't have confidence. I just kind of hung on the sidelines and watched those who were having fun. There were others who just weren't up to getting out on the dance floor. As I kind of matured in my junior and senior year, I became more confident and actually started dancing. That was good time to get out there and dance and move around. I

wasn't perfect. I wasn't the best, but I did my best and that's what life is. You may not be perfect in living this life, but you have to go out and live it. You have to get out on the dance floor. You have to be bold and courageous enough to do that.

We need to listen to the music of the universe. The music of the universe comes to us through vibrations. It's the vibrations and frequencies of love, peace and joy, a sense of oneness moving through us. These are the energies that we want to dance the dance of life to as we live this experience.

In the Gospel of Mathew, Jesus made a comparison between John the Baptist and the Kingdom of Heaven. He makes the point that, "Among those born of the womb, there was no one greater than John." John the Baptist, and he went on to say that, "He was still beneath the least in the Kingdom."

What Jesus was talking about is there are many dimensions to your awareness into consciousness. Just as He said, "In my Father's house there are many mansions." What he was talking about, "In my Father's house" of life there are many dimensions of awareness and you have to perfect one to move to the next. It's a learning and unfolding process. He talked about that Heaven is not a geographical place. He said it's not a place you can say, "Lo here or lo there." It is within you. It is a dynamic of dimensions that you grow into from within.

The point I want to get to, in that same passage where He then says, "But to what shall I compare this generation?" You and I are the generation of now, and He was talking, "Whoever is reading this and whenever they are reading it," that basically we are this generation. He says, "It is like children sitting in the market places and calling to their playmates, we piped to you and you did not dance." I love that Jesus used a metaphor of playmates and children some of which are wall flowers and some are out on the dance floor. Our playmates are saying, "We piped to you, but you didn't dance." You went to the dance, but you didn't dance. We brought you the vibrations of life and love and truth as music to your soul, to your being, but you didn't dance.

Earlier this morning a wonderful hymn was brought to my attention, The Lord of the Dance. The refrain goes, "Dance, dance wherever you may be. I am the Lord of the dance said he. I'll lead you all wherever you may be. I'll lead you all in the dance said he." I love that song. It's always spoken to me. "I will lead you in the dance said he."

There's something that lives within us that says, "If you'll listen and allow yourself to be led, I will lead you in the dance." It's there. We have lots of judgments, perceptions, insecurities and various limiting beliefs and delusions that often stand in the way of hearing the music and feeling

the vibration that is constant. Sometimes it really involves a willingness to be in the moment, a willingness to pause, to know who you are, to continue to go back to that, and it also takes one very important ingredient, courage. Sometimes it's courage that we need. The courage to get out on the dance floor and be who you are really are, who you've been called to be.

We all really want to dance. We all really want to love. We all really want to forgive. We all really want to live this truth. We want to laugh. We want to let go. We want to be who we really are and have been called to be. We want to go for it, but it takes courage. Sometimes we don't feel the courage coming.

John Izzo is an author who wrote about how he went to see his grandmother who was in bed having recently broken her hip. This was a woman fairly up in years who had endured The Great Depression, the death of her husband, the death of both parents and the emotional turmoil of all three of her daughters' divorces. John had flown from California to New York to inform his grandmother that her oldest daughter had just taken her life. He broke the news, and she said, "John, it takes a great deal of courage to live life." That was her response.

In one of his books, John said, "I have come to realize that it takes a great deal of courage to live one's whole life in the innocence of youth." Holding on to our ideals, moving on through the invisible hardships and disappointments, living one's convictions, to be a person of faith in a world where people become cynical and jaded and to believe that peace is possible when everyone else has given up. All these things take a great deal of courage."

Courage is a choice, everyday. Do we have the courage to be who we have been called to be? To step into that image and likeness of who we really are? Jesus said, "The things that I do, you can do also and even greater things than these if you just believe." That's the son-ship. There's always an element of what you must do. You have to believe it. You have to have the courage to get out on the dance floor, to go on, to go higher, to go forward, to affirm the ideals and to live from the ideals, to affirm life itself and strive to make a difference.

There is a way to live our lives that is geared to dancing the dance of life each and every day. There is a way, and it calls for willingness to listen for the music and to engage with this presence called God, and let the spirit lead, to continually go back to, "Show me the way, Lord. Show me the way."

We have to have the courage to stay on the dance floor, to stay open to the movement of energy, and to stay excited that's part of being a child. Life is to be a dance of joy, aliveness, excitement and enthusiasm. You have to persevere.

I love this story that comes from the late Norman Vincent Peale. It's a story about a woman who he and his wife Ruth met while hiking in the mountains in Switzerland. It was high-altitude hiking, and there was a camaraderie when you met somebody because you didn't run into many people. As they came upon this woman, she was hunched over a bit and walking with the aid of a sturdy cane. She had a man along with her, obviously a guide. She looked up from under this old-fashioned hat with these bright eyes, and instead of the normal German greeting, she said, "Bonjour Madame, bonjour." They replied, "Bonjour," not sounding too French. She went into a flurry of French and then Italian. They didn't understand Italian. She went to German and they didn't get much out of the German. Finally, the woman looked at them and said, "Well, you look like Americans, perhaps you can speak English?" They said, "Yes, madam. We talk English, American style."

In the conversation that ensued she informed them that she was 89 years old. Norman Vincent Peale looked at her and said, "Man, you are a wonderful woman. You speak fluently four different languages. Your mind is sharp. You don't wear glasses. You climb mountains at age 89, just how do you keep going so strongly like this?" Her reply was, "Oh, you see, I'm so excited about everything! The world is such a wonderful place. People are so interesting. In fact, I awaken every morning with as much excitement as when I was a young girl." Norman said, "Well if you were as excited then as you are now at 89, you must've been a ball of fire when you were young!" She said to him, "I am still young. Yes, this body is a bit warped in the back, but I'm quite strong and I'm quite healthy, but it is the spirit that makes the difference. I'm excited because my spirit lives in a perpetual state of excitement and enthusiasm." They watched her go up the trail and marveled at what is possible when the spirit is allowed to lead the way. This woman demonstrated living the dance of life to them.

I was reading about a documentary film that had been made some years ago by Public Broadcasting. It was looking into the question as to why some people make it to 100 years of age and most do not. They did all kinds of research and asked questions, "Was it what they ate? Was it in the beans or in the genes?" All these different questions and their conclusion was that good genes and healthy lifestyle can most definitely get a person to their 80s, but to go beyond that to get that extra 15-20 years was basically perseverance.

The study showed there is a persevering spirit within these individuals that shines. They described it as a willingness to move on in spite of disappointments, in spite of whatever life throws at them to reengage with life, to not leave the dance floor if you will, to continue to hear the music that is there.

Those who filmed this documentary were interviewing different people who were 100 years plus, and in the midst of interviewing one lady, she took a phone call. They watched her on the phone and you could tell it was something serious. When she hung up, she shared with them that her 80-year-old daughter had just passed on. The crew was very sympathetic and said they'll come back another day or finish another time. The lady paused for a bit and said, "No. You've come a long way, just give me a moment and we will go on." She paused for a bit, gathered herself and they went on. Here they were looking into the ability to live this lengthy state in life, and demonstrated right there was one aspect to longevity. It is this will to go on. Yes, things happen in life and despite the fact that life has difficult moments this lady demonstrated that she could go on. She wouldn't stop dancing. She wouldn't stop hearing the music. She was persevering.

The same God who placed the stars holds you in His arms. The same God that pipes us the music invites us to dance with the spirit leading. Jesus said to us, "Being spirit led is often times like being a little child." I don't know if you've had the occasion of being on an airplane and seeing a little child poking over the seat and looking back at the people behind. You just get enthralled with that.

There was a gentleman who told about an airplane he was on. He sat down and just listened to all the people around him who were grumpy and complaining on and on about their lives. He said it was just all around. Then there was a 20-month-old child in his mother's lap, trying to stand erect to look back at the people. At times you would just see his hairline, sometimes his forehead, then his eyes, and finally he got himself erect. He came up with this big smile for the world to see and that whole section of the plane was just transformed. The energy just shifted. They heard the music that was going through this child, and there was a dance that took over in that moment. In a single act, this little 20-month-old boy had an affect on at least five rows of people who were cynical and grumpy. He moved them to wonder and majesty. The point is that wherever we are and whatever we may be doing, we have the power to influence the people around us. We really do.

There was an elderly Anglican Bishop who was quoted toward the end of his life saying, "When I was young I wanted to change the world, but the world did not want to be changed so in discouragement I decided to change my community, but to my disappointment my community did not want to change. As I grew older I decided that perhaps at least I could change my family, but alas I could not. Finally, as a last resort, I decided to at least change myself and then I realized that had I begun by changing myself, my change might have influenced my family. My family might have influenced my community and my community might have begun to change the world."

Unity Church of Christianity
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Page 8

All change begins within our selves, and all contribution begins as a transformation of our own selves in consciousness. We've said that life is a dance and so decide that you want to go to the dance. You decided as a soul to be here at this moment in time on this planet to do your dance, now have the courage to step up and get out on the dance floor. Listen to the vibrations and frequencies of the Divine that wants to dance through you. Find the courage somewhere in you to be who you were created to be. Listen to the music of life. Get excited. Get enthused. Be willing to be led. Let the spirit lead you through the dance of life. Learn the wisdom waltz, the power polka and the righteous rumba, whatever they may be. The dance you dance will influence the people around you. God is your partner. Go be a light in the world. Shall we dance? God bless you.