



Unity Church of Christianity
Where to Look
June 12, 2011

Howard Caesar

So there was this minister, and one of his congregates was getting up there in years and a bit elderly. He hadn't been seeing him too often. He ran into him, and the preacher said, "You should be thinking about the hereafter." And the man said back to the preacher, "Well, I do, all the time. No matter where I am—whether it's in the parlor, upstairs, in the kitchen, in the basemen—I'm always asking myself, now, what am I here after?" Stop poking the people you came with.

Well, I'm going to tell you what you're here for—what you're here after. And what we're all here after is really a deepening experience of our oneness with God and really a deepening connection with the truth of our being. That means we're here to grow and to unfold and to transform and to rise higher into higher vibrations and frequencies that align with the truth and the love of God. So it's an experience. It's really moving from head to heart and having more of a heart-connected experience with the divine. All of us are in that process, and we are growing and unfolding. We accept every person exactly where they are in that progression of unfoldment. That's one of the things we emphasize here is acceptance. It doesn't matter what your past is, it

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doesn't matter what station in life you're in, how old or young you are or what your problems may seem to be at this point. On the inside, the truth of all of us is that we're children of God and that we are all moving through a process of growing and awakening spiritually, to the truth. So in that process, there is a purification and there's a perfecting that is going on that we have to give ourselves consciously to, of course. So, some of us don't always do that. Some go willingly and, as we like to say, some go kicking and screaming toward their good. But the good is what is trying to get you, truly. So one of the things that's important for us to know also is that we're not here in this world to judge one another; we're not here to take each other's inventory. We're not here to necessarily fix one another. We're here to support each other in becoming all that we're created to be, as children of God.

There's a passage that I've found and that I love. It's familiar to you also in Matthew. The passage talks about Jesus happened to be dining at some home or some establishment, and there were many tax collectors and sinners that came and sat down beside him and were eating with him. So when the Pharisees who were present saw this, they made an issue about this, and they made a point to tell the disciples by saying, "Why does your teacher eat with tax collectors and sinners?" And of course they said it loud enough for Jesus to hear, so the disciples didn't have to tell Jesus. Jesus just went ahead and responded. And he said to them, "Those who are well have no need of a physician, but those who are sick." And then he went on to say, "But go and learn what this means. Go and learn what it means to desire mercy and not sacrifice, for I did not come to call the righteous, but sinners."

So one of the things here that we want to get is that "sinners" means it's to miss the mark. We are all sinners, yes. We don't like that word. There's too much heaviness around that. We are all missing the mark, to some extent. It's referring to, "He came to heal the sick." We're all sick. In other words, we're not whole. We're not whole and complete in terms of the understanding and the living of truth. In a sense, it's just like the word recovery. There are people who are in recovery, and there are people who think they're not in recovery. I'm sorry; we're all in recovery. We're addicted not necessarily to a substance, but we're addicted to a habitual way of thinking, ideating, perceiving what we need to be healed of and move beyond. So they're all habits and habitual things that we're recovering from. Whether the conditioning was from a younger time in our life or however it was begun, it is there. So we're all moving towards wholeness. And of course Jesus said, "The eye is the lamp of the body, so if your eye be single—if your eye be sound—your whole body will be full of light." So he was talking about from the science standpoint, if your eye be single-minded on what is the truth of God, your whole body will be full of light; you'll just feel the energy and the frequency and the vitality of the divine moving through you, and that's an indication—that's a reading. That's partly why you were given a body, because your body actually feeds you information that tells you whether you are tracking on truth or tracking on separate egoic thoughts.

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So in all the scriptures, by the way, there is no one that Jesus denounced with greater severity than the Pharisees. If you read the Gospels, those were the ones that he really came down hard on. Why did he come down hard on the Pharisees? Well, one of the reasons was that they were hypocrites. They were making like they were doing it, and they weren't. They pretended to practice the law and religious laws, and they weren't. They came down heavy on everyone else, and they themselves weren't doing it. That was one reason. But a Pharisee really is one who observes the letter of the law and not the spirit. So Jesus was trying to get them out of their heads and more into their hearts. So they were lacking understanding. They were lacking a true understanding of the truth. You don't learn the truth with just your head; you have to have it become an experience. It has to be a heart connection where there is a feeling associated with an idea. If you experience ideas intellectually alone, it's not enough. You actually integrate it into your being and you can feel it. And when you feel it, if it's the truth, it begins to add to you becoming a body of light, as a result.

So the truth is we are all called, and we are all called to come up higher in our understanding of truth and in our living of truth. So as we go through life, as I say, we have been conditioned one way or another to be on the lookout for both the good and the bad. But growing up, we were told oftentimes to watch out and to look out—to watch out for this and to look out for that. So watch out for the cars when you're crossing the street. Look out for the dogs that might bite when you're going for a walk. Or watch out for lightening when you are hearing thunder. Look out for bad people that are out there in the world. It's a "watch out" and "look out." Everything directs you out. Even when we're speaking in terms of something good, we're always directed—seemingly overwhelmingly—conditioned to look outside of ourselves—to look out there for our good. So there are all these subtle conditionings, even with words that have us, in a subtle way, conditioned to look outside instead of to look up and to look in. That's where we're to be. Even in baseball terms, none of us want to be out. It's a bad thing. It's kind of like Donald Trump saying, "You're fired." "You're outta here," the umpire says. It doesn't feel good when you're out. Also, there are many sports that some of us have played which you don't want to be out of bounds. A lot of us live our lives out of bounds, which is outside of the boundaries of what is truly the truth of who we are. And as far out as we get out of bounds, the more difficult it is to actually get in the game as it's meant to be played—the game of life, if you will. So we're not here to learn to look out, we're here to learn to look up and to look in. We tend to become imprisoned simply by the habits that we have conditioned ourselves in terms of where we have tended to look—habitually looking out.

There's a story that has to do with an eagle that I came across, and actually it's not the From-a-Chicken-to-an-Eagle story, but this is quite familiar. This is a story about two boys who lived near the banks of a big river up in the northwest. The salmon would run at a particular time of the year. When the salmon are spawning there are all these eagles that come and gather in the treetops along the edges because there is so much food to go down and get. Well, the eagles

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actually start showing up a few days before the salmon start running. It's like instinctively they know.

So these two boys decided that they wanted to have an eagle for a pet; they were going to try and trap one. So first of all, they built a cage. They gathered some wood and some different things and made a cage. They had wire mesh put around it, and they created a trapdoor on the top where they were going to drop the eagle on in. A few days before the run of the salmon, they went and got a salmon and put it on the shoreline, and then they got in the bushes. They had a big net, so when an eagle came, they were actually able to throw the net over it and catch the eagle. And the eagle was screeching and screaming in unhappiness and just really struggling with this. They were able to somehow get the eagle and drop him down the trapdoor into this cage that they had. The eagle just continued to be angry. He just clung on this perch that they had and was just screaming at them. It was just angry and filled with this rage. So they thought they would be able to tame this bird. After about a week or 10 days, they got that all the bird really wanted to do was rip them apart, if it could get it's claws on them. They saw that he really wasn't eating or taking food and water. They were concerned for its well-being, so they decided to set it free. So while one of the boys distracted him on the side where he was always looking and raging at them, the other went to the top and lifted the trapdoor open. The eagle just continued to cling to the perch and scream his anger and his rage, screeching and hollering. It didn't look up to go out. They couldn't get him to go out. After several days, he was still in the cage and hadn't found his way out. So with no food and no water, the eagle actually, over time, weakened and died.

Now, the story is shared from the standpoint that there are times in our lives when we are like that eagle. We're like that eagle, living our lives in varying degrees of fear or anger or even rage. There are various stages in my life that I've learned certain beliefs that I've held, even though they're seemingly valid by the experience that I'm going through and what might be happening, that I have basically still imprisoned myself by virtue of clinging to whatever the story is that I have—the storyline that I have playing about what's in front of me. So when a person becomes willing to stop their story long enough to look up and to maybe think up and to reach up, then freedom is there and available. And it's been there all along.

So the eagle is obviously very fixated on his captors and fixated on the condition around him and didn't realize that he was free—he was free in that moment. There are times that you and I have to stop and we have to ask ourselves, “What am I so fixated on that has me in such a state that it's blocking my ability to see another option, to see a sense of a way toward feeling more peaceful, more happy, more pleasant?” What do I hold so tightly, just as this bird did to its perch and its condition, that we become imprisoned to an experience? What idea or perspective do we cling to very much like that, and we are just kind of stuck in our rage or our unhappiness about it and holding on so that we're not willing to let go? All the eagle had to do was just that, let go and stop clinging and to look up and then to move there.

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So, sometimes we all need to step back. We all do. I recognize this in myself too. We have to step back from certain ideas or issues that we have going on inside of us that are restricting us from being who we're really intended to be. The truth is we all create our own cage. Every cage that imprisons us, we've created it, we've had a hand in it, we've pounded some nails, symbolically, at least. And in every cage there is always an opening. There is an opening always there. We have to remember, however, that it's there, in order to find our way out.

So we have to recognize that we're all here to express the heart and mind of God, to be a conduit through which God might express more fully the truth and the love that is the nature and the character of God. That's the goal. We know that God is love, and therefore you and I—we—are in the midst of love all the time. We are in the midst of love all the time. Just stop and think about that. But I'm not always open to the experience. I'm not always open to being that. How about you? So, why am I not? Well, I'm caught up with what's in front of me. Sometimes, what's in front of me can even make me angry or irritable or take me away from who I really am, if I allow it to or if I integrate it in such a way that I create a storyline that I feel justified in being something else and want to strike back at the cage or whatever seems like, in my mind, put me there. So it's important for us to realize that there is an opening not only to love, but there's always, at that same moment, an opening to peace, an opening to joy, an opening to oneness and an opening to harmony. There's always that opening there, whatever it is that is God. If I want to stay open to the character of God, then I have to live with intentionality. I have to be conscious. I have to be intentional with my life. That's part of waking up spiritually. I am the one who chooses my thoughts and my words and my responses to all the stimuli that come my way in this life.

We know about the law of mind. We know that thoughts held in mind produce after their kind. Ernest Holmes has a wonderful statement. He says, "Everyone thinks, but few think about what they think about." There isn't that review there all the time. But we're getting better at that, aren't we? I think we are. Our subconscious mind is always recording. Our subconscious mind stores. And what we're told is that whatever becomes dominant to the subconscious mind, because thought is creative, eventually that pattern has to manifest something on the screen of our life—on the mirror, if you will. So a negative pattern played on and in us long enough in the subconscious will translate into a negative situation, a negative event, a manifestation of some sort. And then what happens is the negative manifestation will be there to simply reinforce the negative thought pattern that brought you to that experience to begin with. So it can potentially result in a vicious kind of a cycle. Some negative thought pattern, whatever it might be and in whatever area it might be—prosperity, it might be in our health, it might be in our relationships, it might be in creative activity of some area in our life—the condition that we have that we aren't learning, that we're being negative and limiting about, manifests and now we have whatever has manifest to deal with and it seems to be reinforcing what it is we already believe. So it's important, at some point, that we become conscious, that we become intentional, that we become an upward-moving individual in consciousness, aligned with truth. So we have to take the

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dominion that was given to us in our minds, stop the negative cycles, and begin to do that which is of a positive energy as opposed to the negative energy.

There is always that analogy about the mirror that is so used. A mirror reflects the image of our world and what we place in front of it. Well, in the mirror of life we see images not only of ourselves, but of our world, our situation. Behind the images—you look in the mirror and you see yourself. You look in the mirror of life and you see what's going on, but behind those images there is an intelligence, and you are the intelligence. Therefore, you as an intelligent being can choose to say, "That's me. That's my world. That's my reality. It's a small "r," but I'm going to move to the reality with the big "R." That is the truth of God. You see, I'm going to paint a different picture. This might be what is. I'll accept it, but, boy, I'm going to be creating in a different vein and in another whole dimension.

It's important for us to make a distinction, really, to realize what is cause and what is effect. We can get lost in the effects of life, and it's important to get back to what is the cause and be clear about that. It's not the mirror and what's on the mirror that is the cause. It's not the image. The first cause is the intelligence that's in us.

So the big question that we must ask is, as the chooser, how do you decide which image or thought are you going to place in front of the mirror? You may base your choice on what is already there, what the world is already feeding you, what the cage looks like that is being reflected to you. Or you may base your choice on spiritual truth, becoming spiritually centered in spirit. That's the big decision and choice that we have to make so many times that we don't make unless we are awake and aware and intentional. So when we reason in our minds on a decision, doing so only on the outpicturing of the world, it's very easy to develop negative thoughts of lack and limitation. Because there are things out there that, if you want to keep focusing on them, are of lack and limitation—that you can be unhappy about. So rather than look out, let's look up and let's look in. The goal is to love as God, to forgive as God, to speak as God, to think as God, and to see as God. We've been told that we're 3-dimensional beings—that we are a spiritual being and that we can live at the level of pure potentiality of the divine. We're a mental being where we get to choose ideas that are either based on God and truth, or they are based on fear, ego, separation, ignorance. Everything from the lowest to the highest is available to all of us at every moment of time, the same way the eagle had, at every moment in time, the opportunity to move out of that cage, move out of the prison and move forward. Of course, we're a physical being; we have a body too. Our day-to-day challenge, then, is being able to center ourselves in spirit and to balance ourselves with the integration of spirit into the mental and the physical nature of our beings.

I want to take you through, real rapidly, some steps to use if you have something that you are facing. Maybe it was last week, and these are steps you could have used. Maybe it's coming up. Here's a fast and furious way to approach it. Number one is to identify what it is that has you in

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angst, anger, upset, fear, worry, concern, whatever it is that's looming big—that kind of just stays with you. Identify what it is, write it down, classify it as to “this is in the realm of relationships for me right now” or prosperity and abundance or healing or self expression or whatever.

Secondly, describe to yourself the facts and be honest. In other words, the situation is not independent of you. Consciously or unconsciously, you helped to create this. Consciously or unconsciously, there is a part of you, as a soul, that wants to have to deal with this so that you can learn what is there to learn. So it's an effect, it's not a cause, that you're dealing with. You're looking at the effect, and the decision is it has no power over you except the power you're going to give it in that moment.

The third step is really to remove your focus of intention, to take away the energy from the condition, the circumstance, the manifestation and focus on cause. Basically, to first affirm cause, which is God; God is here, and God is all there is.

The fourth thing is to practice unity. That means to unite your consciousness with this one, true source that you just affirmed with, the source of God. Because God is, I am. I am one with God, the source of good. And the fifth thing is to tell yourself the truth. You've connected with God, you've accessed God. You tell the truth about the situation. You ask yourself, “What divine idea is wanting to be embraced in relation to this that is before me that I'm dealing with?” There is always a truth that we can embrace ourselves with. Be willing to see the positive replacing the negative somehow, and know within yourself that this challenge has appeared only to give you an opportunity to move through it and to learn.

The sixth thing is simply thanks and gratitude, having the realization that you are a spiritual being and that you have God and the forces of God that are on your side trying to assist and help you. Be grateful for that. Give thanks for the inner wisdom to be able to creatively respond to a situation or a condition or event that comes into your life. And lastly is simply to release it. The seventh step is release. Let go, let God. You've done your spiritual work. You've done your inner work. You have centered yourself in the true spiritual power. You have drawn and accessed that. You have declared specifically that which you would like to have happen and that which you'd like to visualize. You have done what you have known yourself to do and now you release it and let God do what you perhaps cannot.

We are all challenged to live in the world and try not to be of the world. Be in the world, but not of it, it is said. But we're all spiritual beings having a human experience, so while we're having that human experience we have to not forget what it is that is our spiritual heritage. Along the way, yes, we're having a human experience, but I am a spiritual being. Yes, it's human to be this or that and react. Okay, I've got to catch myself and return to who I really am. So when we know who and what we are, we can move through anything. It's very powerful to come from knowing

who and what you are—a living idea—a divine idea—that is wanting to be given life through you and has contained within it everything that is required to grow and flourish in this world. So when we feed ourselves an idea that is not of God and not of truth, basically, it drains us, it depletes us, it disempowers us. We can feel it. Hospitals and prisons are filled with people who have kept ideas alive that were not representative of who they were or the truth of God.

So a trained person is certainly far more effective than an untrained person—whatever it is to be trained in. A trained mind or a trained thought is simply going to be more powerful than one that is untrained. So in some ways we are all eagles that have forgotten to look up, and we become occupied with all the things that we're looking out for and watching out for. So let us not become fixated on those conditions. Let us be awake and aware and listen to this voice of the Holy Spirit that calls us to come up higher. Remember that in order to come up higher, we have to look up and we have to look in.

The trick is not to always focus on what you see, but on what you know can be. God bless you all.