



Unity Church of Christianity
THE FALL FROM FOCUS
JUNE 13, 2010

Howard Caesar

Well, here we are at Unity, and that means we're really here to enter into the energies of unity, and what we mean by that is that we value our unity with God. We value our unity with humanity. We value our unity with the earth, and we value our unity with all life. We value unity through love and oneness, because unity is oneness. Oneness is unity. They are one and the same, and oneness and love are really the unifying powers and energies of God that bind us together as one. It's a very, very important aspect of life.

We also provide a philosophy here and a path that is spiritual, not religious, that is love-based and not fear-based. We honor all paths to God because unity is about honoring all and honoring the God that is in all, and so there are universal truths that we are all sharing, and so we honor those universal truths as they're being lived in various pathways.

We also believe in making a positive difference in the world, and that in living in a oneness consciousness, we are led all the more in ways in which we can show up and make a difference in the world. We also believe that we are here to make a positive example and be a role model if we can, just as Jesus was an example, a way-shower, the model of being a light in the world. He was a teacher of love and unity and oneness.

Now, the enemy of oneness, if there is an enemy, is simply separation. That's the only enemy that we really have to deal with and overcome. Separation is the enemy, and separation is a state of mind that in various ways leads to suffering. When you feel apart from God in mind and emotion, you are in some degree an element of suffering. You have departed from peace and love and joy, and so we can feel it even in our bodies. Separation is a state of mind. It's a state of consciousness, or it's a frame of reference that separates a person from God, from truth, from good. It's really an illusion of separation because we at no moment are separate from God. At every moment, this life is flowing through us. At every moment, there is a presence, a spiritual presence, but we basically separate out from it. With it, there is a separation for the full experience of peace, love, and joy, which God is and life is meant to be and have.

I would say all of us here have a physical body that houses our spirit, and yet spiritually, each one of us is connected to a body, the same body, the body of life or the body of God life. You and I are all part of one body, if you will. Many of the masters and mystics and teachers—Paul talks about it in the New Testament, the idea of one body, and we're like cells in that body. Therefore, we are to be experiencing that sense and that level of oneness. From the Upanishads, the Hindu teachings, there is a statement which says, "He who sees all beings in his own self, and his own self in all beings loses all fear." It's a way of speaking of oneness. All the true paths talk about oneness.

Certainly, Jesus whole message was about oneness, and so we have this same life force that is streaming through us, and we draw upon this same life force which we call God. It can be no other way. It would be preposterous to think that one person over here is drawing upon one source of life and that another person over here or next to you or on the other side of the earth is somehow drawing from another source of life. It's one life. Okay, it is one divine intelligence. Others may look different. They may worship different. They may believe different. They may have different rituals or whatever, but they are of the same source of life, the same creator. They're all part of, and we're all part of that one body, creator of all life. God is in everyone, and God is in everything.

Unfortunately, many people do not see that. They're blind to that, and they've allowed other things really to get in the way of seeing the truth of God and the truth of this oneness. There are other things that distract us. There are things and ways in which we see our differences, as opposed to the elements that bring us together as one, but the Apostle Paul was very clear about what it is that we are talking about here, these things. He talked about a God that was over all. He talked about a God that was within everyone and within everything and about a God that was through everyone and through everything. In fact, you can go to Ephesians Chapter 4, verse 4 through 6, and you'll find Paul talking about this idea of oneness. He says there is one body and one spirit. There is one God and Father of all who is over all and through all and in all—all, all, all. I love that. That is a powerful statement.

That is a statement that you should read every morning to begin to go into this world, so that nothing takes you out of oneness and moves you further into separation and being apart from the energies that are naturally inherent to you as a spiritual being. There is one body and one spirit, one God, Father of all, over all, through all, in all. I love to say that. It is supercharged. It is good. It includes everyone and everything. The Bahá'u'lláh in the Baha'i faith, there is a statement that goes, "The earth is but one country, and mankind its citizens." Martin Luther King Jr., he said, "We must learn to live together as brothers and sisters or perish together as fools."

Anything that opposes this truth of oneness is separation, and separation is a form of blindness, blindness to spiritual truth and spiritual awareness. That is why any religion that really tells you that they are exclusively right and everyone else is wrong or going to hell is really not spiritually awake because what they are promoting is separation, and separation is not of God. What is to be promoted is bringing people together, not giving reasons to divide and separate, but giving reasons to come together, finding the similarities, honoring and acknowledging and respecting the choices that each person has on the path that they determine is feeding them spiritually—very important. God is about the principle of unity, uniting, oneness, and so beware of those who maybe say they are the way or the only way from others, exclusive from others or against others and others' paths, because the spirit of oneness would want to always bless other paths, be respectful. If you are confronted with that, love them anyway.

What is it that stands between the experience of oneness and the experience of separation? What is it that stands between those two? A thought, just a thought, a thought that lives from a belief. There are thoughts and beliefs that promote and uphold oneness, and there are thoughts and beliefs that promote and uphold separation. When one is in separation, you will always know that it carries with it the energies of fear. Those who want to tell you you're wrong or move or shift you will always try and motivate you through fear—you see—and fear is always a separating kind of energy. It should always be love that brings you into what it is that you are going to embrace. Sometimes the fear can be not being right, not being of the right tribe or the fear of not making it to heaven or whatever it is that can be thrown at you.

Many of our thoughts originate in our head. We either live in our head or live in our heart or it's hopefully a combination of both, but the head is where we store our knowledge and information. Usually that has come from outside of us, from voices outside of us, and so our head carries the knowledge and the information that we've been oftentimes conditioned to by this world in which we live. In our heads we can convince ourselves sometimes that we know all about something. We've read this book, and we've heard this speaker or known this authority, and somehow now we're an authority and we know it is the absolute truth, and we have the final word, and we know all about it. Some people can live in their head and assume they know all of these things about God, about life, about living, and some can even be somewhat arrogant about it. Love them anyway, okay.

Some can say, “I know and you don’t,” and that can be a dangerous thing. Religion might say that, but spirituality would never say that, you see. Let’s find our similarities. The energies of spirituality are always we are all one. The energies of religion sometimes promote differences, exclusivity, someone having to be right, someone having to be wrong, the energies of separation, and you have to know it when you see it, so that you become an energy always uniting, bringing together in oneness, loving, and blessing.

There are said to be the haves and the have-nots. I have the truth, and you don’t have the truth. That is a thought of separation again. The thought of oneness just accepts everyone where they are. It’s a different kind of an energy, and it’s a recognition that everybody is in really a process of spiritual awakening and awareness and growth. If anyone thinks that they have all the answers at this moment in time, or that they have the way, they need to ask again. They haven’t been asking the right questions because there is always the next step to go deeper, and we are always continuing to awaken to the next dimension and the next depth, once we have begun to truly understand and learn and put into action the principles as we have come to learn to understand them.

Instead of the haves and the have-nots, there should be the aware and the aware-nots. Spiritual growth is a progression into ever-expanding awareness. It’s an evolution of consciousness. When a person thinks that they know it all, it basically indicates how far they have to go. We gradually awaken to the truth, as we willingly stay in the question. An important question to stay in is, “Who am I? Who am I? Who am I in this moment? Who am I in this moment? Who am I in that moment? Who am I in the next moment? Who am I? Who am I? and what are you identifying with?” If the answers that you get create or give a condition that leads to a feeling of feeling separate or apart from others or from life or apart from feeling joy and peace and love, then you need to stay in the question or you need to go deeper.

Anything that makes you feel and gives you a feeling of being apart from others, separate and where the energies within you are void of love, void of peace, void of joy. There is something there in terms of separation that you have embraced, and that is what healing and transformation is about. It is releasing that and going back to embracing the truths and the ideas that are of oneness, oneness with God, oneness with a truth and empowers and livens. You look with new eyes and see a sense of oneness with all life that exists. That is where it can go.

Now, there is a thought or a belief that can be of the head where we go and we have stored the information and the knowledge about things that we think we know about, but then there is also the heart. The heart is very important. The heart is actually where we get information we know nothing about. We just know. We just know somehow from the core of our being. Our spiritual essence just resonates with something that knows that it knows, you see. It’s a trusting. Jesus said, “Keep your heart with all diligence, for out of it are the issues of life.” Keep your heart.

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The Fall From Focus

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Don't lose track of your heart. Don't get lost in your head. You'll have problems. You'll move into separation. Your head can take you out of the heart, can take out of the energies of life and truth. The heart knows unity. The heart knows oneness. The heart knows love, and the energies of separation simply cannot come from a pure heart.

A hardened heart is simply a heart that is walled off by the head, by the thoughts and the beliefs and the opinions of a lock in the head separate from the heart. In our heads we typically are focused on the problem. Isn't it true that we're always totally in our head usually when we're all caught up in the problem, and we're in fear when we're in our heads? We're in our heads when we have a problem and someone to blame. We tend to be in our heads when we are battling with what is? What is in front of us? In our hearts is where we carry our dreams and our visions and what is possible with God. That's where you connect with something that feeds you and energizes you and is in alignment.

I want to talk to a little bit about politics. Uh-oh, yeah. Isn't that the truth? That's a scary topic. I know. It's a place that has tremendous potential for separation, you realize. You can make an enemy out of a friend real fast in that realm, but this doesn't matter what party you are of or if you're of no party. It doesn't matter. It's just an example I want to use, an observation. Politics is a great example of I think where people often can get conditioned to go to their heads and separate from their heart. At least it appears that way in much of it. Politics appears to be a game of separation. At least it has become more of that. A person gets elected, and then the game begins. Let's look for everything they do wrong and blame that. That becomes a game, so where is the focus? It is on what is wrong and who to blame. That's all about separation. It's all in the head.

If it was of the heart, then it would be a focus of helping whoever was in a position of leadership wherever succeed, helping them succeed, because we are one body and really we are one people. We're not talking about trashing our country here, that our country doesn't work or isn't good. It's a wonderful country, but we're talking about politics in the current way that some parts of it operate. Most everyone who is unhappy with our political system is unhappy with it, whether they realize it or not, consciously or unconsciously, is because it has lost heart. It has lost a lot of heart. It has lost the energies of oneness that binds us together. It is lost in the head, where the tendency is to stay in the problem, to define the problem, to focus on the problem. It is void oftentimes, too often of the inspiration, of being in God or in oneness.

What is one of the spiritual goals then of life? One of the spiritual goals of life really is to learn to see God or the pure essence of the Divine in everyone and everything. Not to see the worst in everyone and everything. Think about stress. Every one of us has stress in our lives to some degree, sometimes more, sometimes less. Stress is there not because of the world, but because we have learned how to create stress. We've been conditioned to create stress in ourselves. We've learned really well how to separate on out into stress and how to go to our heads, and how

to get upset, as opposed to learning consistently how to maintain peace and what it is that conditions peace.

What is more important, knowledge or attitude? Knowledge or attitude? I hope you would say attitude because a healthy attitude has oneness in it. A healthy attitude has heart in it, and we've been conditioned quite often to put knowledge ahead of attitude, or head before heart, and separation before oneness. We've been conditioned to focus on what is wrong and who is to blame. That is where we go, what is bad, what is not good. It was the wonderful poet Rumi who said, "Out beyond ideas of right and wrong there is a field. Meet me there." That's what the world needs to do. Out beyond ideas of right and wrong and blame, there is a field. Meet me there. In that field oneness lives, oneness lives. When something works in our life or it works in the world or something is really going well, does anyone ask the question, "What is causing this to go so well?" and "Whatever is it, let's do more of it."

I heard a speaker this past week. He's a consultant, an author. He works with companies and organizations. He said, "A meeting can be going along with enthusiasm, aliveness and creativity, and then someone craps in the space and does so by asking, 'What's the problem here? What is wrong?'" The question he says to ask is, "What do we want? What do we want? What do I want?" I know that was crude what he said, but I have to be true to the quote. Anyway, the point is that the question to ask is not, "What is the problem?" not what is wrong and who can we blame. Not what is wrong and what is the problem so we can go deeper into analyzing the problem and dissecting the problem and further into our head.

All the creative life-giving energies are in the question, "What do I want? What do we want?" God does not ask you, "What is the problem?" okay, and "Who should we blame?" God asks the question, "What do you want? Will you just tell me, what do you want, so what is your intention? Where and toward what do you want me to help you, to guide you? Give me a hint. Give me a picture in your mind. That's why I gave you imagination. Give me a vision of what you would like it to be and make them of what you do want because God will add, if you're listening. You must know and understand that whatever pictures you form in your mind is what I, God, or the laws of life must give you because it is the law. Wherever attention goes, energy flows, even your science is backing me up, God says. What gets your attention gets you, and so we have a tremendous ability to create. To create what? To create what we focus on, and so check out your what? What are you focusing on?

Adam and Eve is a wonderful story in the Bible I like to go to. It's an allegory and a metaphor really, and sometimes we think we know all about that. There are those who want to take it totally literally, and there are aspects of the Bible to be taken literally, and others are allegorical and metaphorical. Some believe that Adam and Eve were the first two only people on the earth God created—and that's okay—that they had no contemporaries, that the two of them had two sons, Cain and Abel. Cain slew Abel. Now, what do we have left? Just Cain, right? All right, so

what we're told later in the Bible is that Cain went to the land of Nod, and he laid with his wife and had a son named Enoch and began building a city. Now, if Adam and Eve were the only two people, where did the wife to Cain come from? Anyway, that's a good question.

There are a lot of metaphors in the Bible, like trees. We know of fig trees and olive trees and apple trees and lots of trees, but have you ever encountered a tree of the knowledge of good and evil? No, so it's a metaphor. It was created as a story to answer some questions, and the question here is—it is to depict a before and an after. It is before you ate of that tree and after you ate of the tree, and what was the experience? What was the condition of life before and after? You see, before it was perfect. It was great. You had all of your needs. It had oneness with God and oneness with good. It was fully heart connected. It was fully in the state of oneness. It was what Jesus called the single eye, single focus

Then the after is where separation is born. We now have duality. Now, instead of having just good, we have less than good which has been labeled evil. Now you have two, good absolute pure oneness with God, and then something that we label that has to reflect separation, which is less than good. Choice is now incredibly important the rest of your way. In the story, God tells Adam that if he eats of the tree of the knowledge of good and evil, he will surely die. Well, he didn't die. He lived another 900 years, and so what did that mean? Symbolically, it was a spiritual death. It was a spiritual death of a state of oneness, which was his true heritage, the perception and experience of oneness. It depicts what happens in all of us, and there's a path to go back.

Also in that story, you have the voice of ego born. It is the voice of me versus we. The voice of ego is always in our head, not in our heart. It is always about me, me, me, whereas the heart is about we. It's always a note. The ego is the serpent of separation. Listening to the serpent leads to the fall. What is the fall? The fall is a fall in focus. That's it. The fall is your fall in focus. It is a focus on anything that separates you from the truth of God, your oneness with humanity, all life, and that's what it is.

We are here to uphold God good for all, a God who is Father of all, over all, through all, and in all. We are either living in the question of what do I want, or we're living in yesterday's answers that separate us. The question is not, "Why does this always happen to me?" Where is the focus? The focus is on the this that always happens to me. It doesn't sound too good. The focus needs to be, "What do I want?" Our only fall is a fall from focus. The serpent of separation lives in our heads, but God and oneness is of the heart, and so the heart is where God lives. The question perhaps for you today and me is won't you keep your heart with all diligence? God bless you.