



Unity Church of Christianity
Co-Creating with God
July 18, 2010

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So this is the first day of our series Co-Creating with God. It's a three-part series, and we'll also be covering Co-Creating a Life of Prosperity and Co-Creating a Life of Healthy Relationships. Today it's Co-Creating a Life of Healing.

So as we begin into the whole idea and the concept of healing, I think it's important that we all agree with the idea, fully and completely, that we are all creators. Every one of us is a creator. If you're a thinking being, you are a creator. We're powerful creators, and every thought is a creation, every thought carries an energy—that's nothing new—and that a thought grows in its power and its magnitude and in its expanse to the extent that we add feeling and emotion and passion. If you want to be really creative and if you really want to be powerfully creative, add to the thought, to the idea, to the goal, to the dream—to whatever—feeling and emotion and passion. An embarrassing thought can cause a person to turn red in the face—just a thought. So you know that a thought has the power to actually move through your whole body. If I were to tell you or allow me to have you think of my hand scraping across the blackboard right now, how does that feel? Just a thought. Allow me to have you imagine that you have a piece of corn on the cob and it's splattered with butter and it's got all kinds of salt on it. Now you bite into it. It's juicy, it's salty, it's buttery. Oh. Just a thought. Your mouth is watering—those of you who really got into that. Thoughts create feelings and emotions that are felt in the body, and so every thought carries a vibration. Vibration has variety of quality. We can have thoughts and ideas and beliefs that carry harmony and ease—things like love and peace and joy and the sense of oneness. And then there are other thoughts that carry disharmony or dis-ease—things like fear and hatred and jealousy and separation and those kinds of things. So all things carry a vibration and a frequency, and the frequency that we carry, therefore, is always broadcasting. It's broadcasting out into the world, it's broadcasting on into our relationships. Any room that we're in, we're adding our energy, we're broadcasting to our body, and those energies and frequencies are happening. It has an effect on the kind of life that you and I are creating and the reality that we are creating for ourselves individually. And then also the vibrations of all go into the collective consciousness of humanity as well for good or bad, for health or ill health.

And so we have to begin to look at our world as a mirror. The three-dimensional world is there to help and assist us. It's to give us feedback, if you will, as to how we're doing, where we are in consciousness, how it is we're progressing. It's a measuring stick of how we're doing, a readout of what it is that maybe we need to change or what it is that we need to learn or what it is that we need to awaken to that we're totally asleep about. Jesus said, "You shall know the truth, and the truth shall set you free." "You shall know the truth, and the truth shall set you free." And when you are not feeling free and you recognize that, then you have to know that you are not knowing the truth; you're knowing something other than God's truth. And so you need to adjust, you need to alter, you have to change and make a shift there.

So we are all in need of healing. That's the important thing. It's not like some of you in here need healing and some of you don't. We are all in need of healing in our consciousness. That's

part of life. There are things that are continuing to allow us to grow in awakening to be more of an awakened being, more of the pure energy of the divine, and there are things that we have learned that stand in the way, and so we have to grow in consciousness. Healing needs may often be thought of as just simply something having to do with the body, having to do with illness or disease or a physical ailment. But the ultimate meaning of healing has to do with the totality of the person, the totality of you—your whole makeup, all your thoughts and all your feelings and all your deeds and all of your beliefs and the ideas and the makeup of your full consciousness. It's just not what you're physically manifesting. There are healing needs in relationships, there are healing needs in ideas and beliefs you have around money, healing of all kinds of things that are dimensions of this life. So again, all of those things have to come into vibrating in the alignment of truth that sets you free. And so in the deepest sense, healing is the restoration of wholeness in mind and heart. That's it. Basically, it's the restoration of the idea of wholeness and a wholeness of the truth in your mind and in your heart. That's where it takes place. It's an inside thing. All healing takes place within. And being a co-creator with God means simply creating a partnership with the divine, making that the most important and the most powerful aspect of your life. It is hungering and thirsting after that partnership and realizing it because that's what you're here for. But we get distracted by all the pulls and tugs externally and all the ways we measure ourselves. But ultimately in the bottom line, you're here for partnership and deepening that partnership and building that into your consciousness. We've all been given this gift of life, the breath of life, and we've been given the free will to create in it. And so vibrationally, we can go one of two directions with that free will. We can go higher or we can go lower vibrationally, or we can go with God or without God. It's like if God were to ask you the question, "What is it that you want to do? Do you want to do this thing called life with me or without me?" We have to ask ourselves, "Do I want to do this life with God or without God?" And there's always that kind of pull and tug and inner conflict where sometimes we forget to access this higher intelligence and wisdom and presence and power and energy and life and to acknowledge it. And out of acknowledging it, we draw upon the strength because we're actually vibrationally and in frequency being lifted and vibrating at a whole other level, to speak of it in those terms.

We have to remember to be in harmony with the divine and to be in harmony with the spiritual laws and principles that we have come to learn and to apply them. That's what sets us free. And to go it alone is basically where we experience elements of pain and suffering and separation and confusion and internal conflict and what have you. It's usually the product. Something needs to alter or change here. That's the feedback, that's the mirror or life. So everything hinges on our all-out pursuit to include the divine, to partner with the divine, to co-create our reality with the divine, to ask God for help, to develop that kind of a relationship where we invoke and invite and ask in the all-knowing mind of God to assist us in whatever the endeavor may be, to help us learn in terms of understanding of what changes need to be made in mind and heart where we currently stand in our level of unfoldment where we are. And so we have to understand that only God can heal us. Only God can heal us from within. God asks but one thing of you in life: That

you be true to him. You know that truth, and you will be set free. You seek to be true to the truth of that one presence. That's it. It's loyalty. It's loyalty to that presence and power which may then call you toward reconstructing your whole perspective on life and your relation to it.

We're all threefold beings. Threefold beings means we're spirit, mind, and body. Spirit, mind and body. That's what we're really made of. And so the spirit of us is that part that God has created. It's perfect. It's the I AM, where Jesus was able to say, "I am the way, the truth, and the life." It's the essence of God is the spirit and it's beyond form. It's eternal. It's the eternal aspect of you. It's that which moves on after you lay down this physical form. The mind is the part of you that is pivotal. It can either go toward God, or it can go away from God—however you wish to direct your mind at all times in the choices you're making. It can go toward oneness, or it can go toward separation. It can go toward love, or it can go toward fear. It can go toward the truth or toward false, erroneous perceptions. Or it can go toward the good or toward the bad, toward the light or toward the dark. You basically have those choices all the time. That's the direction. The mind is pivotal. Now, the mind is also synonymous with soul, so you could also say you're a threefold being—spirit, soul, and body—so that the mind basically determines where you are in consciousness. How much of your mind is surrendering to the all-knowing mind of God, and how much of your mind is going it alone, creating all kinds of stories of how it is but really isn't? So where you are in your progress in growth basically has to do with that dynamic of how much of the spirit and how much of the mind of spirit have you incorporated—this divine intelligence? So when we say, "Oh, what a beautiful soul that person is," what we're really saying is that person is basically carrying a beautiful consciousness that reflects so much of the divine that energetically, vibrationally, the frequencies that are coming off from this person that we're feeling, that are being emitted, we can sense and feel they are radiant. There is something pure. We can sense that, and that's really what is going on. And that's what we're all trying to strive toward, of course. We talked about the spirit, we talked about the mind or the soul, and we're talking about now the body. And the body is the out-picturing of the soul. Health and wholeness is our natural state. That's what God has given. That's all that God creates. God's will is only good. God's perfect idea of you is wholeness. But we experience conditions of less than health and wholeness because we have the capacity to separate in consciousness from the perfect idea of wholeness, to separate in consciousness from the pure flow of God's life and intelligence. We can obstruct it, we can clog the pipeline, we can drop in vibration, we can dwell and create stories that depress us, we can fixate ourselves on conditions that take us away from strength and the energies of God. So the life and the intelligence of God is throughout our bodies. We know that. It is estimated that every body has something like 50 trillion cells, and each cell has an inner intelligence that knows what to do, what its assignment is, what its task is. And it's said that even the liver cells alone have some 500 functions. Just think of that. And then you think of all the other organs and the different functions that they have and the number of activities that are all being coordinated all at one time, even as you're sitting here right now. It's impossible to fathom all of the wisdom and the intelligence of this life energy that is operating inside of you right now without you having to tell

it one thing. It's very powerful. You are a temple of the living God. And so it knows how to heal a cut finger, and it knows how to heal an internal damage of some sort. Blood cells rush to the site where damage is. It knows what to do. You carry within you the best pharmacy you could ever find. It produces painkillers and tranquilizers and antibiotics and anything that drug companies would like to duplicate but can't to the extent that the body does it much better, the dosage is always correct, it's on time, has no side effects unless we interfere with it in consciousness and get stressed and get into dis-ease within ourselves over an extended period of time. So we know there is a mind-body connection, and that can't be denied. And we can create states of mind that are reflective of fear and stress and separation and resentment, jealousy—all these different things which are not the truth of God, and these are what alter our vibrations of wholeness and interfere with a natural, harmonious state of wellness that is intended to be there. And so symptoms then develop, and we may develop some kind of a symptom or a health challenge is created. You can define it, perhaps. But whatever is created, it's created not by God; it is created by us operating in some degree of separation from the truth of the idea of health and ease and harmony.

So there are three ways to look at that. You can look at how horrible it is, or you can look at it as the universe is trying to help you. You're in a three-dimensional world that's trying to mirror back information to you. So certain conditions come along, and we all have need of healing, whether it be psychological or it's manifested physiologically or whatever. But basically, you can either see it as an opportunity for change—"Trying to tell me something here"—or you can see it as a sign or a signal that you need to take some new positive action—you're going toward lower vibrations and you need to turn it around. Or you can see this as simply the need to change your whole focus in some area of life and to have an internal dialogue of what it is that is so upsetting you on a consistent basis, what is the internal conflict. Ill health is not to be seen as punishment in any way. By ourselves, and certainly not by God, we have really created it. It happens. And to condemn ourselves really only makes things worse because it takes us even further into a lesser vibration. And so we know that we are impacted all the time and we can move vibrationally. There are times where we feel so happy and so forth, and basically, all it means is you're attune to and focused on those things that feed energy and other times we deplete it and vibrate a whole lot lower.

Norman Shealy, who is a former surgeon, cites an interesting example I think that reflects this. He was working with a 60-year-old woman who was very, very depressed. She was a widow. She had a five-year history of severe rheumatoid arthritis. It had failed to respond to the treatment of aspirin, cortisone, gold shots. Her bone marrow was becoming depressed. Anyway, he proposed that she go on a six-month kind of program and that it would take 12 days at his place to be able to be taught and instructed all that she would have to be doing in all the different realms of her life to bring about change and healing. This lady was not a happy person. She came, attended, and after ten days she went away angry because in her measurement, she wasn't getting enough results. So three weeks later, she nearly died from a bleeding peptic ulcer, which

was real proof of the fact that she was suffering from internal stresses of some kind that she wasn't dealing with, and two-thirds of her stomach had to be removed. Three months after that, all her arthritis and ulcer symptoms disappeared—gone—when she suddenly found a new lover and eloped with the guy. Now, that's not telling you to go find somebody to fall in love with. What it is telling you is the power of love. Vibrationally, it moved her right out of the circumstances, altered her conditions. And I share that with you to only say what you need to go find is not a lover but to go find the love in your heart really and love yourself and love life and love everything around you, that that vibration is a very healing vibration.

The body is said to be God's temple, and it is. You are the temple of the living God, and the spirit of God is in you. Its divine intelligence is in you. You can interfere with it, you can darken the temple at times through various things of unforgiveness and resentment and what have you, but Jesus referred to the body as the temple as well. You remember the passage where he says, "Destroy this temple, and in three days I will raise it up." And some of them didn't know what he was talking about and thought it was the outer temple in Jerusalem or something. And then in the same passage that you find in the gospel of John, it states, "But he spoke to them of the temple of the body." So even the writer was being clear about that. So the body is an instrument of God realization. There are things from the East that we have learned. There are the seven chakras, and our energy centers and life force can actually move in and through these energy centers. And there's the kundalini, and when you meditate and go deep, you can feel these energies moving and these centers opening up. That is a true, real reality that happens. And so we can participate in the healing of ourselves and others, but it's important to know that we do not heal. We do not heal ourselves, and we do not heal another. We cooperate. We are cooperating, and we are letting this healing take place within us as the divine intelligence moves.

So there is only one healing power, and that is what we want to know. There are agents of healing, of course, whether it be a surgeon, a chiropractor, a dentist, a pill, a prayer. All of those things are agents, but there is one really healing power that is God. And so Jesus said even, "I of my own self can do nothing." He was saying, "I can't do this." And another time he said in the healing dynamic, "Your faith has made you whole." Quite often we have more faith in the condition that we may be facing than in the activity of the divine to heal us. That's fairly common. In the story of Adam and Eve found in Genesis, if you read in Chapter 2, Adam is given the capacity to name everything in his world, and whatever he named a thing, that is what it became. And biblically, what that is saying is it's symbolic of the idea that whatever the experience or condition of our life will be for us, it basically comes down to what we name it, how we describe it, how we regard it, what we're saying about it. Name a thing and it shall be that for you. And we are all doing that throughout our life. We create a certain state of mind around whatever it is that comes to us, including challenges of all kinds in our life. So life is consciousness, and the law is that the body out-pictures that consciousness of the individual. People have aches and pains, and yes, people die. Conditions in the body may take them, and it may be their time. Death is not a failure. In fact, even death can have a healing quality, you

have to realize too. But as we grow old and the different stresses of the body have mounted up, don't rationalize the discomforts that are there. Move more deeply into drawing vibrationally the activity of this wisdom and intelligence to bring its comfort and ease there because it is your natural state. And as you open to it, it will deliver as you put your faith in it. Deepen your partnership. The solution is always to restore the mind to the consciousness of God life in you. Prayer is one of the ways to do that, of course. Jesus said, "For everyone who asks receives, and whoever seeks shall find, and whoever knocks at the door it shall be opened unto them," that basically, you have to do something and be in pursuit. He also said, "And whatever you ask in prayer you will receive if you have faith." So there's something that you have to step into. So prayer in its purest form is really a conscious union with God. It is deepening a relationship with the divine, it's opening up to it, and it's a faith that never wavers. It's being positive, it's being affirmative, it's being declaring of the truth and aligning with that, it's rising up out of the vibrations of aligning or attachment to conditions and embracing what is possible in you and becoming a co-creator with the divine, allowing it to move through you. It is aiming the arrow of intent on the target of health or wholeness and keeping it there. You have your ups, you have your downs, but keeping the arrow of intent on the target, the result that you want, no matter what. It's rising out of every inharmonious thought and establishing this peace and presence of the divine, it's affirming that the light of God floods my whole being with the light of understanding that moves me forward—all of this. Never forget that God heals. Life is consciousness. We must do our part in it, and the big thing is that we are to let God move through us.

There's a beautiful piece of writing by James Dillet Freeman, who was a wonderful Unity author. He's no longer with us. He has passed on some years back, but he was like the sage of Unity, and he had a beautiful writing called *Let Healing Through*. I'm going to read this to you as closing. It's very powerful. You need to listen to it. It's so rich. It goes like this: "There is a healing power. It works for us, but no one can make it work. To get it to work for us, we can do everything in thought and word and act that we know to think and say and do. We can do the physical things we need to do, we can think the thoughts we need to think, but we cannot make healing happen. Only God heals. The life force heals. The healing principle heals. God heals. Healing is a creative act. Only creative love and intelligence can make a creative act happen. Can you make a poem happen? Can you make a sunset happen? Healing comes from the unseen into the seen. Healing comes from the unconscious into the conscious. Healing comes from the within into the without. Healing comes from the spiritual into the physical. Healing always comes this way, no matter how many doctors, medicines, and surgical procedures are used, no matter how many special diets and exercises are used, no matter how many amulets and incantations are used, no matter how many psychiatrists, diagnostic tests, and psychoanalyses are used, no matter how many affirmations, denials, counselors, and healers are used. The healing of the simplest scratch and the deepest malignancy comes this way. God heals. No one can heal himself or another. He can only think, say, and do things that let the healing force heal, that let God heal. Healing is a creative act. It's like writing a poem. It's like the germination of a seed.

It's like the birth of a child. We fulfill the conditions necessary to the writing or the germination or the birth, then we let. We let the invisible forces of creation bring forth. Healing is a river that flows from the heart of God through the heart of man, from the heart of life through the heart of every living creature. Thence it flows forth in the visible expression. It cannot be made to flow, but it can be let flow. What stands in the way must be removed. Hatred stands in the way. Fear stands in the way. Disappointment stands in the way. Feeling frustrated stands in the way. Feeling inadequate stands in the way. Feeling unworthy stands in the way. Self stands in the way. Resentment, jealousy, suspicion, lack of faith in life, lack of joy in living—these stand in the way. Dis-ease is just that. Love lets healing through. Faith lets healing through. Turning disappointment into God pointing lets healing through. Meeting frustration with trust expectation lets healing through. Feeling God's love in your heart lets healing through. Feeling God approves of you lets healing through. Selflessness lets healing through. Faith in life and joy in living—these are the essence of a healthy mind and body.”

Beautiful writing. Power-packed message of mountainous truth. I say to you only, “Go to health. Go to health.”