



Unity Church of Christianity  
Co-Creating with God  
August 1, 2010

**Howard Caesar**

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So today, we are in our three-part series on co-creating with God. We've already covered the topics of co-creating a life of healing, co-creating with God a life of prosperity, and today our topic is co-creating a life of healthy relationships. Healthy relationships—there's a lot to cover in relationships, as you know. Hopefully, we'll be able to focus in on some things that can really be helpful and meaningful. All along in this series, we have said that we are creative beings, that essentially we get to contribute to our life through the various creative processes by which we are thinking beings. We have ideas and beliefs and perspectives and attitudes and all of these things. All of those carry energy and a vibration, for good or ill, depending on how close or how far removed we are from the truth of God. We are co-creators with God if we want to be. Through this series we've said that we either do it with God or we do it without God—that is essentially a choice. That's what is separation and living from ego versus coming from a conscious co-creative oneness with the Divine, knowing that you're in a partnership and looking for ways to build into your consciousness in everything you do and in all areas and aspects of your life a sense of partnership. Inviting, invoking, asking, and feeling connected can be a very, very powerful thing as you consistently move in that direction. We can align with God, truth, spiritual laws and principles, and one with our co-creator or we can go it alone and be as what one might call prodigal.

Healthy relationships are a powerful thing. We are learning all the time in our relationships. They are a great classroom. Ministers get to have the honor of bringing people together in a sacred ceremony called marriage, and a minister really takes that seriously. There is a story about a first-time-out-of-seminary pastor that had never done a wedding, and he had his first wedding coming up, and he was very nervous. He was just really worried sick. He got some advice from an elderly pastor. He said to him, "If you lose your place in the ceremony book and you forget what your lines are, just start quoting scriptures until you finally find your place again." So the wedding day came up, and he was doing the wedding ceremony and, sure enough, he forgot where he was in the ritual. Unfortunately, the verse that he thought to say from scripture was, "Father, forgive them for they know not what they do." (laughter) It was not the one—anyway, things happen.

I want you all to be clear that Jesus was a teacher. Jesus taught, and through his ministry, nothing could be as important as relationships. He taught a relationship with God, a relationship with yourself, and then out of that it spills over into a relationship with all others, that was, essentially, very, very important. When he was getting ready to leave this earth and had completed his mission, he said to his disciples and those who were there, "And I will ask the Father, and he will give you another counselor," or consoler—counselor, consoler—"to abide with you forever, the spirit of truth. And you will know him for he lives with you and will be in you and will teach you all things and will remind you of everything I have said to you." In this spirit of truth, we have to realize that the spirit of truth, this counselor, we have to have in us. Whether you call it the voice of intuition, the still, small voice of the spirit, you have a counselor that is always there—the spirit of truth that will take you into all truth. It's there to teach us, to awaken us. It's there to set

us free from all areas of life that imprison us and run us through our own pain and suffering, and this includes in the area of relationships as well.

We are here to learn, and we are here to evolve spiritually—to expand and broaden. To take on the nature of God and the truth of God, and the truth and the nature of God is love. The truth and the nature of God is love. We are here to learn love, and relationships become our classroom. So much opportunity is there within the context of relationships. Jesus talked about the greatest commandment being love the Lord your God and your neighbor as yourself, as we said. He said to love your enemies. He said that we were to forgive and learn to forgive. He taught reconciliation with your adversaries. He taught that we were not to judge others unless we wanted to be judged ourselves. He told us to remove the beam that is in our eyes so that we can see the speck in our brother's eye. He told us that we would make mistakes and that he who among us thinks he hasn't made a mistake throw the first stone. He taught pardoning of offenses. He taught one to be unselfish, and he taught charity and giving and to walk—when you're asked to go a mile, go two. He taught the good Samaritan. Do unto others as you would have them do unto you. On and on and on—do you see how all of that relates to your relationship with others? Whether it's a significant other or even a stranger, the opportunity to learn and to show up and to be coming from a state of consciousness that is attuned to the oneness and the love-nature of the Divine. We have come to earth to love one another, and that is the highest and purest vibration that you can conceivably be in. Because if you're in the vibration of love, you are actually in God and God is moving through you. There is not a more fantastic vibration to feel moving through you than that which we have come to label love. Love and oneness are synonymous, actually. But Jesus talked about—in the Sermon on the Mount, the beginning of it—all the beatitudes, and one of the beatitudes was, “Blessed are the pure in heart for they shall see God.” Blessed are the pure in heart for they shall see God. They shall see God everywhere and in everyone and in everything. Love is what reminds us of our connection to the Divine. Love feels like we've gone home. We are actually seeing with the eyes of love, with the eyes of God, because God is love and love is God. To become pure in heart, we must purify—enter into the purification process of our own consciousness, purifying all that would hurt or harm or hate or judge or condemn or cause a sense of separation. We have to separate the person and their limitations from that being. A person is not their limitations. A person is not their mistake. The pure in heart sees beyond that. They see to the something more at the core that is there. When you see with love, there is a sense of, “Forgive them, for they know not what they do.” They see past whatever that limitation is, however it is that they're showing up, however it might be. I don't love the behavior, maybe, but I still know at the core, this is a person who is progressing, unfolding, and purifying. Therefore, I will not give myself a reason or a justification to cease loving, to cease being what God created me to be. The mind will play tricks and come up with all kinds of reasons to justify not being you. Then you separate on out and you're miserable or unhappy because you're not being what you were called to be in the mission you are on on this planet Earth. The spirit or soul of us is capable of unconditionally loving everyone. It is capable

when you come from that dimension of your being—even those who hurt us. That's where we get to say and come up with, "Forgive them, for they know not what they do."

The ego does not know how to love. The edging-God-out part of you that looks outside of itself does not know how to love. It's that which is of fear and anger and judgment and separation—the ego looks out for number one, its own self. It comes from selfishness. Love, however, is wise. Love seeks to always do the right thing when you come from love. There's a wisdom in love, actually. I'll tell you a story. It's kind of a dilemma. See how you do in this. You have to make a choice and decision. Here's the situation. You are driving down the road in your car and it's a wild stormy, cold, bitter night. You pass by a bus stop, and at the bus stop, there are three people waiting for the bus on this horrible, stormy night. There is an elderly lady who looks like she is about to die—really die. There is an old friend who once saved your life. The third person is the perfect partner, your soul mate, the person you've been dreaming of all your life. Those are the three people at the bus stop in this horrible storm. Now, you have been given the opportunity to offer one a ride. One, not more than one passenger. You have to ask yourself which one will you choose to give a ride. Will you give it to the elderly lady because she is going to die and this may save her life? Or would you give it to your old friend because, after all, they saved your life one time and this is a payback? However, you may never see your soul mate again. He or she may get on the bus and be gone. Oh my God! Perfect mate. So, which do you choose? Have you figured it out? Do you have one? That car; one ride. Well, the ego, remember, is restrictive. It's limiting. It thinks only about itself. Whereas the spirit of truth and the spirit of love is expansive, broad, it's open and it's wise. This was actually a question that was used as a job application. Over 200 people at a particular job application that had to answer that question. The person that was hired answered it this way. He said, "It's very simple. I would give the car keys to my old friend who saved my life and have him take the lady to the hospital, and I would stay behind and wait for the bus with the partner of my dreams." (laughter) (applause) How gallant! He got the job. He got the job. Love finds a way. Love finds a way. Love is wise. It thinks outside the box.

Relationships, as you know, can be complex. Relationships can bring up various dilemmas in our life. We have to make difficult choices at times within them. As co-creators with God, we have to learn to ask God. We have to pause and ask and invite that higher intelligence, the wisdom of love, to guide us, to be the counselor, to be the spirit of truth that Jesus talked about. When he physically would be gone, this would be there for us. The question we may have come up quite often is: what is the most loving thing to do here? What is the most loving thing to do here? All of us, I think—in our spiritual journey we are going to make mistakes. We are. But our soul, our spirit, is always wiser than our ego. As a soul, we are called to live and learn a kind of love that has been labeled unconditional, where there is no condition. You don't get there right away. There's a purifying process that you go through in this life through relationships, where you begin to set aside all conditions that your mind has created that have kept you from being you, that have kept you from being what is your true nature as a child of God and God's nature being love. Remember that relationships are for learning and relationships are for healing, and the

healing that is meant to take place has to do, typically, with healing our past. It's healing everything that stands in the way from our past. People are often drawn first by romantic love, and it's sometimes like a drug. Everything looks perfect. There are projections of perfection, and we don't see the flaws, or we ignore them. Then after a period of time as one goes down the road, the projections begin to wear off and we get to see there is not perfection there. There are some flaws. A person can become disillusioned. There can be problems or challenges around that if they focus more on the flaws and stop seeing the good that is also there to be emphasized, sometimes there are unrealistic expectations within relationships—the expectation that the other is supposed to keep them happy all the time. “Geez, I was so happy at the earlier part of our relationship. Now I'm not happy,” and somehow that's the other person's fault for not maintaining that in you. Or, “I felt so much love flowing through me,” as if that's supposed to be the responsibility of the other person. Those are things that aren't terribly realistic as a spiritual being and as a soul unfolding. You're supposed to get beyond the conditions that keep you from being the love that you are. There will be highs and lows in every relationship, no question about that. But for one thing, we have different energies, different issues that are going on. Male and female have a bit of different energies and we need to draw each other in because the male needs to balance with the female energies and the female needs to balance with the male energies—the masculine and the feminine. The divine feminine is very important to balance with the male energy. You can look around the world, and wherever women and the female energy—the divine feminine—is least respected around the world or most suppressed, you will find the most conflict and the greatest amount of suffering going on in the world. That's a fact. These are two energies and they must come into balance in our relationships and even in our world.

Our relationships are our greatest teachers. They teach us how to love and how to reveal the issues that stand in the way, issues that need healed and let go of. They need to be noticed and questioned and queried so that you can heal and purify the energy fields of your consciousness. That is a part of the journey that we are all on. As *A Course in Miracles* says, “The past is all we know,” because we are often such a product of our past, and we create stories and thoughts and ideas and beliefs on the basis of experiences out of our past. Then we have to lug all that with us until we begin to drop it, because we see many of the things from our past and conditioning are not helping us but only continuing a way of pain and suffering. A person may think that they are over the anger in terms of how their parents, maybe, neglected them in childhood. That they initially had some anger, they thought they moved through it, and then, all of a sudden, they have their boss or their spouse—they ask them for some help of some kind on a particular project or something that's important to them, and they say, “No, no. I'm tied up. I can't help you. I'm preoccupied,” and then you overreact. Pow! Wham! Zang! Boom! All kinds of pain taking into the idea that you feel rejected. You feel invalidated. You still feel like you are being neglected. It's just the history that hasn't been healed. We are often healing our past things in current relationships, things that haven't been healed with our parents. Not all, but many times. Things that haven't healed out of our past are being resolved in the current relationships that we are in. That is the nature of the universe. It is to bring forward to you that which will help you and assist

you in healing and coming forth. So we can fool ourselves into believing that we have nothing to work on within ourselves, or that all our problems are really outside us, that it's really the other people that have all the problems; it's not us. We can basically prolong the pain and suffering that we think is not important for us to look at and consider that may be there inside of us. No partner can fix the other person's unhappiness. You need to understand that. One doesn't have to stay in a bad relationship either. But some change partners too quickly before one has come to understand what each other's issues are, because you may match up and have a perfect match in terms of issues—you're pushing each other's buttons. That's the universe's way of helping you each to be able to look at your stuff and get healed. Until those issues are resolved, one should really be careful before moving on. What we resist persists. Everywhere we go, there we are. Everywhere we go, we meet up with ourselves and with our issues because we bring them with us. Ask yourself, if you were a house, are you a fixer-upper? (laughter) Or are you a comfortable house but requiring maintenance? Or are you a mansion that you have to really keep it up for appearances?

Acceptance is crucial in all relationships. We have such a tendency to not accept ourselves where we are with our limitations, our weaknesses, the things that we're working through, and we have a tendency not to accept others and move right into judgment. The fact of the matter is, if we can't accept ourselves where we are and we're judging and being heavy and harsh with ourselves, guess what? We will do the same thing to everyone we encounter, because until we learn to love ourselves, we are not going to love out there. We can't make ourselves love another, and you can't say, "You should love that other person." The solution to being more loving to those around you is to be more loving toward yourself, more accepting—you have to work on that. The more loving and accepting of yourself, the more forgiving you are going to be of others. If you are able to forgive yourself and accept that, "Yeah, I'm going to make some mistakes, but I can make amends. I'm going to own it. I'm going to have the courage to be honest with myself." That is healthy. Love brings up everything unlike itself. Love brings up everything unlike itself. When you set the intention to be a loving being, to be more loving than you've ever been, guess what? Then all the stuff you've been pushing down and haven't been willing to look at is going to begin to come up so it can be released so that you are pure of heart. So you be ready to acknowledge and have the courage to get honest and look at what may be coming up, because love brings up everything unlike itself once you really go for it and set the firm intention. All feelings fully felt lead to the feelings of love. So all those feelings that are coming up, you look at them, you release them, you let go of them. They're not the truth. You see what the thought of the story is behind them. You let them go, and all that stuff that you've been stuffing that hasn't allowed you to feel love, and you felt numb—now you allow yourself to feel even the stuff that you've been pushing down, and now you open the door to feeling love as well. All feelings fully felt lead to the feelings of love. It's just being able to not live from fear. "I'm afraid to feel this. I'm afraid to feel that." Well, you need to feel that so that you can break it up. Otherwise, it pushes down and it grows. Very important things. Egos don't love. Egos want

something. Pure love doesn't ask for anything. It doesn't want, it doesn't need. Love simply is. Like God simply is. The whole focus of love is on giving, giving.

We make up stories in our minds, and we use those stories. We use the stories to be right. We use those stories to justify being a victim or just for justifying our behavior. An example, let's say one of you invites me to an event. Maybe it's a ballgame or a luncheon or a concert or charity or whatever, and I have to turn you down because I've got a conflict. Something's come up. I can't go. So I have to say no, and no matter how nice I say no, it still didn't feel good to you. You take it personally, and you feel rejected. You make up a story in your mind, "Oh geez, he must not like me. I guess I'm not important enough for him. I'm not good enough. He sure is full of himself. Who does he think he is, anyway? I sure won't invite him anywhere again." Our mind goes on and creates a story, and it can be something or similar like that. The next time I see you or that person, they're cold to me, and I wonder why. The reason is because there's a story that's been created that stands between us. Do you realize how often we do that in relationships, whether it's coworkers or significant other or whatever? Something happens and we make a judgment. We make them wrong. We want to be right, so we create a story, and we live from the story that doesn't allow us to get close again. Sometimes people have created stories and chasms between loved ones for so long, it's a shame.

Byron Katie—I love her—she is a wonderful woman. She's a writer. She's been here to speak, and she tells the story about her daughter, Roxanne. She called Byron Katie up and said, "Hey, your grandson. We're having his birthday party. Can you come?" and Byron Katie said, "No, I can't. I've got a commitment to speak in another city." Her daughter was so upset and angry that she hung up on Byron Katie. Ten minutes later her daughter called back, and she said, "Oh, Mom, I'm so excited! I just did what you teach about thoughts and stories we make up that aren't true, and I saw—I got to see—that there is nothing that you can do that can keep me from loving you." That's a powerful place to get. To get and live your life from the space that says there isn't anything that anyone can do to keep me from loving them. Why would I want to give that power away to keep me from being what is the God-nature in me to be? But we do that, in our humanness, we do that. We can't be too hard on ourselves either as we go through that process. Love is what we are without our stories. Katie makes it clear that whatever you say or do, or whenever you say or do anything so as to please or get or keep or influence or control anyone or anything, then fear is at its cause—at its root—and pain will be the result, because, basically, that is a form of manipulation. Manipulation is basically coming from fear; therefore, you're in separation. It will have its consequences. Katie also says that if you act from fear--there is no way you can receive love if you're coming from fear, because you are trapped in a thought about what you have to do for love. She says, "If I had a prayer, it would be, 'God, spare me from the desire or the need for love, for approval, for appreciation,'" because it affirms who you aren't. The more needy you make yourself for love outside of you, the more that you think you have to turn yourself into someone that you're not. You have to be someone else to get it, to earn it. You're afraid you're not going to receive it, so you are going to go through the gyrations and

lose who you are, lose your authenticity, become superficial, and be in more pain because you don't know who the heck you are. So ask, who would you be without your stories?

There was a talk show that was looking for this other bride. Chelsea was getting married, and there was another couple in the same vicinity, and she was all upset with the Secret Service men. So the talk show went and tried to find her and was going to pay all of her expenses on her wedding and give her an exotic vacation for free, but she was kind of bitter and upset that her wedding was at the same time as Chelsea's and had all these inconveniences, and she didn't want to talk to any publicity. So as a result, she never knew about it. She, I think, found out about it now, but she blocked her good. We can do that when we create a story and we're all hung up in that. Things to get beyond in relationships are the need to be right, the need to win, labeling, generalizing, and exaggerating. Those are things to get beyond. Six ways that people feel love are listening—listening is very powerful. Women, 20,000 words per day; men, 7,000 per day. The reason for that, I'm told, is that men don't listen, and women have to tell them two or three times. (laughter) Six ways people feel love: listening, praise and acknowledgement, touch, making and keeping agreements, feedback with love not criticism—good intentions—and honoring healthy boundaries. Most important, you need to leave here remembering the burden of feeling love is not on the other person, and that will set you free. Every act is either an act of love or a call for love no matter how unskillful it may appear. As a co-creator with God, in conscious oneness with God, come to the place where you're able to say, "I know who I am and nothing can keep me from it. In oneness with God, I know my true heritage is love, and I can say of love, I am that. I am that. I am love, and nothing can keep me from it." Go create and co-create with God healthy relationships. God bless you all.