#### 2/2/25 Sunday Message

#### Foundations II (Principle 3)

#### Rev Nina Clark

Welcome to the second in the series called Foundations. Unity teaches five foundational tenants or principles. I review these often on my own in part because doing so keeps me in beginner’s mind and allows me to look at what we teach with fresh eyes.

It also allows me to read something that perhaps I missed or forgot during my previous go round, and to continue to deepen my understanding of what we teach and take another step towards an embodied knowing.

And honestly, it also allows me to not over-complicate things. What we teach really is quite simple, but it takes effort, time and practice to embody. It’s like learning to play the piano. The piano really is a very simple instrument with seven octaves of 8 notes each.

It takes effort, time and practice to learn to play it, to embody it, but once mastered- oh the variety and the beauty of the music we’re able to play. But every good musician I know, talks about the early days when they returned to the basics again and again and how the basics inform and support their mastery.

Last Sunday we began with the first two principles.

1. God Is Infinite, everywhere present, everywhere Presence.
2. I am of God, for I cannot be outside of the only thing that is.

Now, in order for a principle to be considered a principle, it must be: universal, unchanging, unbiased, unlimited and unerring. It is not fickle, changing with the weather or our moods, or the mood of some anthropomorphic deity.

Enter quantum science, the latest discoveries of which affirm that these first two tenants are principles which are always true. We can stand with great certainty on these two principles.

Last week we approached these first two principles from the standpoint of understanding to the best of our ability, Infinite.

We talked about the fact that, very generally speaking, there are two kinds of infinite: a quantitative – or a counting infinite, and qualitative, or a conceptual infinite and that it is this qualitative infinite that we are referring to when we use the word Infinite to describe this One Life, One Power, One Presence which is everywhere present.

Charles Fillmore, co-founder of Unity wrote, “Divine mind is the one and only reality.”

Austrian physicist Erwin Schrodinger wrote, “The total number of minds in the universe is One.”

As we accepted that there can only be One Infinite Something, then it logically followed that Infinite includes us for we cannot be outside of the only thing that is.

Last week I left you with the cliff hanger - so what? My favorite spiritual question! Why is this important to know that there is only One Something and we are of it?

Well, since we are made out of the only thing that is, then it follows that all that is true of that One and Only Thing must also be true of us.

So, what is True of it? We can begin to deduce something of that by looking around at Its created world which it created out of Itself because there is nothing else for it to create with. By exploring the nature of It, we can also become familiar with our own nature.

We can deduce that it is consciousness or awareness because if It wasn’t, then consciousness or awareness couldn’t exist because It is All Things.

From the intricate workings of creation, we can deduce that it is intelligence.

We can deduce that It is Love or Harmony because perfect harmony exists in all of Its creation: we can see it in the workings of nature down to the tiniest quark.

We see that it is creative, because Holy Moly – look around!!! The diversity in nature is astounding!

If God, or the Infinite All That Is, is Intelligence, Life, Creative, Harmonious, Abundant then what does that have to say about us?

When we know in our bones that we cannot be separate from The Only Thing That Is, then we understand just as deeply that everything that is True of it, is True of ourselves – for it cannot not be. We, at the very least, in our attempt to understand an infinitesimal fraction of the great mystery, can come to know this simple yet enormous truth.

So I since God is creative then so are we, and we can see evidence of this all around us as well.

But more than just creating art and music and tables and cars and sitcoms and skyscrapers we create with our thoughts and beliefs.

The third of Unity’s Five Principles tells us that our thoughts and beliefs have power to create. We create our lived experience through our thoughts and beliefs.

You may have heard this called The Law of Attraction, or The Law of Mind Action but it all refers to the same principle.

Wow!

And Yikes!

This is where many of us put the brakes on. It’s all good and well when we like what we’re experiencing in our lives, but what about the other stuff? What do you mean I create my own experience?? I wouldn’t have created losing my job, this illness, being perpetually single, having my car stolen.

When I first learned of this spiritual law, I didn’t believe it. How could little ol’ me have the power to create my life experience? I was at the mercy of the winds of society, of my employer, of world events, of the dating pool, of the appearance of my financial status.

But the more I studied it, the more it made sense to me. I think the first time it really started to click for me was when that saying attributed to Henry Ford was making the rounds: “If you believe you can, you can. And if you believe you can’t, you can’t.”

I didn’t like it when I first heard it, because I was walking around with a whole lot of “I can’t,” and I really didn’t like the idea that I was limiting myself. But I could feel the truth of it.

And while it was hard to hear, it was also very empowering. Because once I owned that I had a hand in what was happening in my life, it meant I could do something about it. So it was both terrifying and exhilarating!

But this doesn’t mean that we have complete control over every single tiny aspect of our lives. Even Charles Fillmore got swept up in that, and believed that if he could only get his thinking just right, he could live forever in his current body.

He didn’t.

There are some aspects of life on planet earth that are just part of the world of duality. We’re all going to lay down this earth suit at some point. The planet is going to have weather, because that’s part of how the planet keeps itself in balance, so there will be storms and floods and fires and droughts.

But, we can, over time and with work, increase the sum total of the frequency of our vibrational field, which in turn, opens the door into higher vibrational experiences - greater opportunities for joy and abundance in all its forms.

When these ideas first came to light, it was thought that it was the thought alone, the words in the thought that created. And so affirmations abounded.

We were told to repeat them over and over and they would magically change our lives. We paid close attention to the thoughts we held in mind, and tried to weed out those that didn’t service.

And for some this worked, but for many they didn’t. And as we pointed out earlier, in order for a principle to be a principle it has to work for everyone all the time. It is not fickle.

And so it was discovered that the rote recitation of words, or the repeating of affirmation without true emotion was the issue. Pretending to be happy during the reading of one’s affirmations, while crying or worrying on the inside didn’t reap the desired results.

It was the emotion that one had while looking at the checkbook with the zero or negative balance that continued to create more lack, not the actual zero or negative balance. And it couldn’t be overridden with affirmations spoken from a place of fear and freak out.

When we learned to change our emotion around an event that we didn’t want to perpetuate, easier said than done, I know, that is when our lives begin to change. Because we create vibrationally, and we create from the inside out - by lifting our consciousness we change our life experience.

Unity co-founder Charles Fillmore wrote, “It is the law of Spirit that we must be that which we would draw to us. If we would draw to us love, we must be love, be loving and kind; if we would have peace and harmony in our environment, we must establish it within ourselves.”

To re-phrase Charles’s statement in terms of vibration: if we want more love in our lives, we must vibrate at love. If we want more abundance in our lives, we must vibrate at abundance. We create from the inside out, not from the outside in, as we most of us are taught.

Melanie Dean, in her book called, “The Hidden Power of Emotions, How to Acti-vate Your Energy Field and Transform Your Life,” writes that each of us is continually communicating with a living world of energy.

Feelings are actual molecules that vibrate with electromagnetic and quantum energy. When you focus your feelings on what you want, you activate particles of energy and communication happens—communication to align you with what you focus on.

There are vibrating waves of energy that make up the energy of the universe and it is all interconnected. This infinite field of energy is teeming with unseen particles that are all communicating, interacting, moving and transforming non-stop.

We are all participating in life through a field of shared energy that responds and moves as a whole system. Our thoughts, powered by our emotions interact with this field.

Again, those of us who have put our principles into practice know this to be true experientially, and now science is telling us that it’s not woo-woo. Our thoughts imbued with the power of our strong emotions actually do create our reality.

It is the sum total of what we believe, infused with the power of our emotion, that creates in our world. Or said another way, the sum total of our vibrational field is what we will experience in our lives. So, what you are experiencing in your life is to a great degree due to what you believe both consciously and subconsciously.

Eric Butterworth tells us: “Where you are in consciousness has everything to do with what you see in experience.”

There is a lovely story about the world-famous magician, Harry Houdini, that illustrates how our thoughts influence our life experience. During a tour of Scotland, Houdini agreed to be locked up in the strongest jail cell available, boasting that he would escape from it.

The magician was searched, his hands placed in steel handcuffs, and he was chained to a bench in the jail cell. The jailer shut the cell door and walked away, confident that Houdini would never escape. Left alone, Houdini quickly shed himself of the handcuffs and the chain binding him to the bench. Then he went to work on the cell door.

He tried every trick in the book to pick the lock on the jail house door. After an hour he was dripping with sweat, apparently defeated. Totally discouraged, and near exhaustion, Houdini accidentally leaned against the door and it swung open, sending him tumbling into the corridor. The jailer had forgotten to lock the door.”

Isn’t that powerful? Houdini’s belief that the door was locked absolutely restricted his thinking and his actions. His belief wouldn’t allow for another possibility and so his lived experience was that he was locked in the cell.

Where do we hold beliefs of a locked door, or the way something is supposed to be? Where are we rigid and immobile? Where are we convinced that we are right and that our way of looking or perceiving is the only right way? And most important: where are we unaware that this is what we believe?

If we are not happy with our lives, the work we do to change things is within our own consciousness.

Romans 12:2 “Do not be conformed to this world, but be transformed by the renewal of your mind…”

Ernest Holmes prods us: “Wake up! Your word is all powerful, your consciousness is one with Omnipotence. Your thought is infinite.”

So if we want a different life experience, we look at our current life experience so that we can discover what it is we believe now, both consciously and unconsciously.

Then, when we’ve discovered what we must be believing, we begin to mind our pay attention to our feelings - and what thoughts are creating those feelings. We change lanes when we realize that we’re in the old track - and begin to create a new one.

Ernest Holmes says that “Life is a mirror and will reflect back to the thinker what he thinks into it,” and so what we see in our living must be a reflection on some level of what we are thinking - including subconsciously.

Because our minds are one with the creative mind of God, we have the power to create our experiences by the activity of our thinking. Everything in the material world has its origins in thought.

Simple, but not easy.

It is my belief that understanding Infinite is the bedrock of knowing our Oneness with All That Is. Knowing my Oneness completely influences how I walk in the world. Knowing my Oneness dictates how I relate to my partner, my kids, to other drivers on the road, to the planet, to animals, to each of you.

This is my bedrock. Any thread I pull, for me, must come from this foundation of Infinite Oneness. It’s about peace, and love, wisdom and harmony. It underpins how we see each other, and how we treat each other.

It is my belief that when we know our Oneness, our consciousness is elevated and we can see solutions to challenges that would never have occurred to us at the lower vibration. It’s like our heads are now above the clouds where a whole different set of answers and information reside.

We discover that we are Love, we are creativity, we are abundance, we are peace. When we live from this consciousness of Oneness, of Love, we are kinder, more compassionate, and we can see with the eyes of an eagle - a much bigger picture.

At this point in my spiritual growth, I believe that this is the crux of what we teach, and it’s what we’re here to practice. We are here to grow, to reveal our God nature and to live it, express it.

Emily Dickinson said: “I dwell in possibility.” I would echo those words: you, each one of you, dwells in possibility as individuated expressions of the Divine. What will you create?