

4.10.16

WHAT AM I DOING HERE!?! (Nurturing the God Seed)

I've been spending time these past two weeks in cleaning up our courtyard and repainting some of the birdhouses and other things that get weathered over the year. I also started planting seeds for herbs and a lot of tomato varieties. I started by carefully arranging these tiny seeds in those little pop up dirt balls you can buy. (They look like dirt pellets, but with added water, they grow into little 1½ inch towers of soil.) Anyway, as I painstakingly placed two or three seeds in each dirt ball, I remembered Wayne Dyer describing a similar experience when he was a little boy living in a foster home. Wondering what was inside the seed that could make it turn into a tomato vine that would produce big, luscious tomatoes, he took his pocket-knife and cut the seed open. There was nothing inside but a little dusty residue that surely couldn't do anything!

As we all know, of course, the seed contains all the elements Nature placed inside so that the seed would follow the pattern of development every tomato plant undergoes. Dyer called it tomato potential! And at the center of all that cellular programming, is SPIRIT! ENERGY. POWER. Given the proper conditions to moisten, protect, and feed the seed, the built-in energy brings vitality and growth until the plant accomplishes everything it was designed for. This is truly an amazing thing to contemplate.

We frequently say that we have the DNA of God within us. The pattern of perfection. The Christ potential. What does that mean to us? If we were somehow able to examine our insides, we'd find no evidence of our potential. Just as we must see the example of a grown tomato plant to see what the seed can produce, we must look to the example of Jesus, to see what God's seed can produce in us.

Last week, Rev. Harbin examined the parable of the mustard seed regarding faith, and it's very appropriate to this story as well. Besides the obvious planting of the seed to reap the mustard bush, we must have a tremendous amount of faith, to even imagine that we could have the potential of Jesus! Say we can't muster that kind of belief, can our imagination hold the concept of being as brave and committed to peace as Jesus, or Mahatma Gandhi, or Martin Luther King, or the Dalai Lama? What is it that we actually imagine our potential to be?

There is an old song about the Battle of Little Big Horn. It's really a humorous lyric of a presumed soldier of General Custer, begging to get out of this predicament. "Please Mr. Custer, I don't want to go!" I always get a chuckle when he says, "What am I doin' here?" Really! And WHAT ARE WE DOING HERE? Have you given that much thought? We show up on Sunday, hoping for enjoyable music and a message that'll make us feel inspired and uplifted. But what are we really doing here? We are a spiritual family with potential for our community, for one another, and for ourselves individually. So what is our potential? What are we doing here? Scripture tells us that we should strive to be like Jesus. That means to realize our son-ship, daughter-ship ONENESS with God. I'm going to speculate that most of you want to develop a closer relationship with God, right? So besides showing up on Sunday, what other things do you do that assures you will be nurtured in that direction?

Remember the seed needs protection, food, proper conditions, and all that. Do we feed ourselves spiritually by reading scriptures, meditating, praying, studying, reading spiritual books, or practicing the Presence in our daily life? We must make those things a commitment if we want to grow spiritually. Frankly, Sunday service once a week will not do it. An average talk runs 20-30 minutes and that can't possibly feed the soul for a week of facing the conflicts and challenges we meet throughout the week. Feed yourself with wholesome programs, movies, & inspiring books To set a practice requires a commitment to oneself. This is hard because it means leaving the chores for a time, or getting up a bit earlier, or taking 30 minutes out of our TV time. How committed are we to nurture our relationship with God? Don't be fooled that an hour on Sunday will get you there. You've gotta want it more than that!!

How about protecting ourselves? What does that mean? If freezing weather or insects attack a seed, it will probably die. It needs protection from the elements and similarly, we need protection from negative elements. What type of people do we surround ourselves with? Look at the relationships around you. Pay attention. Which ones support you in being your best? Which ones seem to hold you back with negative comments or attitudes? Which ones seem to always add drama to life, pulling your energy down? Do your relationships, career choices, and your family life offer quality, respect, peace of mind, and love or do they leave you waiting for the "other shoe to

drop?" Proverbs 17:1 says, "Better is a dry morsel with quiet than a house full of feasting with strife."

In Unity we do not believe in judging others harshly, but if you simply ask yourself some of these questions without getting caught in the emotions, you can objectively see what you need to do to protect your Christ potential so that it can express more fully. As your best self, you can more effectively demonstrate the practices of self-care, positive thinking, and abundant living. I've heard it put this way: Your life is like a play you self-direct. As director, you need to be sitting in the front row. The supportive characters who feed your energy, may join you in the front row at your invitation, but those who detract from your excellent life-play, should be invited to sit in the balcony. You can't always throw every negative character out of the theater. After all, some are relatives, but you can definitely remove them from the front row! Free yourself to be your best! Surround yourself with positive conditions for your spiritual growth. Make your life one of demonstrating possibilities for others. The best teaching anyone can do is to set a good example!

Speaking of freeing ourselves to be our best, do we indulge ourselves in addictions, bad habits or negative behaviors? Remember the high school chant, "We don't smoke and we don't chew, and we don't go with boys that do!" We realized back then, that those habits could rub off on us, so we distanced ourselves from people that had them. Well, some of us did some of the time..... let's don't have a show of hands on that. Anything can be an addiction! We can get emotionally or mentally addicted to television, sports, gossip, adrenaline rushes, food, even religion!

Here's a tidbit from an internet article called, "Addiction as Disease," by David R. Hughes, 1997: Consider the following: Most people cannot wiggle their ears. The wiggling of the ears is really nothing but flexing the muscles of the scalp above the ears. The reason most people cannot wiggle their ears is because they are not familiar with the neurological pathway which controls the muscle of the scalp above their ears. However, without exception, every person in the world can be trained to wiggle their ears. Simply by applying electrodes to the muscles of the scalp above the ears causes the muscles to flex, or spasm. Once the person *feels* where these muscles *are*, he finds that in fact he CAN wiggle his ears. The only reason he could not wiggle his ears before, was because he had not established the neurological pathway which enabled him to do so. Like turning on a switch - a neurological pathway can be established simply by passing a charge of electrical

current into the nerves of the body. Once a person has learned to wiggle his ears - he might actually do it spontaneously and unintentionally - just because the words are mentioned.

This example is intended to illustrate how a simple neurological pathway is established. Before the electrode - there was no neurological pathway. After the electrode - the pathway has been established. The addictive neurological response to drugs and alcohol on the brain is infinitely more complex than this, but the physical basis is the same. The overwhelming craving for drugs or alcohol that endlessly defeats addicts is in reality a neurological impulse - and they have absolutely no control over the craving when it is triggered. All they know is that they want, they need, they feel they **MUST** have the drug. This "*desire*", *this craving* is not a free choice. This *desire* is an electro-chemical neurological brain impulse. A person who suffers from these cravings to the detriment of his own life, and the lives of others, is suffering from a physical, neurological disease termed addictive disorder.

They say it takes at least 21 days to break a habit and that might be true for someone of strong will. For most of us, stopping a behavior that is in any way detrimental to our health, peace of mind or relationships, especially our relationship with God, may take longer, because we must get to the root of why we make choices that would hurt ourselves in the first place. Neurologically based impulses to use drugs or drink addictive substances require at least 4 weeks of enforced abstinence *just to begin* to dissipate enough to be manageable. Then another 6 extremely critical weeks are required to adjust to living without the chemical. But what if you're just a sugar addict like me? What if you want to break a gossiping habit? You fill in the blank. I'm going to defer to David Hughes above in that the neuro-pathways must be controlled for at least 4 weeks while establishing new patterns of behavior. By continually practicing another behavior when the unconscious behavior wants to grab a cigarette, we build new neuro-pathways. We can create a body temple that works for us in every way that God intended. So we are now free of addictions, negative relationships and all those pesky habits that keep us from being our best.

Now, how do you nurture the Christ seed within? What is it you love to do? Is there a hobby or creative field that invites you in so fully that you lose track of time when you're doing it? This activity is something you simply must make time for if you wish to open the creative energy within to connect with God's specific gifts for you. What you love doing is a gift bestowed upon you and

you alone. It's God's unique way of connecting with you and energizing you. Perhaps you find this kind of satisfaction and joy in your work, or perhaps it's in cooking, building furniture, painting, or gardening. Whatever gives you "juice" as a dear friend use to define it, is your personal avenue to reconnecting with your soul. When you are no longer cognizant of the time and you find yourself out of daylight as you work/play your bliss, you can feel the sensation of knowing you've been connected to Spirit. You have nurtured the God seed within yourself and it feels marvelous. It is essential to do this in balance with the other activities of your life, or you will feel yourself drying up on the vine. As we make a practice of feeding, nurturing, and protecting the God seed within, we will begin to see life differently. Life is not made up of possessions, trophies, or piles of money in the bank. No eulogy will ever commend a person for his vast accumulation of stuff. Life is fulfilled by the hearts it touches, the connections made with others as we strive to develop our Christ-like behavior.

Our birthright is to become successful, abundant, surrounded by loving friends and family, and fulfilled in every area of life God has prepared for us. We are children of God, heirs to a King and most of the time, we act as if that is the farthest thing from our minds. Just devote a little time each day to sitting in the silence with Him and you will remember who you really are and exactly What You Are Doing Here!