

## The Power of Imagination

CELEBRATE AND GIVE THANKS FOR THE POWER OF IMAGINATION! THIS DIVINE POWER GIVES ME THE OPPORTUNITY TO SEE A NEW VISION AND IMAGINE GOOD UNFOLDING IN EVERY AREA OF MY LIFE.

Let's Talk about EGO: When you are ready to move forward in your life and close out a chapter that is no longer serving your highest good, what do you think holds you back? Is there something that you have to give up? What messages run through your mind? Often EGO is referenced as an acronym for the term, "Edging God Out" - why do you think there a part of us that would want to do that? As a part of our spiritual growth, talking about EGO and understanding the role it plays in our journey, can give meaningful insight and tools.

**Affirmation: I imagine good unfolding in every area of my life.**

**Imagination—The ability to conceptualize and envision a different future.**

**The disciple is Bartholomew. He represents positive thoughts held in mind.**

**The corresponding color is light blue, and the location is between the eyes.**

**The Power of Imagination** By Winifred Wilkinson Hausmann

In Unity, there is a saying: "To set it right, see it right!" This is a clue to the proper use of our God-given faculty of imagination. In order to change conditions in our mind, body, and affairs, we must first transform the pictures we are holding in mind. We have what amounts to a continuously running moving-picture show being shown on a screen in our mind. Here we view our world, review past events, and project future experiences. If we project flickering images of first one thing and then another into our inner theater, we will express or attract a mixture of experiences, good and bad, in our life.

**Picturing God Ideas:** However, by learning to the make the right use of this important faculty and by making sure it is continuously

guided and directed by the Christ, or God Self, of our being, we can develop an imagination that will not only serve us well, but will also provide tremendous support in developing our other God-given powers.

Imagination makes its home in the body at a point between the eyes, where we might think of its function as that of a "third eye," one that enables us to see beyond what we normally take in through our two physical eyes ...

As we seek to develop our power of imagination for God purposes, we concentrate our attention at this point between the eyes and encourage the awakening of our power to picture God ideas ...

Here we are able to release limiting thoughts and feelings by perceiving or glimpsing something greater, our divine potentiality. It may come to us first in the form of pictures. As we communicate with other people by describing mental images, so God communicates divine ideas and plans to us by projecting greater goals and good onto the screens of our minds ...



**MY SPIRITUAL JOURNEY CHALLENGE:** In Master Mind consciousness, we understand that the Spirit often speaks to us through mirrors. When we decide to experience change, we look into the world around us to see ourselves as we are now, and as we want to be. When you look at nature for inspiration, can you name three types of flowers, trees or plants that transform in a way that inspires you? What are these and why? If desired, share your exploration with someone you love.

**Affirm:** I create big, bold, and brilliant imaginings. My visions are lofty, and my dreams are awesome.



# EGO = Edging God Out

By Rev. Ellen Debenport

A provocative question has arisen about the law of attraction and the idea that our thoughts and feelings create our experience: **If we believe that we create our own reality, where is God?**

How presumptuous, some might say, to imply that we are in charge! Isn't that just running rampant with our egos, thinking we can control everything, when in fact we should be seeking God's will? Who are we to see ourselves as creators of our own experience? Shouldn't we turn to God for guidance rather than ourselves?

I struggled with these questions years ago, and I still hear them frequently from people just learning about the law of attraction. **One man said that trying to understand that he attracts everything into his own life has been a "God-shattering experience."**

I remember that feeling. When I first heard the idea that I was a cocreator with God, it sounded grandiose and blasphemous. I was being encouraged to relocate God as being within me instead of out there watching and tending to my needs. But that made me feel I was praying to myself, which seemed wrong! And when ministers and teachers told me I had all the answers within, I felt bereft. Obviously, I thought, if I had the answers, I would be using them.

## I am a spiritual being having a human experience.

I am an expression of God on earth. I am divine at my essence, my core, and I am never separate from God. As Jesus said, the Father and I are one.

That means I have access to infinite divine wisdom, guidance, love, and strength, like a desktop computer tapped into the Internet. I have a higher self or inner being—my God-connection—that knows exactly what I need and draws it to me. I simply set an intention, and the universe rushes to support me.

Practicing the law of attraction means consciously and deliberately using our thoughts and feelings to bring more abundance into our lives. It may be love, health, strength, prosperity or anything else, but it all comes from God. It all originates in invisible substance and is brought into form through our thinking. It already has been provided for us as part of Creation.

We are made in God's image, and God is nothing if not creative, so we are creators too. What an amazing aspect of Creation that we can draw anything into our lives with our thinking! What we hold in our hearts and minds appears in our reality. I have come to believe that we are never more spiritual, never more in touch with God, than when we are co-creating our lives with the Divine. It is exactly what we came to earth to do.



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**You are so very much more than what you have or do or what other people think of you. You are never separate from either God, who is ever-present, or any of God's ideas. And you always come with—and have—everything you need.**

**God is at both the center and the circumference of your being. God is infinite, and cannot be edged out, because there is no where else to go outside of that infinitude.**



## Teaching Children about Ego

Your *ego* is your conscious mind, the part of your identity that you consider your "self." If you say someone has "a big *ego*," then you are saying he is too full of himself.

the "I" or self of any person; a person as thinking, feeling, and willing, and distinguishing itself from the selves of others and from objects of its thought.

When we think about teaching our kids about ego we think of teaching them to be humble and not to brag. We think about those kids who puff up their chests and say I am bigger or flip their heads and say I am better looking. This expression of the ego is a child's exploration of the separate self. They are learning how to understand their differences and fine dance between feeling good enough and learning to get their worth from within.

### DEFINING THE EGOSelf-WORTH AND THE EGO

When explaining the ego with an energy focus I love to use this analogy. The ego is like the daytime sky. When you look up, you think you can see all that there is to see in the blue or grey. You feel like you know what the skies are like everywhere and you can see everything that directly surrounds you. You feel large and important as an individual.

THE SPIRIT IS LIKE THE NIGHT SKY. IT IS HARD TO SEE WHERE YOU ARE (ESPECIALLY WITHOUT THE USE OF STREET LIGHTS AND STRONG MOON-LIGHT) AND WHAT IS AROUND YOU. IT IS HARD TO TAKE INVENTORY OF WHAT IS GOING ON DIRECTLY, BUT WHEN YOU LOOK UP YOU CAN SEE A VAST UNIVERSE, SHRINKING YOU DOWN INTO FEELING SMALL AND IN-SIGNIFICANT AS AN INDIVIDUAL AND MORE CONNECTED TO THE INFINITE ENERGIES ABOVE YOU.

### SELF-WORTH AND THE EGO

The external focus on worth is a very tempting benchmark to focus on. Grades, achievements, and conquering the material world (like riding a bike) can be ways we measure our children as "good enough" for the world to accept them.

Helping them value their own accomplishments, regardless of what all their peers say, helps them find what truly feeds them, not just others' expectations of them.

This doesn't mean kids won't care about achievements. It simply shifts the focus on how they feel about their hard work and accomplishments and not just what is expected of them. I know this is hard to do because we do have expectations of our kids. But teaching them to value themselves on a deeper level than what they do every day, will help sustain them in a bigger sense of accomplishment.

We are taught to find worth in all that we do. But the balance of ego and spirit can only happen when are balanced in accepting our worth in both the being state and the doing state. Helping your kids feel valuable, even when they are just there, being. Smile at them while they are sitting next to you or as they are settling into bed. Show them they're being in your life is just as important as what they do.

# Questions From your Ego:

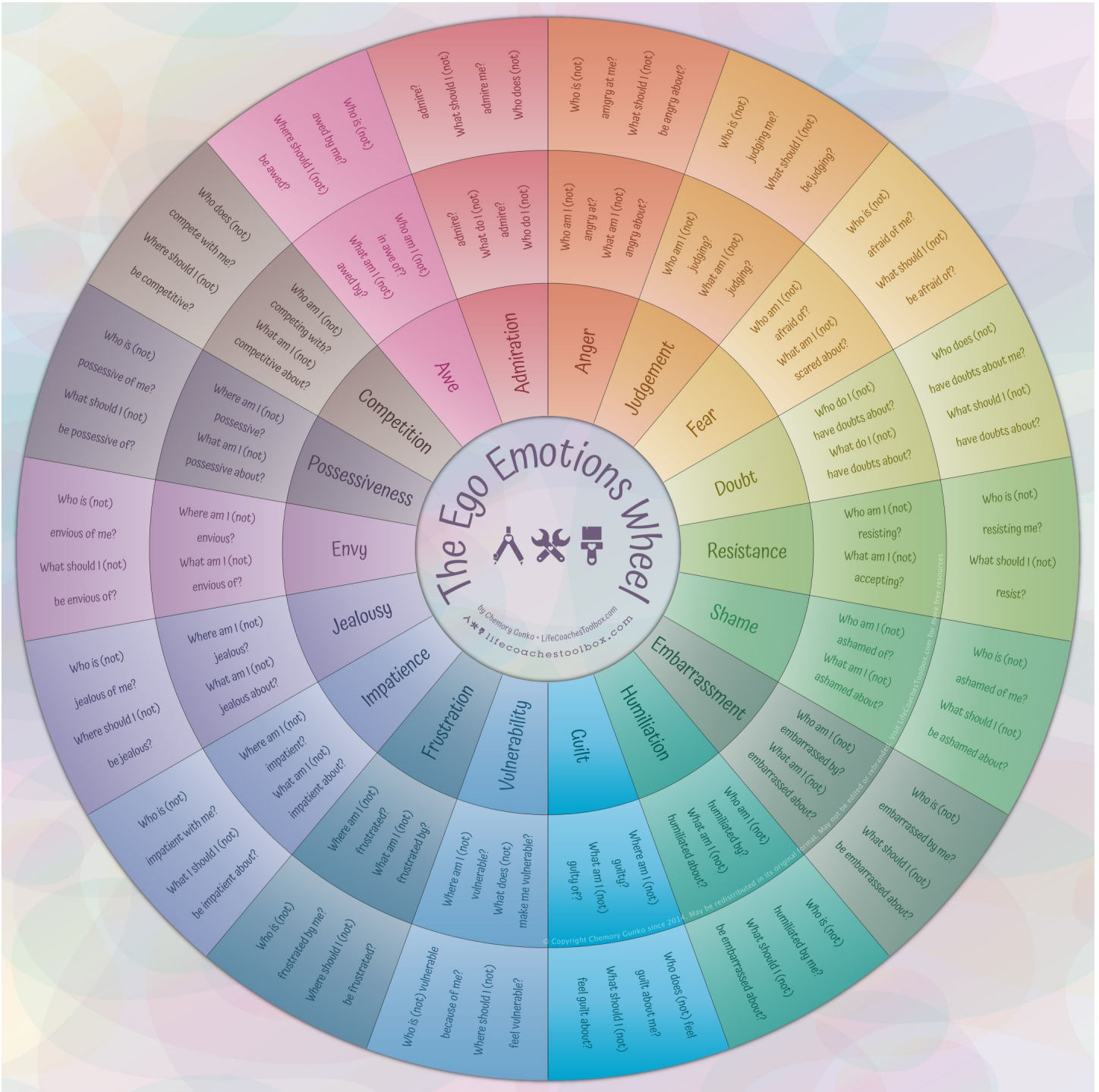
- What if I fail?
- Why is this happening to me?
- How much will that cost me?
- What if they hate me?
- Why does this work for everyone else except me?
- Why is this so hard and heavy and challenging?
- Can you guarantee I will get those results?
- Why is everything so expensive?
- Why is everyone better at this than me?
- Why does this ALWAYS happen to me?
- What am I doing wrong? I'm doing everything right, why isn't this working for me?
- Why is everyone else so much further along than me?

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# Questions from your Intuition:

- What if I succeed?
- What is the best that can happen?
- What can I learn from this situation?
- What is this trying to teach me?
- Why am I feeling this way about x, y, z?
- Is this the truth?
- Can I change the story I am telling myself?
- How can I find a solution?
- Is this investment worth my time?
- What is the solution to this?
- Who do I need to be or become to make this work?
- Where do I need to work on this? Okay, that didn't work.
- What can I do differently next time?
- What does this goal need from me?

The Ego Emotions Question Wheel can be used to help you work through your own Ego responses, as well as those of others.



# Self Esteem Word Search

Ego

Pride

Conceited

Happiness

Good

Worth

Respect

Appreciate

Trust

Dignity

Loyalty

Confidence

Love

Regard

Helpful

Gratitude

R C Q D B M L V X J K L C F C J P P X D X  
Y H Q Z X E O A L A K K T B P Y D X F N I  
F U T B Y P T U N N H R N Z G G R O J S N  
V E C R P D S A C E E J Z X T W U S O E V  
J G L C O N C E I T E D L I R S T E H G X  
J O I Q O W P X D C O N F I D E N C E X N  
Q Z H I R T S K Z U E H A P P I N E S S Z  
X E H E L P F U L Y T R H N H J G A B O V  
Z Z Q R F E S X Y W T I P B Y Z S N M F Q  
T P C Q M A G I C Z V L T P W N Z Y I P E  
M W L B O M H H W L L D A A A I K F F T K  
W Z P Q J X A S E U O M B Y R K L N Y B Y  
Y J T C E P S E R Y K Y E G O G D E B W Z  
L G D E D I R P E P L L E M Z L X X N A T  
C M V P L P C E G G M G O V Z B F N J O R  
M B W W T H N H A F E V P D O T D B J P O  
W W D X C O T C R H X E Y I P L X S I D K  
H J H G O B C G D J S K U Z C Z F S G Y D  
F L T W N T Q Q M E T R U S T S R J J Z W