

Right thinking Right action

Sermon for November 29, 2020

By Patty Shaw

Thank you, Rev. David, It's always an honor to speak here at the Center of Enlightenment

Good morning.

Every Sunday we read the Abundance principles and prepare ourselves to be filled with what's missing in our lives.

The one line that stands out to me and gave me pause, was Abundance Principle two.

“I understand that the results of my limited thinking are of my own doing; and that the problems and lack I experience are my responsibility to transform through “right thinking”, followed by “right action”.

I immediately thought, wow, here it is. This is how I can make my dreams come true and ensure prosperity is flowing in my life. But, how do I know if my thinking is right? How do I know if I'm taking the right action?

Today I'll share with you where my questions lead me. I'm a student of metaphysics and these are clearly metaphysical questions, so, I opened up one of my go to books on all things metaphysical.

Change your Aura Change your Life by Barbara Martin and Dimitri Moraitis.

On page 110 I found the principle of

Think – Feel – Do.

This was very helpful. It explained the dynamics of manifesting our ideas and what can go wrong. From their book,

“You will find that the majority of problems in your life stem from some unhealthy thought or emotion lurking somewhere in your consciousness. Most of the problems in the world can be traced back to wrong thinking and feeling.”

They go on to say,

“a negative mental or emotional condition is never permanent – you can change any condition you find yourself in. It doesn’t matter if a negative thought or emotion appears overwhelming or has been there a long time. This is because these negative states are not the spiritual reality of who you are and they can be transformed.”

In Change your Aura, Change your life, Barbara and Dimitri teach us how to transform negative thoughts and emotions by connecting with the spiritual part of ourselves by meditating on our higher self.

I would love to go into that but, I have just a short time to get you to the happy ending. Having confidence that you are thinking right and your actions are right.

You may have noticed Barbara and Dimitri said

Think – Feel – Do and not Think and Do.

By adding this middle player, we are giving life to our ideas.

Our feelings are a very important component of manifesting. So important, in fact, that without engaging our emotions our great ideas tend to spin in circles.

Though our thoughts make us happy and we spend a lot of time playing with them,

 dressing them up,

 taking them out on the town,

 possibly introducing it to our friends,

they still remain an idea in our mind. They have not yet made an entrance in our life.

Many of us get stuck here, in our head, romancing our ideas but never putting a ring on it.

And there is a reason why. Our emotions can make us break up with our ideas before they have a chance to prove themselves worthy of our time.

So first we conceive of something mentally. Our big idea.

Next, we have an emotional response to the thought. How we feel about this idea is crucial to its survival.

But our feelings don't think. They only feel. Remember the last time you made decision completely from your feelings?

Could there be a beautiful boat sitting in your driveway while truth be told, you don't have the time or resources to take it out on the lake?

That purchase was purely emotional and had nothing to do with your reality.

If you had run your love of the boating life through your mind first, you would have told yourself; No, not yet, there needs to be something else in place first. Like maybe a better paying job?

Life can look very different in reality when your mind is not in balance with your emotions.

Hey, it happens to all of us. So how do we get from wrong thinking, feeling and doing to right thinking, feeling and doing?

First, we have to know our thoughts.

Face it, there's a lot of garbage up there. So much in fact we could have a very hard time letting the true God given inspirations in.

Now those are the thoughts we need to put a ring on. Because, they would really create a beautiful life for us.

The question here is, how do we clear our mind of negative thinking?

I've got a few suggestions.

1. Be disciplined. Make sure you are exerting your free will in a positive direction. For example. Instead of inventing clever ways to get back at someone, imagine what it's like to be them. This is practicing compassion and understanding and that could lead to forgiveness instead of revenge.
2. Be vulnerable and ask for help. Prayer is how you ask God for help. Only God heals and transforms energy. You can also see a therapist or counselor to help you navigate your life. You can read a good book, like Change your aura, Change your Life and do the meditations.
3. Speaking of meditations, learn to meditate. This practice quiets your mind and primes it to be a superior receiving station for divine inspiration.
4. Last suggestion. Take your time. Evaluate your thoughts before you choose one to act on.

Barbara and Dimitri also teach, your mind is the director of your consciousness. It is meant to guide your emotions. The emotional part of you is the doer and emotion doesn't just happen, there is always a thought behind it. First we think "I love this" or "I hate this" for us to react to that thought emotionally. From the emotional response comes the action.

How you think controls the rest of you and your life. This is why the next Abundance principle number three invites you to forgive yourself for the past. I recommend you take that a step further and work on changing the thoughts that created those experiences.

We've established that thoughts come first, and nothing happens without an originating thought.

Then we have an emotional response.

This is when things get exciting. Now we are acting on our thought. We have given it legs and we are choosing how to express it.

In our example of the boat, we see the boat we want in our imagination. We even see ourselves on the lake in that boat. There is a lot of emotion going into that idea. This is how we have the power to bring the boat out of our dreams and into our life.

But if we are not disciplined in our thoughts and honest about our situation, we end up with a boat in the driveway and no way to get it to the lake. This could be considered wrong thinking.

Let's tackle those pesky negative emotions

Barbara Martin explains,

“Emotions are our spiritual motor and give life to thought. Once an emotion is wed to a thought, that thought has power and will move into motion. If a thought is a bullet, emotions are the gunpowder.”

Our emotions are meant to propel our thoughts with love, joy and compassion. But when we are filled with jealousy, hatred, fears and anger our inspirations will be derailed or taken down a dark path where make the wrong decision and we are out of alignment with Right Action.

Just like we can transmute our negative thoughts, we can root out and transmute our negative emotions.

To do this we need to be honest with ourself. If you are angry, admit it and start dealing with it.

Press pause. Don't act on those painful emotions.

As much as it could give you a bit of relief and satisfaction in the moment,

Speaker Notes

the damage you do, could takes a long, long time to repair.

Instead of restraining yourself, work on healing and transmuting your negative emotions.

It's much less exhausting and eventually the dam will break anyway.

You transmute your negative emotions the same way you heal negative thinking.

Through Discipline and self-control, asking for help, and meditation.

Now we are ready for – right action.

Right action is the melding of our inspiration, our passion and maturity. Maturity can be described as doing things in God's time and accepting it as the best way to be.

Confucius says,

“Righteousness is the accordance of action, with that which is right. In all things; success depends on previous preparation; without such preparation there is failure.”

Swami Para-ma-nanda wrote a book on Karma Yoga or the the practice of Right action.

In his writing he explained that Right action is several disciplines all rolled up into one expression of living life in alignment with the divine.

To be in right action you must;

have the right attitude about work,

practice proper preparation for the situation,

develop a strong and disciplined mind,

let go of your attachments,

do everything for God,

hold yourself as sacred and all that you do as sacred also.

To live your life in Karma Yoga is a life well lived.

The abundance principles we speak every Sunday remind us, in order to be successful in life we must be prepared to receive all that we are asking for. It's not enough to ask, we have to believe in ourselves and have a strong positive mind and healthy balanced emotions.

Then, when we come to the place of co-creation with Mother Father God in this way, we will truly be co-creators of a life that is divinely inspired and bring us great joy and fulfillment.

Our Mother Father God made sure we have everything to create an abundant life. They are always only prayer away when we need them.

Thank you all for being here and participating in this great adventure called life.