



UOTS 01-13-13 Minsters' Message – “The Grace of Allowing”

REV MARYANNE

Whether it comes from Abraham Hicks, The Way of Mastery, Unity, or other spiritual schools of new thought ... if you come away from this service today with one thing let it be this: **Who and what you are is so much larger and more *expansive* than what is currently within your magnificent physical body ...** To experience the magnificence of this body, all you need to do is to allow it to be ... to do its thing. Know that the Universe is working you, expanding you constantly through every single experience of your life ... Allow it to do what it is meant to do.

A Course in Miracles says that you are a Divine and Innocent Child of God in whom he is well pleased. As such you are part of infinity, thus what you are goes way beyond your body. We keep telling you that you are a temporary manifestation of God. And God is love, and love is infinite for sure ... so you are infinite love manifested on earth at this time. Abraham Hicks says that you are Source Energy. And just a small amount of that energy fits within your physical body. The rest of you, the non-physical you, is constantly **expanding** in every moment . Every experience in your life **expands and grows** the non-physical you as the direct result of every single experience you have, and how you handle it.

Please do not make the mistake of believing that your physical body is not part of who you are ... it's a part ... it's a part of the expansive **You**. We often read or say “I am not my body.” The body is separate from who I really am but this is not true. The body is your physical self you use to experience this

physical realm (to experience contrast), no more, no less. But make no mistake ... You are not limited by the physical experience. You are unlimited. We are unlimited ... in every way.

We are so grateful that you came here today to be reminded. We all keep forgetting. We get caught up in the dramas of the physical world and then we start seeing ourselves as only a body ... we remind you, as we remind ourselves ... this is the process of allowing. It is, perhaps, the most powerful and effective of all of the spiritual practices, because it can encompass all spiritual practices. All spiritual practices, for them to be effective **must flow through us freely, unencumbered** ... must **be allowed to flow to be** effective.

The process is simple ... Ask Questions like: Where and when are we not allowing **hope** to flow in our lives? We dis-allow hope (for example) and we keep ourselves from our fully “expansious” selves ... from our God-self, from our Christ self.

Where and when are we not allowing **desire** to flow in our daily lives? ... another self-imposed limitation ... SEPARATING US FROM SOURCE, FROM GOD ...

Where and when are we not **allowing forgiveness to flow? Compassion? Love itself?**

Where are **we not aligned with source**? It is ALWAYS a matter of us **having a thought**, specifically a **belief, that** shuts off our flow to our unlimited, ever expanding selves ...

Here's the issue and here's your solace and comfort as you work on fixing this ... we chose this. We chose to come here, to these bodies and experience separation from Source Energy, from God, from our Christ self, and from Love itself ... We chose this frustration, and yes, this suffering ... **so we could have the experience of awakening** . From the prison that we make our bodies into, and being re-united with our constantly expanding non-physical selves ... source energy.

It's like waking up when you are a child on Christmas morning, or your birthday, and finding a present is there for you ... you open it up and there inside you find the truth about yourself, WHO YOU REALLY ARE ... WHO YOU HAVE BEEN SEARCHING FOR ... AND ... the ways and means to change all of your beliefs that you are anything, anyone **other than source** ... you pull away the paper, you dig through the tissue paper and at the bottom of the gift box is one word ... **ALLOW** ... you surrender to this...and experience the RE-Membering, and the complete and utter ecstasy of what it feels like to be whole ... to be all of you, not just the part that's crammed into a body ... it was all an elaborate story, put in place by you, so that you could awaken from it, and experience, to literally experience ... the Rapture! The gift of life is the experience of it, and the greatest experience of all is to wake up and remember that you are God. You are love itself. You just have to allow this truth to be ... And that, dear ones, is very GOOD NEWS!

REV PHIL

The process of ever expanding, as God, as love is ever expanding, is what we can call “The Flow.” How many times in this life have you been told, oh just go with the flow baby? You thought you knew what

that meant. But did you? Really? We sang the songs “Let the River Flow,” and Barbara’s beautiful “Stream of Well-Being.” That flow, that stream, that river is simply a metaphor for this process of the perpetual expansion of your infinite, non-physical self. **The flow is the expansion of you.** These songs are meant to inspire us ... getting in the flow of expansion ... as Abraham Hicks teaches ... letting go of the paddles for our personal canoes ... and letting our canoes go with the flow downstream towards source ... when we paddle upstream as we often find ourselves doing, we are in denial of our source, of God, of Love, as knowing what to do ... and what happens then? We experience suffering ... depression ... beliefs of not being worthy of a life experience filled with joy and happiness and love. Upstream, against the flow, against the expansion of our infinite God-selves ... creators of our lives, manifestors of abundance and prosperity ... is where our egos want us to go (remember our egos are trying to kill us ... illusions of false selves trying to keep us from infinity ... keeping us from the truth). Upstream lies fear, anger, hopelessness, pain and suffering ... yet we keep trying to paddle and steer our canoes upstream ... for we are trained that we have to approach life this way or we will then fail (and we are afraid of experiencing failure), we will then suffer (and we are afraid of experiencing suffering) ... but the joke is that this approach brings us to the opposite shore on the river of where we want to be.

Awakening can be so very simple ... the end of separation from source is as simple as dropping our paddle ... and allowing ourselves to be our true selves. Abraham Hicks teaches us that a Belief is a thought that you think over and over and over ... Have you ever believed that you have to be right about everything? NO! Having to be right about everything was a thought that you thought over and over and over again ... until it became truth to you. You found yourself on that shore ... the I am always right beach ... all by yourself ... lonely place indeed. So we start to look at this allowing stuff. We want to awaken, right? So what do we let go of? What’s this paddle thing made-up of? The Way of Mastery says that a good place to start is to let go of the habit of the need to be right, and here’s something to really pay attention to ... **letting go of the habit of the need to perceive that the world is a fearful place** ... That’s a paddle we cling to, for we are taught to be afraid, or we might get hurt. I was. We need to have these paddles to avoid fearful stuff ... but we paddle ourselves into fearful stuff ... every time ... right?

My mother has always been a wonderful teacher. My sisters used to say “When is she going to wake up?” And today, with her at 92, they have stopped ... “she’ll never change, she’s hopeless.” But I see her life differently. What if it turns out that when she chose her life, she chose to come teach **us the Grace of Allowing**, by behaving in the complete opposite way? My mother, even now, as she is literally falling apart day by day, does not go with the flow. And now, in her debilitated state, I see her struggling for control in such a raw and powerful way. It’s so visible to me and so profound. She can’t walk very far on her own ... yet she fights this fact and falls, sometimes hurting herself over and over and over. She’s taking a beating lately being stubborn about her declining mobility. Also, she doesn’t always get the prompt attention she **expects** from a doctor or a nurse and when they do arrive she scowls at them and says “You’re Late ... you should have been here already ... I shouldn’t have to wait for YOU to come take care of me.” Now she wasn’t always this overt in her expression of non-allowance ... but today it’s stripped down and raw and right there in our faces ... it’s like a Matisse painting to me. I don’t like to look at one very long ... but man is it profound ... and powerful. That’s the way great teachings are taught. Raw and powerful. Throughout her life, she was always like this ... she felt *entitled* as a doctor’s

wife ... that she should have what she wants, when she wants it, and she often got her way. She never went with the flow, and I am witnessing a person at the very end of life, experiencing the consequences of never going with the flow.

By the way, she's not a bad person. She gives love, very often ... she does practice gratitude at times ... *but allowing things to be as they are?* Never. And bless her! She never got it. But she was always there to teach me what the consequences of not allowing look like ... she may never become aware of her magnificence, of her ever expansive unlimited God-self ... never become aware of the fact that most of who and what she is, is non-physical source energy ... pure consciousness ... she'll probably never have more than quick and confusing glimpses of the truth ... that she dismisses as frivolity ... but because of her ... ***I can have more than glimpses*** ... I can awaken ... I can practice allowing life to simply be ... to go with the flow ... to let go and let God ... and then I can see what the consequences will be in my life But what a selfless and magnificent thing it is for a soul to do ... to choose to come here and teach the Grace of Allowing, experiencing suffering on full display, in all of its rawness ... demonstrating how not to awaken (this is an example of the power of contrast) ... that's the most selfless and beautiful act I can think of ... Now look at your own lives ... who are your teachers? Who is showing you a way to not awaken? a way to avoid ... so that you do not have to suffer as they have? Bless them ... bless them, bless them ... they have sacrificed themselves this time around, so that you may awaken to your own divinity. That's one of the ways that Oneness works. We are all children of the Divine, working together for the greater good ... so many of us can awaken ... ***so God can experience remembering being God.*** Bless those that sacrifice their lives to teach the rest of us how not to be

REV MARYANNE

The process of allowing our magnificence to flow involves removing all of the obstacles we place in its way ... removing **the "buts" and "if only's"**Oh, I know that I am child of God and I could manifest my desires if these people **would only cooperate** with my desires. Or, **it's the economy** ... or, it's the **government** ... or, **it's the church** ... or, **it's the weather** ... We blame anything so we don't have to take full responsibility for manifesting our reality, full responsibility for manifesting every single thing in our lives ... and full responsibility for being in alignment with that portion of ourselves that is source energy, that is God.

But how do we do take responsibility? We need to ***Pay attention to how we feel. Are our emotions negative or are our emotions positive?***

According to Abraham Hicks, the Law of Allowing states that there is a steady stream of pure energy that is ALL THAT IS (they also call this Source Energy). We either allow it or we disallow it. When we allow it, we ***feel*** pure positive energy. When we **disallow** it, we ***feel*** negative energy.

It is in the realm of the ***emotions*** that our INNER BEINGS communicate with us most effectively.

Thoughts tend to get confusing but negative ***emotions*** and positive ***emotions*** are clear messages that we are either on or off track relative to our soul's highest purpose.

Abraham states that we came here with clear intentions to vibrate in harmony with our soul's desire to do and be and have everything we want. Yet when we emerge in the physical, we are quickly bombarded with thoughts of lack and limitation, how there is good and there is bad, and that we need to veer away from harm and steer towards good. Abraham teaches that moving away from harm is futile, ***because in our attention to that which we are not wanting we are focusing on lack.***

Focus on lack and that is what we get ... The only way out of this seeming trap is **to focus on what we want ...** and not what we want simply because we don't have it, but **because it fulfills the desires of our higher selves ... and because it's fun.**

ALWAYS ask, is this in alignment with my infinite source energy? Is this loving? Does this ***feel*** right? If it feels in any way not connected to source, to God, to love ... then don't do it! The heck with what ego is telling you ... it's not trying to make you happy ... don't listen to it's lies ...

But also you have **to have patience ...** be aware that it took you **years of thinking wrong thoughts that became beliefs** that did not serve your highest good ... **years of self-training ...** it's going to take some time to learn to really recognize when something is not in alignment with source (to **trust YOUR feelings**, and not someone else's), and then to **develop the habit of acting accordingly ...** Right-mindedness is one thing ... Right action is entirely another ...

So let's start to close this with something from **The Way of Mastery**. "Allowance, beloved friends, is a process of letting go and trusting. It is a process of saying, I wonder what it would be like to just let things be as they are – to notice them and let them pass by?" Dropping your paddle is a graceful process. It is an act of self-love that we promise you will never regret.

REV PHIL

Let's close with some Unity affirmations to help jump start our ***process of allowing and getting in the flow of alignment with source energy***, Christ Consciousness, the infinite and ever expansive non-physical selves that are awakening to our truth ... the end of separation ... God experiencing God ...

All obstacles now vanish from my pathway. Doors fly open, gates are lifted, and I enter the Kingdom of fulfillment, under Grace.

I cleanse and purify my subconscious. All thoughts and patterns that are not serving higher purpose are hereby discarded and removed.

Divine Life inspires me to be a channel of God's love and wisdom!

I keep my thoughts centered upon only those things that I want to see manifested in my life.

I know God is in me. I know I am in God. I know God is present at the point of every experience. (That's the expansiveness that I am)

I completely remove any and all blockages and impediments and fully allow and encourage prosperity into every area of my life.

I am the inlet and the outlet for the endless stream of Divine Substance to enrich my life and share with others.

I open myself to Divine prosperity. Financial blessings flow easily into my life. I am truly thankful for expected and unexpected blessings.

I release thoughts of separation from my good and accept overflowing spiritual blessings in my life NOW!

I am an open channel for Invisible Substance to take form as visible supply, here and now.

The Universe is out to bless me ... and I allow it to be so

Amen

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