



### VICTIM NO MORE

excerpt from "Excuse Me, Your Life Is Waiting"  
by Lynn Grabhorn

As we embark on the adventure of living the Law of Attraction, we come very soon to the disturbing conclusion that there truly is no such thing as a victim and that continuing to play the game of being a victim to anything and anyone guarantees only continued discontent from the relentless emission of low vibrations.

We may have been taught, and therefore have believed, that we live at the mercy of others, or fate, or luck, or chance; certainly that is what most people on this planet live by. But once you start to see Law of Attraction in operation, you ultimately come to understand that there is no such thing as a victim; never has been, never will be. There is no good luck, bad luck, good fortune or coincidence. There is no destiny, fate or providence. There is no big judge in the sky keeping score on how right or wrong you've been. There's no karma from past lives nor penance. That's all victim stuff. And there is not a victim among us, only co-creators in thought and feeling, powerful magnets attracting, like bees to honey, the matching frequency of our ever-flowing vibrations.

The REAL reality is that we have come here to thrive, prosper and live this grand human experience in light-hearted joy, not in struggle and pain. We have come here to have fun while we learn, to grow without suffering and to harvest our desires in the absolute knowledge that **we can have it all once we learn how to handle our energies....meaning....our emotions.**

It's wake up time! It's time we remembered how to make those choices happen. It's time to take our heads out of the sand and accept it's no accident we get what we get in life. Let's stop creating from the default setting of victim and start creating from a sense of worthiness and power.

### Christ Church Unity

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9:00 a.m. . . . . Metaphysical Bible Study  
10:30a.m. . . . . Youth Ministry  
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Christ Church Unity's

# Touchstone



Spring/Summer 2009

### TIDBITS OF TRUTH

*"I have been through some terrible things in my life, some of which actually happened."*

Mark Twain

*"Don't keep going where it's not coming back!"*

Dr. Laura

*"Your imagination is a holy creative power"*

Mario de Ferrari

*"Contrast in your life is rocket fuel for your rockets of desire."*

Theresa Kasprzk

One from the Heart....

### UNITY: It Works, If We Work It

By Mario de Ferrari, Minister



In spite of a melt-down in the world economy, ongoing military conflicts, and gathering evidence of climate change, my heartfelt embrace of Unity teachings makes me inclined to look for the good and praise it. Above and beyond the evident challenges, there is good at work none-the-less; but it takes a shift in consciousness to perceive it.

One benefit of the present circumstances is that the world is coming to recognize that everything is inter-connected. What happens anywhere on the globe affects the whole and there is no denying it.

Lamentably, it has been our human nature to recognize Law at work in the breach. Like children, we often learn the rules of life by breaking them. So each transgression can be a growth experience, if we will allow it. That's the rub. We have free will and the choice of an awakening or turn-around is always up to us. It will not be imposed; but we can have a "high bottom," rather than continue plummeting into the pit to learn our lessons.

A turn-around is always available to those who are willing to come to the realization that more of the same is not to our advantage, because it just doesn't work. This applies equally to nations, and to individuals. It is also true of religious organizations, like our Unity movement.

I have been a student of the Fillmore teachings for nearly half a century and a Unity minister for over two decades. What attracted me to "practical Christianity" was a hunger and thirst for a more joyful life of health, happiness and abundance--which I was assured was my Spiritual inheritance. My teachers and guides not only presented theories and concepts, they gave witness to Principle at work in their lives. I saw how their commitment to Truth resulted in more wholeness and optimism. As much as the theories they shared, it was their joy which inspired me to work the tools and practice a metaphysical approach to Christianity. I was figuratively set on fire and eager to bring the same message to others.

Today, the same commitment persists in me, although I feel that the Unity which first attracted me has undergone a re-orientation making us more and more like the rest of the "religion industry" that Myrtle Fillmore warned about. Organizational imperatives have crept into our movement making us more and more worldly in our goals

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## FOCUSED ON THE GOOD

By Kim Midanik

People who know me, know me to have a very positive attitude about life. Sometimes I am too cheerful for people. They wonder what is going on that I seem to always be able to turn things around. I tell them I came in that way. I have considered it a gift. I recall an incident when I was still in the corporate world. I was the executive secretary to the Production Director. I had a semi-private office with my desk facing the door.

One early morning one of the managers opened the door as I was singing to myself. I gave him a smile and a cheerful good morning! He said, "How can you always be so cheerful? You are always singing." I told him I couldn't help it. I am always singing. I told him to give me a subject and I would find a song to sing. He thought a moment and said, "Garbage!" (Clearly he thought he would trip me up!) I thought for only a moment and began singing "Oh, I love trash! Anything dirty or dingy or dusty, etc." It is the song Oscar the Grouch on Sesame Street sings. (For those of you not in the know, Oscar lives in a trash can!) Well, the man was bamboozled! With that, he laughed, and left!

Even with my positive attitude, I, like many others, have been accosted (best word I can think of) by the continuing news of financial problems, job losses, bank failures, etc. It can go on and on, can't it? To be honest with you, I rarely listen to the mainstream media and its spewing of the negatives. Yet even that little exposure can affect me.

So, I want to share with you one of the affirmations I use daily to help me to stay focused on the good:

**I live in an abundant Universe, capable of providing me and everyone with all the good we need.**

**I energize my good by keeping my mind, words and deeds and emotions  
focused on my heart's desire.**

**I state my intentions and release them to my Higher Power/Source,  
trusting that this unseen power is taking care of everything I cannot.**

**I let go of EVERYTHING unlike my highest desires and  
give my attention ONLY to the direction I am going.**

**The Universe knows how to arrange the means for all of my blessings. I rejoice as I know that I am  
loved, cared for, and supported as I walk the path to my greatest good.**

I encourage you to take the time every day and throughout the day to know for yourself that all things work together for the highest and best good for you, your friends, your family, your world. Many blessings are yours.....recognize them and appreciate them. The more you do, the more good you experience in your life. Stay focused on the good!

## THE TOUCHSTONE IDEA

The concept of a spiritual magazine entitled "Touchstone" is to be a voice for newness in alignment with Truth that: 1. Serves to communicate breakthroughs and insights through the contributors' own spiritual journey; and 2. That can be used by readers to help them identify their own ideas and breakthroughs to personal spiritual awareness and growth.

Our goal is to have a positive, uplifting newsletter that explores infinite possibilities that are 'leading edge' and which aid others in discovering ways to make life easier and more and more fun. We encourage you to submit articles about your experiences and ideas. These should aim to be in alignment with the above goals. If you would like to contribute, please send your articles to Kim Midanik at revkim213@yahoo.com. You can also drop them off at the church office or mail them to 1648 W. Broadway, Anaheim, CA 92802. Sharing your growth helps others to grow. (Please remember the editor reserves the right to edit all submissions published.)

## THE TWO COMMANDMENTS



According to the Christian Science teachings of Mary Baker Eddy, Matter is "mortal error" and has no reality; it is only an illusion, part of the dream of mortal mind (Science and Health, p. 591).

Absolutist metaphysics holds that the most real things— Spiritual essences or God — are fixed and unchanging. The "really real" is basically static and immutable. Because the world as revealed by the senses constantly changes, the world as revealed by the senses is actually not "really real."

Under the influence of this doctrine, Joel S. Goldsmith, (1892-1964) a popular spiritual healer and mystic, branched out and founded the Infinite Way teachings. One of his closest students was Walter Starcke.

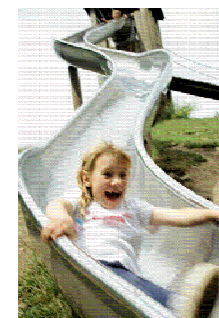
After years of devotedly following Goldsmith, Starcke was unable to dismiss his mortal nature as being an irrelevant and unnecessary aspect of consciousness. In 1969, he proposed another view in the book, *The Double Thread*, basing his perspective on the Jesus Christ teachings in Matthew 22:36:

**"Teacher, which is the greatest commandment in the Law?" Jesus replied: 'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments."**

The message in *The Double Thread* is that we are to love Cause (Spirit) and also love Effect (mortal or material manifestation). They are two strands of a single instruction. Both are necessary and we are to be inclusive in our approach to living the Spiritual life here on earth.

Today this message is echoed in the Abraham teachings presented through Esther Hicks, who refers to our nature as "blended beings," --mostly spiritual or energetic, with a small degree of materiality. **"You are a Creator in this human body. You are a focuser of Energy. You are far more than these physical bodies. You are Consciousness that is projecting thought. There is Non-Physical Source Energy that is really You flowing through you. You are the leading edge extensions of so much more. When you allow the true Non-Physical essence of You to shine through you, or to flow through you, when you become in perfect vibrational harmony with the whole of You, -- this is when you are at your very best.**

Thankfully, our Unity teachings are open-ended and we welcome the clarity of a continually expanding message. That is why the message of Mr. Starcke and Abraham are joyfully embraced by our movement. We give thanks that as consciousness evolves, we are able to more precisely tune in the Truth that sets us free to live a richer, fuller life as deliberate co-creators.



## ABRAHAM PLAY GROUP

Led by Rev. Mario de Ferrari

**Wednesdays, 12 noon and 7:00 p.m.**

*Presented on a Love Offering Basis*

Our weekly Abraham-Hicks Study/Play Groups offer an opportunity to better understand the Abraham teachings and receive support for effectively using them to deliberately create your own joy-filled life.

Groups focus on "The Law of Attraction," "The Art of Allowing,," using your "Emotional Guidance System," "Deliberate Creation," "Ask and It Is Given," etc. .

Links from our website connect you directly to the official Abraham-Hicks website, where you can receive extensive details on the teachings plus a free, 74-minute audio file entitled "An Introduction to Abraham."

Simply visit: [www.unityofanaheim.org](http://www.unityofanaheim.org) and look for the three Abraham links on the home page.

You are welcome to join these "play groups" at any time. This is an ongoing class.

## THE ART OF ALLOWING—DOLLARS

Quoted from Abraham-Hicks (the teachings of Abraham)



Whenever you are thinking about dollars and feeling good, you're attracting them to you. Whenever you are thinking about dollars and feeling bad, you are pushing dollars away from you. What happens with most of you is that you hold two columns in your head: When money comes in, you add it. And when it goes out, you subtract it. You are keeping score.

When you take score, you cause a resistance in your vibration and push more dollars away. When you see dollars coming in, you feel good. When you see money going out, you feel bad. The feeling of decline is a very powerful feeling in your society.

But we are here to tell you **THERE IS NO ENDING TO THE INFLOW OF ABUNDANCE.** It is like water ever flowing into your life.

In the morning when you wake up, none of you stand out on your porch frantically breathing in because you are afraid that later in the day there will be a scarcity of air. You breathe in and you breathe out, and think nothing of it. There is no need to go out and hold your breath in an attempt to hold on to the air.

What we want you to understand is that it is the same thing with dollars. You are all **MUCH CLOSER** to a **FINANCIAL FORTUNE RIGHT NOW** than you are even willing to dream about, for fear that you will be disappointed if it does not come. Say to yourself: "Good things come to me. I do not know all of the answers now, or even what questions to ask, or even which route the good will take. I know that when I get there, the path and easiest route will be clear to me. I know that when I get there, I will be able to figure it out."

When you do that, when you start each day with that thought, life unfolds as a terrific adventure. Abundance, dollars, relationships, health, everything you are wanting will flow in incredible, wonderful, joy-filled ways into your life experience. And you begin to live as you intended before you came in.

What we would do is, before we go to sleep at night, we would intend to **RELEASE ALL NEGATIVE THOUGHTS** we have ever thought **ABOUT MONEY.** Negative emotion is your indication from your Inner Being that the action you are considering is not in harmony with your greater intentions. How you feel when you pay your bills is a very good indication about where your balance of thoughts about dollars resides.

When your pocket is empty, everything you see, you want. But if you had the dollars in your pocket, you would notice how little you actually, truly want.

Because what you are wanting is the **FEELING** of **FEELING GOOD.** So, all you have to do is find thoughts that make you **FEEL GOOD** when you think about money—and you would be inundated with it.

**I LOOK FOR THE GOOD AND PRAISE IT!**

### 'THINKS' TO 'THING' ABOUT!

I used to eat a lot of natural foods until I learned most people die of natural causes!

The easiest way to find something lost around the house is to buy a replacement!

There are two kinds of pedestrians—the quick and the dead!

The only difference between a rut and a grave is the depth!

Why doesn't glue stick to the inside of the bottle?

All of us could take a lesson from the weather. It pays no attention to criticism!

How is it that it takes one careless match to start a forest fire and a whole box to start a campfire?



One from the heart, cont'd

and materially focused in our objectives. Whoever said that "bigger is better" should look at us now: Volume has replaced depth in the prayer ministry; seeking profit centers has pre-empted the instruction to give with no thought of receiving; Spiritual leadership has given way to corporate management.

Are we thriving? Are we still an inspirational vanguard of Truth and practical Christianity? Let's look at where we are and recognize that it is all connected, so we can learn from the evidence and perhaps return to our former ways.

Hopefully, these circumstances will inspire a Unity rallying of like-minded souls who are less about buy-ins, and marketing and more about prayer and healing, for ourselves, for our Movement and for the world. We have so much to offer at this critical time of challenge and opportunity.

Negative emotions, cont'd from page 5



As long as you think you do not have a choice about what you think because you do not have a choice about the circumstances surrounding you, then you are like a cork bobbing on a raging sea, going wherever it bounces you. But when you understand you have options, choices in every moment on every subject, then you begin to make those choices because of the way those choices feel as you make them. And then you are using the Guidance that comes forth from within you to guide you to well-being, prosperity, love of self and others and to the experience you knew you would have, the experience possible for all. And that is the way to come to understand the Art of Allowing.

(For information on the Emotional Scale, please visit [www.abraham-hicks.com](http://www.abraham-hicks.com))

## NEW MISSION FOR CCU YOUTH MINISTRY



*"To provide a safe, nurturing place for children to become aware of how powerful, important, valuable and perfect they are."*

This year Christ Church Unity celebrates 45 years since its founding. Many decades before, our property was a wedding chapel established by a retired Methodist minister who sold it to our community.

Due to the age of the four buildings we occupy, this is a high maintenance environment that requires constant care to keep it beautiful and functioning. Most recently, one of our members donated time and funds for a complete remodeling of the sanctuary and fellowship hall. Then, two years ago, our insurance covered the total refurbishing of the office building after a damaging flood.

In 2008 the improvements continued with the remodeling of the women's rest room and roof repairs in two buildings.

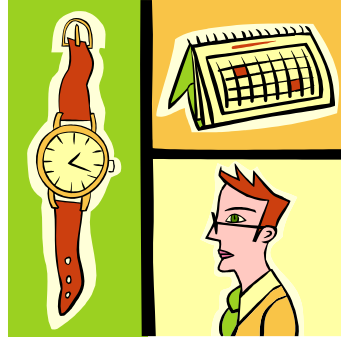
And now, we are pleased to have completed a total renewal of both the inside and outside of the Banner House, which we use for Kids' Church. The timing could not have been more perfect, as, due to the changing demographics of our community, attendance in Sunday School had dwindled to just a few children. Now that the work has been completed, we are pleased to announce the inauguration of our new Youth Ministry program. We are using the model of the Sudbury Valley School, where children learn at their own individual pace. The emphasis is on individual responsibility and a basic equality among all people, in an environment that makes learning Unity principles fun.

There is a saying, "If you build it, they will come." This has been reflected in the summoning power of our commitment beginning to draw a new group of enthusiastic and eager children ready to experience the transformative power of Unity.

Join us in praying for our new adventure and in affirming our Youth Ministry Mission Statement.

## LET GO OF THE PAST

excerpted from Unity's Daily Word, October, 1933



“To begin the day with an opinion is to be a traitor to the future.” What a challenge to our prejudices this statement is! How little do we realize sometimes that we begin a day with the preceding day, and that we are untrue to the new day and its possibilities when we greet it with prejudice in our heart!

The quotation, taken from a book by Christopher Morley, is akin in spirit to the philosophy of the Chinese and puts a powerful sermon in a few words. It is a statement of universal truth and would, no doubt, find a welcome place in the philosophy or religion of any person. None can better appreciate its worth than the student of Truth, because s/he is continually thinking in the vein of its

philosophy.

When you begin a new day with a limited viewpoint or some personal prejudice, you betray yourself into the grasp of adverse conditions. The future cannot give you anything if your mental attitude is of the past. The person who carries over strong personal prejudices into a new day continues to live in yesterday. Yesterday does not pass out of your life as long as you think yesterday's thoughts. Today doesn't come into your life until you think thoughts of today.

If you begin today with some limited impression of yourself, your abilities, or your associates, the events of the day center around such a limitation. Your preconceived opinion about situations of today will cause them to become colored with the opinions, good or bad. One reason we must be free from adverse opinions or prejudices at the dawn of a new day is that we should always be on the alert for the happy surprises and blessings that a new day may bring us. The limited opinions of yesterday, may not harmonize with the blessings of the new day.

In Truth you are not privileged to have an adverse opinion today that is based on your impressions of yesterday. To judge a person today by what he said or did yesterday is to suppose that he has had no change of mind since yesterday. You must remember that we are continually evolving. We are continually going to higher states of consciousness.

You will have experiences today you did not have yesterday and you probably have never had before. How can you meet them with preconceived unfavorable opinions? The word “prejudice” carries the sense of previously judging. How can you previously judge a new situation?

Were you to approach a new situation today with an old prejudice, you would be in the position of having to get rid of your prejudice before you could receive the blessing that this situation had in store for you. A prejudiced mind is fixed and, to some extent, crystallized.

Prejudices, of course, always belong to the past. You deprive yourself of the blessings of today when you think, as you possibly did yesterday, of lack. You deprive yourself of the joy of manifesting health today if you let your thoughts about disease, or your doubts of yesterday come to mind today.

Your having failed yesterday is no indication that you will fail today. Do not approach the day with the thought that your experiences of yesterday can in any way limit those of today. It is only natural to expect that in the great universal scheme of things, you do not need today your consciousness of yesterday.

Resolve today to lay aside your prejudices and opinions. Give up race and religious prejudices. Give up your prejudices against new ideas. Be willing to begin each day with a clear mind, uncolored by events of the day before.

Today has many blessings in store for you if you will greet them with an open mind. Be receptive to the good that comes to you today regardless of what you may have thought about it yesterday. Cease to live in the past.

“TODAY IS A GIFT  
THAT'S WHY IT'S CALLED 'THE PRESENT'”\*

\*author unknown

## NEGATIVE EMOTIONS

Excerpted from Abraham-Hicks Seminars



It is important to feel all of your emotions, for they are the guidance system that lets you know exactly where you are. Once you know where you are, you can point yourself in the direction you want to go. Anger is so often disallowed in the culture, but being able to feel your anger is often the way to break loose of far more debilitating emotions like fear, despair and guilt. Once you break free and move up to anger, you can see how easily it is to move up the emotional scale even further. There are so many who have convinced you that your anger is inappropriate (but, of course, they are not in-

side of you so they cannot feel the improvement the angry thought really is!) that they often counsel you against your anger...only to leave you back in your former state of depression. But when you consciously know you have CHOSEN an angry thought and that it has brought you relief, then you can consciously know you can move from the angry thought to a less resistant one such as frustration and then, up the Emotional Guidance Scale you go: right back to your full alignment!

When you feel positive emotion, such as joy, appreciation, or a feeling of love or well-being...those feelings that make your heart sing, those exhilarating feelings, those feelings, whether they range from contentment to passion, those feelings you would call good feelings, those feelings you would wish for all people you love (and, if you are very wise you would wish them for all people you don't even know and maybe those you know that you don't love) as you are in the place of feeling good, you are in the place of allowing.

You are in the place of allowing what? Allowing Source Energy. Allowing connection with who you are. Allowing wellness. Allowing clarity. Allowing abundance of all things desired. When you feel negative emotion, such as anger, fear, frustration or rage, even anxiety, those feelings of depression...when you feel what you call negative emotion, what that always means is, for some reason right now you are not in the state of allowing. You are, instead, in the state of resisting. You are in a vibrational state where, for whatever reason, you have found a reason to focus in a way that disallows pure, positive energy, Source Energy, the energy that creates worlds, from flowing to you and through you in the way you have intended it.

Are you enjoying the expansion and clarification of your own desire? It's the most important question you want to be able to sincerely answer 'yes' to, because expansion is what we are all about. We cannot cease expansion. Variety will always inspire within you the new idea, and that new idea will always generate a vibration in you, it always will.

So, you can't just run around in your physical world and look here, there and everywhere, taking no deliberate care to vibrate purposefully and be assured that it will cause you perfect alignment with Source Energy, because your Source Energy has specific characteristics: Source Energy is non-resistant in nature; Source energy does not push against anything; Source energy is a high frequency, non-resisted, pure positive energy vibration. So when you get crossways of your Source Energy, you feel it, and that is what negative emotion is. **Negative emotion is your indicator that somehow you got crossways of your Source Energy vibration.**

We want you to understand the vibrational content of the thoughts that cause different feelings within you. And we want to show you how, with far less effort than it takes you to learn Quick Books on your computer, you can remember your alignment with who you are and utilize it on a day-to-day, moment-to-moment basis, and bring yourself consistently into alignment with that steady stream of Well-Being that is offering itself to you and through you in every moment of your life. We want you to let this be not only something you are aware of, but **the most important thing you are aware of.** Because, when you begin to feel your way through your thoughts, when you begin to realize you have options about the thoughts you activate and entertain, then you will be the Deliberate Creator of your own experience.

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