

Self-Empowerment

Autumn 2017

The newsletter dedicated to nurturing personal development

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Focus on Peace

It is only July 2017 as I begin to write the first draft of the Autumn issue of this newsletter. It will be the first issue of the 25th year of its publication. Oh, my! How time does fly. Considering that it takes time to write, review, and edit, I must share what's on my mind now, with an eye towards its distribution time in two months. I am keenly aware that much can change in two months, yet the content of this publication aims at capturing the timeless and eternal aspects of our lives, so that should not be a problem.

My focus is on peace. Truth be told, peace is usually, or at least often, some part of my focus. No matter what form of activity is going on, my goal is to stay in, or return to, the experience of peace. I highly value peace as the foundation for decisions and actions.

So it should be no surprise that when I was introduced to a project called *The Heart of Peace*, I was quite enthusiastic about participating and contributing. Several participants had created their own local or online group to meet regularly to focus on peace. I took steps to establish a FreeConferenceCall.com account and held short peace awareness calls on the first and third Thursday evenings of the month. I have had from two to eight people on each call.

Here is a sample of one of our calls:

Heart of Peace – July 6, 2017

Welcome to this Heart of Peace gathering.

We joyfully come together to remember and nourish an intentional space of feeling peace, being peace, magnifying peace, and extending peace throughout all of humankind.

We are transformers, stepping up our vibration to share with our human family the felt sense of our Oneness, our Indivisible Infinite Eternal Spirit – which is expressed in the world as Love, Beauty,

Joy, Abundance, Truth, Freedom, and the Peace that passes all human understanding.

We have heard the call to share this magnificent energy of Peace, and we have said “Yes” to that call! We have said yes to remembering our true nature as Peace more fully. We have said yes to shining the Light of Peace in all directions, right into the very hearts and minds of seemingly millions of individual facets of Divine Life on this planet.

There are no circumstances or negative feelings that can negate or invalidate the eternal essence of Peace. As we stretch and grow into the fuller awareness of our Peace-Mind, we become stronger and clearer in our Knowing Truth for ourselves and others.

We come together to hold the consciousness of Peace, allowing it to have its way with us, transmuting and healing misperceptions and unreal thoughts.

The more we practice remembering Peace, the easier it will be to remember to use it.

*Let's have 3 intentional breaths together:
Together, we breathe in peace... and exhale harmony.*

*Again, breathe in peace... and exhale equanimity.
And once again, breathe in peace... and exhale love.*

Daily Word message of June 11, 2017

I envision all people building a world of peace on a foundation of love.

From my limited human perspective I may feel powerless as I consider the news of the world. The reality is this: I AM a channel through which divine energies of peace and love flow freely. I use the words I AM with care, because they are my spiritual identity, the name of God nature in me.

So I joyfully claim and express those energies by affirming: I AM peace. Doing so, I contribute to the creative focus that will bring a world of peace and love into expression.

Today I make a conscious choice to experience peace – even at the slightest appearance of conflict. I know the choices I make today will manifest themselves to the world in wonderful, transformative ways.

Reminders of the power of peace in our lives:

Peace is a process of healing our own minds of grievances and judgments. As we give our willingness to allow our own mind to release the attacks and defenses that we have chosen to entertain, peace flows organically from our spiritual essence, the very ground of our Being. Each time I choose peace over judgment, the universe heals a little more with me. Each time I choose peace over blame, sentient beings feel greater peace in their own awareness. Each time I choose peace over defensiveness, the experience of Love and Peace grows and grows and grows. May we choose peace again and again.

Peace is a natural state of awareness available to all of us, no matter what the outward situation.

Peace begins in our own hearts.

Each person can be a unit of peace consciousness.

No matter what we are confronted with, we can choose not to react but to reflect, to go within to that pure state and become the peace. Our thoughts, words, and actions can flow from that consciousness of peace and harmony.

*“I am here to be in peace consciousness.”
When we respond from this place of the peace, we are nurturing that connection with our Higher Self within the One Life of Creation.*

May we each remember to see peace and be peace – as often as possible.

Go in Peace.

The Heart of Peace is NOW. Peace is NOW.

Amen

Anyone who is interested in being on any future Heart of Peace calls may email me at Jilleroni@Juno.com for the call-in information.

In this issue

“Where is My Focus” was a talk given by a congregant on Sunday, May 7, 2017 at a service of

Unity of Ocala concerning the power of our focus, based on spirit-channeled communication known as the Abraham-Hicks material (<http://www.abraham-hicks.com>).

While you may agree or disagree with specific points of the teaching, I believe the overarching point of the power of your focus is quite powerful and useful.

So begins the 25th year of the Self-Empowerment newsletter. What shall we focus on in the coming year? There are several timeless eternal qualities to choose from.

Wishing you peace and joy, and lots of love!
Blessings Always!

Your fellow traveler, *Rev. Jill*



Where is My Focus?

by Janice M. Puta

Unity of Ocala Sunday Message May 7, 2017

(Quotations from Abraham-Hicks Publications are in *italics*.)

One day, a professor entered the classroom and asked his students to prepare for a surprise test. He handed out the exam facing down, as usual. Once he handed them all out, he asked the students to turn over the paper. To everyone’s surprise, there were no questions – just a black dot in the center of the sheet of paper. The professor said: “I want you to write about what you see there”.

When the exam time was up, the professor took all the papers, and read each one of them out loud, in front of all the students. All of them focused on the black dot, trying to explain its position in the center of the sheet.

Then the professor started to explain: “I’m not going to grade you on this. I just wanted to give you something to think about. No one wrote about the white part of the paper. Everyone focused on the black dot – and the same happens in our lives.

We have a white piece of paper to observe and enjoy, but many times we only focus on the dark spots. Our life is a gift given to us by God, with love and care, and we always have reasons to

celebrate – nature renewing itself everyday, our friends around us, the job that provides our livelihood, the miracles we see every day. However, we insist on focusing only on the dark spot – the health issues that bother us, the lack of money, the complicated relationship with a family member, the disappointment with a friend. The dark spots are very small, when compared to everything we have in our lives, but they're the ones that pollute our mind.”

For a moment, now, think about your conversations this morning. What were you talking about?

- how much sleep you didn't get last night?
- how the weather isn't cooperating with your plans?
- how someone totally misunderstood what you were saying?
- how your body hasn't gotten the message that you want to lose some weight?
- how many things, not working out the way you want them to, have you complained about this morning... or emailed... or sent a text message on?

Where is my focus? Why is that important?

It's important because it only takes 17 seconds to create a connection between ourselves and what we focus on – 17 seconds. It doesn't matter whether it is something we actually want, or something we don't want!

This is how it works: *“Whatever you are giving your attention to is already vibrating. And when you give your attention to it, if you maintain your focus for as little as 17 seconds, you begin to include its vibration, whatever it is, in your vibration.”*

Let's go back to some of those things we might have been talking about this morning. If we didn't get all the sleep we really wanted to have last night, for whatever reason, that fatigue, weariness, and tiredness has a low vibration to it. And a low vibration feels just like that – no pep, no vitality, no joy, no fun. A low vibration is all about lack, scarcity, misery, stress, anxiety etc. You get the picture.

Now remember, it only takes 17 seconds to create a connection between ourselves and what we focus on. So the more we think about the sleep we did not get, and the more we talk about it, the more we align with, take on, and increase the amount of that low vibration in our energy field. So that's like adding fuel to the fire, so to say, and then we wonder why we end up feeling bummed out, and burned out at the end of the day.

Where is my focus? How do I change it?

I love the way this quotation says it: *“You're picky about the car you drive. You're picky about what you wear. You're picky about what you put in your mouth. We want you to be pickier about what you think.”*

So this is a good time to be picky, picky, picky. We all have situations and circumstances in our lives that are not pretty, that are not comfortable, that do not feel good. However, as soon as we can desire something better, something brighter, something bigger, then we don't need the old story any more. We don't need to remember, or to talk about, or fill in everyone else on our past history of suffering and deprivation, whether it was 20 years ago, or 20 minutes ago.

As soon as the new desire, the yearning, the wishful thinking – as soon as it's there, turn your attention to it. Focus on it! *“Think about where you're going and never mind where you've been.”*

The Universe does not know if the vibration you are in is because of what you are imagining, or because of what you are observing, or because of what you are experiencing. The Universe only responds.

Your emotions are your indicator of what you are already creating. *“As you think, you vibrate. And it is your vibration that equals your point of attraction. So, what you are thinking and what is coming back to you is always a vibrational match. The emotion (your Guidance System) is telling you what's coming.”*

Here's an example of how that works. Let's go back to getting up this morning. What was on your mind when you got up this morning – possibly a to-do list that made you cringe, just thinking about it! Or maybe you were thinking “what an awesome day this is going to be!” Both of those thoughts

have a vibration. The “awesome day” is of course a higher or better vibration than the drudgery of the to-do list.

Whatever you choose to focus on, that type of energy or vibration is what you are going to attract more of. And it is going to come to you in as many shapes and forms and ways possible because the Universe is only responding to your vibration!

Here’s another example: As you got ready to come here for this Sunday service, what were you thinking, maybe “by the time I get back home, it’s going to be almost noon, and half the day is shot already!” Or were you thinking: “I get to be with some awesome people who understand how to live and love, in the One Power and the One Presence. I am so blessed!”

Where is my focus? How do I get what I want?

Again, whatever you choose to focus on, that type of energy or vibration is what you are going to attract more of. And it only takes 17 seconds to connect to whatever we are thinking about or talking about.

It may take hours, days, weeks, or months for those thoughts and words to become a reality in your life. And when the stuff we don’t want shows up in our life, we might stop and ask, “why me? What did I do to deserve this?” It has nothing to do with deserving. It has everything to do with awareness and focus.

As one of the principles of Unity reminds us, we are creating reality through thoughts held in mind. And that’s how we do it. Only 17 seconds! Think about how fast we can post something on Facebook; how fast we can send a text message or an email to someone. And what are we talking about? What are we complaining about? Whether it’s politics or a problem at work, whether it’s a misunderstanding in a relationship or an overdue bill, whether it’s another doctor’s appointment or road rage?

Where is my focus? Because wherever my focus is, there I am sowing the seed for more of the same type of energy and vibration to keep on manifesting in my life.

“When you see something you want, and you give it your attention, and you say yes to it, you are including whatever its vibration is in your

vibration. When you see something you do not want, and you shout ‘no’ at it, you are including whatever its vibration is in your vibration.”

That is why there is a huge difference between protesting *against* something negative, as compared to making a stand *for* something positive. That’s how we become creators of our own reality.

I always remind my students and clients, that no matter what we are going through at this time in our life, it’s always an inside job.

Consciously or subconsciously, we are creating our physical condition, we are creating our financial status, we are creating the circumstances in our job or career, and we are creating the drama in our relationships. And to get that “creation process” right, so to say, we need to align ourselves with God the Good, through prayer and meditation.

We need to be so anchored in the Truth of who we really are as individualized expressions of the One Power and the One Principle, that we can catch ourselves when we are not thinking and speaking our Truth. And then we can turn our focus back to our Divine Source, knowing all is well, all is in divine order, and we are very much loved, guided, protected, and empowered to do great things.

As I said before, it has nothing to do with deserving. It has everything to do with our awareness and focus. *“Each of us gets to have our own perspective from which we desire or prefer, and Source Energy answers every single one of us. There’s no shortage of Source; there’s no shortage of answers; there’s no shortage of substance. There’s no shortage of all of the stuff or non-stuff that any of us wants – there’s no shortage of it. It expands proportionately to our ability to desire it.”*

“You are the owner of all that you perceive. Feel your way, little-by-little, into a greater sense of abundance, by looking for the treasures that the Universe is offering you on a day-to-day basis.”

Make a list of positive things going on in your life. As the song says, “Count your blessings, name them one by one” because *“A state of appreciation is pure Connection to Source where there is no perception of lack.”*

Feel the comfort, feel the joy, feel the happiness, feel the peace that comes with each of

those blessings on your list. As you use these things to feel good, you are giving your attention and focus to who you are.

“And as you tune into who you are, the whole world will begin to transform before your eyes. It is not your job to transform the world for others – but it is your job to transform it for you.”

Hold onto those positive types of feelings as you imagine everything coming together for you: how do you want your body to feel and look; what do you want to see when you open up your check book; what do you want to hear when you meet your best friend for lunch. The details are not as important as the feeling, because the feeling tells you what kind of vibration you are putting out, and what kind of results you are going to be getting back.

However, *“Some things you're not letting happen right now because the timing isn't perfect for you. Some (things) you're not letting happen because you are very aware of where you are. But all things, as they are happening, are happening in perfect order. And if you will relax and begin saying, ‘Everything in its perfect time. Everything is unfolding. And I'm enjoying where I am now, in relationship to where I'm going. Content where I am, and eager for more,’ that is the perfect vibrational stance.”*

Right here, right now, let's make that our focus! God Bless!

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Revolutionary Agreements

I attended a 7-week course based on the book *Revolutionary Agreements: A Personal Path to Peace on Earth* by Marian Head, and Foreword by Barbara Marx Hubbard.

I recommend this book as a deepening process of twelve agreements that work together to bring greater peace, enhanced communication, and personal healing to those who do the work.

The agreements are clustered within three pillars: Truth, Acceptance, and Gratitude:

Truth – I agree to

- Live my mission
- Speak my truth, with compassion
- Look within when I react
- Keep doing what works and change what doesn't

Acceptance – I agree to

- Listen with my heart
- Respect our differences
- Resolve conflicts directly
- Honor our choices

Gratitude – I agree to

- Give and receive thanks
- See the best in myself and others
- Look for blessings in disguise
- Lighten up!

My mission and first agreement: “I agree to live an inspired and inspirational life.” Giving words to that mission keeps me focused on my highest value of receiving and sharing inspiration.

The second and third agreements, to speak my truth with compassion and look within when I react, led me to a huge emotional healing process with a friend. The relationship had become very challenging for me. With support from a professional counselor, I was able to clarify and heal my tangled issues, and then compassionately express my truth to my friend. It was a powerful clearing.

Many of us may have already been practicing some or all of these agreements to some extent, but this book assists readers in strengthening and deepening these commitments with explanations, examples, and do-able exercises.

You may want to work on it together with some friends.

I would be interested in hearing about your experiences in practicing these agreements.

Print and eBook editions are available through Amazon and the author's website:

<http://revolutionarychoices.com/bookstore/revolutionary-agreements-book/>

Daily Word

I am present to this moment of peace and serenity.

Even on my best days, life situations can seem chaotic, causing me to lose my mental grounding. When this happens, I bring my attention away from my thinking mind and instead focus on the energy of my heart. Silently I affirm: Peace, be still.

Through quiet times of prayer, I recognize that divine love supports me in being peaceful. Embodying serenity, I am like the calm center of a storm. Even though the winds of life may be swirling around me, I remain centered. Again, I affirm: Peace, be still.

At any time I can turn within to a sanctuary of peace. This truth helps me relax into a state of tranquility that I can then infuse into any situation. I embrace an attitude of peacefulness by drawing upon the serenity and love that are ever present in my soul.

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