



Good News From...

Soul Food Unity Ministry

“The Word of God is True Soul Food”

~ Charles Fillmore

Volume 2

Shining the Light of Truth on Contemporary Issues

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The Power of the Spoken Word

We continue our study of
The Game of Life and How To Play It
by Florence Scovel Shinn

When we become aware of the power of the word, we will become very careful of the words we speak. What we continually say, aloud to others or silently to ourselves, sends out a vibratory force. This invisible vibration attracts to us what we have been saying. Ignorant for many years of the power of our words, we have formed many limiting conditions for ourselves that we have been blaming on God, the government, others and/or outer conditions. Just as words caused these negative, limiting conditions, words — our words of Truth — can change and transform them to good.

To produce words, there must be a working power. This is exactly what the spoken word is, the working power of God. Our words are so interwoven with our thoughts and acts that we do not see the relation between cause and effect and hence are unaware of this working power working in us. We are so caught up in effects, that we have no consciousness of causes. The process through which an idea (conceived in mind, formed in thought, and made manifest in our lives),

passes in its various stages has been of little interest to us. Now however, if we want things in our mind, body and affairs to change for the better, we must understand that this change begins with the words we speak. Jesus confirmed the power of the words we speak in a teaching preserved for us in the Gospel of Matthew. Matthew’s gospel, with its emphasis on the teachings of Jesus, lets us see that for some members of the early church, his teachings continued to be the most important part of his legacy. Matthew composed his gospel by interweaving the teachings of Jesus from the *sayings gospel* scholars called “Q”, into Mark’s story of the life of Jesus. Then he added some sayings and stories of his own.

Though he made a few editorial changes to Mark’s story, and left out a few stories he couldn’t use, he reproduced the whole gospel pretty much as Mark had written it. And with the *sayings gospel-Q*, though he rearranged much of the material to compress it into five speeches that he had Jesus deliver at significant junctures, Matthew used all of it.

The remarkable thing about Matthew's story is that, though completely dependent on "Q" and Mark for the bulk of his material, it achieved a character for Jesus and a tenor for his teachings that are totally different from the other gospels. It has long been recognized that the Gospel of Matthew is a document of Jewish Christianity. It expresses a form of early Christianity that was more prevalent during the first centuries than the histories of the New Testament lets us see. Since this form of Christianity did not survive the emergence of *orthodox* Christianity in the fourth century of the common era, there is a touch of irony in *orthodox* Christianity's choice of Matthew's gospel as the *preferred gospel* of the church.

Jesus said in Matthew 12:37, "*For by your words you will be justified, and by your words you will be condemned.*" This expresses metaphysically the law of the power of the spoken word in creating the conditions in our body and affairs. To deal effectively with the

cause side of this law we must choose words that establish the Truth we desire to demonstrate. We must consciously choose our words for the day, before the day begins. Choose words of health, peace, prosperity and success as affirmations to focus on truth-talking for the day. As we speak these words of Truth with power, they will manifest health, peace, prosperity and success in our lives, ("*...by your words you will be justified.*")

What we must avoid is going with the random thoughts that pop up in our head from our reactions to others and the outer. This leads to unconsciously talking in words that are not in harmony with Truth. Use of these words fail to bring forth the manifestation of our good, ("*...by your words you will be condemned.*")

Pray often, "*Let the words of my mouth and the meditations of my heart be aligned with the Truth I desire to demonstrate.*"



Overcoming Second Force

There is something that can interfere with our being able to demonstrate the desires of our heart of which we are mostly unaware. It is what is called in **The Work**, by Gurdjieff and Ouspensky, second force. In their teaching there are three forces, first force is active force, second force is opposing force and third force is balancing or neutralizing force. In our ordinary way of seeing things, we think only of two forces — positive and negative, active and passive and so forth. That there is a third

force that balances the two opposing forces is not recognized.

Supposing you wished to climb a mountain, the desire to climb the mountain is first force. Your desire inevitably calls into existence second force which always arises in direct opposition to first force whatever it may be. As Newton's first law of motion states: *to every force there is an equal and opposite force*. In this instance, second force is the mountain itself — its height, slippery rocks

and other obstacles. Thus a third force is needed that enables your desire (first force) to overcome the obstacles of the mountain itself (second force). That third force is your skill and determination. If they are sufficient for the task, you will reach the top of the mountain. If they are not, your desire to climb the mountain will not be fulfilled.

Every effort in life brings its contrary effort to oppose it. It will depend upon what type of third force we bring to the situation as to whether we shall overcome second force or be overcome by it. The more unaware we are of the three forces at work in whatever we are making an effort to demonstrate, the more likely it is that second force is keeping us from making the demonstration. That is because ignorance adds greatly to the power of second force. Likewise, knowledge and awareness add greatly to the power of third force which can overcome second force.

What limits the type of third force and its help in overcoming second force in our lives, is whether it is serving the ego and personality or our divinity and the Truth of our being. Suppose a person wanted to be a great singer. The desire to become a singer would be first force. This would inevitably bring up second force in the form of obstacles to this desire: lack of funds for training, hours of disciplined practice, opposition from family or friends, etc. The aim or intention of the third force the person uses to overcome this second force can come from ego/personality as ambition that seeks to boost pride, vanity and self-importance. Or, the aim of third force can come from their divinity and the Truth of their

being as a sense of true vocation and the desire to give expression to something of value within that must be expressed no matter what.

And so it is for us. When our aim and intention for making a demonstration serves the ego and personality, seeking to boost our pride, vanity, and self-importance, we may succeed in overcoming second force for awhile, but the success will not be sustainable. We get the job and can't do the work, we find a perfect love mate but the relationship doesn't work, we get the car but can't pay its expense, etc. On the other hand, when our aim and intention is to serve our divinity and the Truth of our being, we will be empowered to overcome any and all second force in our lives and to demonstrate and maintain our demonstration.

When we are not successfully demonstrating the health happiness, love and abundance we desire, it indicates that some form of second force is not being overcome. We must then check our aim and intention to see if it is serving ego and personality (boosting our pride, vanity, self-importance). If it is, we must prayerfully transform our aim to the service and expression of our divinity and the Truth of our being. When we do this, the whole situation is transformed and we will see the results in our lives.

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