



Good News from ...

Soul Food Unity Ministry

“The Word of God is true Soul Food”

~ Charles Fillmore

Volume 1

Shining the Light of Truth on Contemporary Issues

June 2009

The Only Problem We Can Ever Have!

We all have a “presentation” of ourselves that we show the world. It is like a mask we wear that shows others in the outer what we want them to see. This mask serves a useful purpose as it helps us fulfill the various roles we move and express through in daily life. The issue isn’t the mask or presentation itself but what happens when the ego—our personal sense of “I” gets off on the mask and comes to believe this outer presentation is who we really are.

The Truth is that we are created at one with God and the Spiritual dimension of our being. When we are in this state of unity and at-one-ment with the Spiritual dimension of ourselves we experience and express communion, joy, well-being and love! However, when the ego gets separated from its source and gets caught up in the world of materiality through the sense nature it can get lost and think that it is on its own. This state of “out here on my own talent, wealth or performance” causes a sense of separation from our Source that is the root cause of all of our problems.

We can recognize the “ego on its own” by observing its characteristic behavior. The “ego on its own” concerns itself with having and doing rather than with being. Constant outer busyness and material possessions substitute for the sense of well-

being and security lost when the ego lost its connection to Source.

The “ego on its own” is also very concerned with trying to maintain a presentation that might be “better than” its presentation of itself. So, the “ego on its own” is self-righteous, judgmental and critical of others to preserve its sense of “better than” others. The personal “ego on its own” is in business for itself and therefore its need to control outer circumstances and other personalities is very strong. Since, by nature, others and the outer are changing they are also uncontrollable, which leads to stress and anxiety for the ego.

The personal “ego on its own” is observed through a series of negative emotional states that are intense and recurring. These “disturbers of the inner peace” are: impatience, justification, hypersensitivity, false pride, resentment, intolerance and manipulation.

The “ego on its own” concerns itself with having and doing rather than being.”

Impatience comes from the fear of not being in control and there is no patience for letting situations develop “*first the grain, then the ear, then the full grain in the ear.*”

- **Justification** comes from not being able to admit an error or an inadequacy. The “ego on its own” has an image of itself that is one-sided to uphold so it uses

denial, rationalization and justifying (if only to itself) to prop up the one-sided presentation of itself.

- **Hypersensitivity** comes from the result of having no inner sense of value and worth that creates fear of not being approved of by other people and an extreme sensitivity to any sign of disapproval.
- **False pride** comes as the arrogance and inflation the “ego on its own” experiences when it gives itself credit for the good it has achieved and acquired.
- **Resentment** comes as the arrogance and inflation the “ego on its own” is almost always angry. Resentment is anger’s justification— its fuel, what keeps it going.
- **Intolerance** happens because the “ego on its own” is separated from love and compassion. Unaware of its whole being – both human/personal and divine/spiritual – it projects its inadequacies on others and has no tolerance or compassion for the carrier of its projections, or for itself.
- **Manipulation** happens because the “ego on its own” wants attention and control and a lot of it. Attention is grabbed through demands. When direct demands don’t work, energy is directed at manipulating others to get attention and control.

As long as the personal ego stays on its own, having forgotten or never having taken time to discover the Spiritual dimension within, it fails to fulfill its purpose and suffers woundedness, limitation and deprivation. These

may show up in many forms and manifestations, but all are the result of the one and only problem—being in a state of separation from God and the spiritual dimension of our being.

The loving, healing, prospering Presence of God is within us. Our task is to make and maintain a conscious connection to it. The way we make our connection is through prayer, study of truth principles and meditating on them until we experience the realization that they are true for and in us. We call this *getting prayed-up!* Once we are prayed-up, we maintain our connection by being aware of where we are inside, through self-observation. That is observing what we are thinking and talking to ourselves about and the emotional state we are in. In particular, pay attention when the emotional states of **impatience, justification, hypersensitivity, false pride, resentment, intolerance** and all efforts you make to **manipulate** for attention and control.

Holding on to them internally separates us from the awareness of the Presence of God within. It indicates that our “ego is on its own.” Surrender these states to the Presence of God by affirming *“I am in the loving, prospering, healing Presence of God and the whole Spirit of God is present in me now.”* Use this, or some other truth statement, over and over until you have changed places on the inside and are re-connected to the God Presence within.

“Acquaint now thyself with God and be at peace, thereby good shall come unto thee.”(Job 22:21)



Editorial Staff

Managing Editor

Rev. Sallye Taylor

Co-Editor

Rev. Gloria Lilly-Holt

Copy Editor

Linda Miller

Soul Food Unity Ministry

Rev. Sallye Taylor & Rev. Gloria Lilly-Holt, Co-ministers

923 NE Woods Chapel Rd. #239

Lee's Summit, MO 64064

Impatience – Justification – Hypersensitivity
False Pride – Resentment – Intolerance – Manipulation
“Ego on its own...”

