



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

February 2010

Charles Fillmore Goes to Headquarters

Charles Fillmore became interested in the growing health his wife was experiencing. In the February 1984 edition of Unity he explained, “*I was much interested and took lessons in all the different schools. For a time, I was mentally disturbed by the many conflicting statements of Truth made by the various teachers...yet I couldn't get away from the evidence of a greater power back of the flood of contradictory statements.*” So, Charles Fillmore, in his words, went to headquarters; he sought to make his own conscious contact with this “*greater power*” in meditation and the silence. At first, he noticed nothing happening while he was in the silence, however, he began having exceedingly realistic dreams; thereafter, Charles gave close attention to his dreams, convinced that Spirit was guiding him through them.



Charles Fillmore

As he worked with his dreams, Charles came to believe that God was speaking to him in the same way God spoke to people in the Bible. “*I can distinguish no difference between my symbolic dreams and those of Jacob, Joseph and other Bible characters. This is one of the many ways by which the Lord, or higher consciousness, communicates with the lower, and it is just as operative today as it was centuries ago.*” (Weekly Unity, May 9, 1954)

Myrtle's healing experience was certainly a catalyst for Charles, but he did his own study, meditation and dream interpretation to develop his conviction of the reality of the presence of God within.

Dreams are regarded in the bible as the way in which God speaks to humans. From the **Book of Genesis** through the **Book of Revelation**, the Divine is revealed through dreams to the people in the Bible. We see that beautifully illustrated in Jacob's dream, Genesis 28:12.

“*And he dreamed that there was a ladder set up on earth, the top of it reaching to heaven; and the angels of God were ascending and descending.*” (Genesis 28:12)

When Jacob robs Esau of his father's blessing, Esau becomes very angry and determines to murder Jacob. “*The time to mourn for my father will soon be here. Then I will kill my brother, Jacob*” he declared. (Genesis 27:41) Rebekah, who had her spies everywhere in the household, is told of what Esau has said, and admonishes Jacob to go to the land of his Uncle Laban in far away Haran. Apparently, Rebekah had been expecting this to happen and had a plan in mind to ensure Jacob's safety; for Jacob it came as an unpleasant surprise.

When Jacob took Esau's birthright he did not run into this kind of anger; perhaps Jacob expected the same response from Esau when he took his blessing from him.

The first time Esau had been taken advantage of, he had not expressed anger because he felt guilty for selling it for a bowl of stew. He knew in his heart that he had given in to his appetite for food. This time, however, he felt he was without guilt and his anger was great because he remembered the first offense against him. So he plotted his revenge, sending Jacob on a journey through the wilderness to save his life.

Far out in the wilderness, frightened and alone, Jacob lies down in exhaustion to sleep, resting his head on a rock for a pillow. In the depths of the night, Jacob has a dream in which he sees a great ladder reaching from earth to heaven, with angels ascending and descending upon it. From the heavens, God's voice spoke to him.



“And he [Jacob] dreamed that there was a ladder set up on earth, the top of it reaching heaven...”

Jacob represents the *intellect* that, in the experience of the dream, is in touch with a power greater than it is. Our conscious mind (“*set up on earth*”) is now exposed to the super conscious mind (“*reaching heaven*”). This is a consciousness-expanding event and inspirational ideas and spiritual insight now begins to enter our consciousness. The *ladder* represents the step-by-step realization by which we assimilate the divine ideas of Truth that come to us from the super conscious.

“...and the angels of God were ascending and descending on it.”

Angels represent inspired ideas from the super conscious (“*ascending*”) that reach our consciousness (“*descending*”) revealing to us guidance and direction. It also affirms the living Presence of God within us.

It is worth noting that in the dream, Jacob [the intellect] did not ascend the ladder; only the angels ascended and descended upon it, while Jacob [the intellect] remained a passive observer. This means that at this level of our intellectual awareness of Truth we are not yet conscious enough to make such an ascent to heaven [super consciousness].

***“All power has its birth in the silence
There is no exception to this rule
in all the evidence of life. Noise is
the dying vibration of a spent force...
All the clatter of visibility is but
evidence of exhausted power.”***

(Talks On Truth, Charles Fillmore)

The Silence

Typically, when we seek the Silence within, we soon find ordinary mental activities, and the voices that they evoke, refusing to stop. In fact, it may seem as if turning our attention **away** from them makes them more active and insistent. Too often, we give up on the silence and go do something else, telling ourselves that time spent in the silence really isn't necessary. Yet, being in the silence is the only way to the deepest level of experiencing God.

Three Simple Rules for Entering the Silence

1. Begin by taking time to quiet down inside and physically relax inside and out. Then move your attention to your heart, the love center, and center all your attention on loving God and desiring to experience God in a personal way. There is something we alone can give God and that is the full measure of our personal love and attention. Rest in this centered state of loving and desiring God.
2. After resting for a bit in the state of love and desire for God, gather your experience into one simple word—a word like *peace, love, joy, God*, etc. Let the word begin to repeat itself within you. Breathe this word, deeper and deeper into your being. Let nothing but your love and desire for God hold sway in your mind and heart.
3. Thoughts, images, concerns and people will come in a steady stream, trying to draw your attention away from God. When you become aware of the distraction, turn your attention back to your sacred word, renewing your desire and intention to experience God in the Silence. As you continue to breathe the sacred word deeper and deeper, it will gently fade away and usher you into the Presence of God in the Silence.

The Spiritual Practice of Working with Dreams

Dream recall varies greatly from one person to another, but almost everyone, with practice and diligence, can learn to recall some dreams. It is a good idea to have a pad and pencil by your bed so that whenever you awaken you can catch hold of your dream image and write it down.

Writing a dream down fixes the dream in your mind and helps make it a permanent part of your memory. It also gives you a record of your dreams that enable you to go back over them to see if patterns are emerging and the way different dreams relate to each other.



After the dream has been recorded, the next step is to walk around in it; make friends with it. Remember that the dream is like a story or parable and that you, as the dreamer, are involved in it. Explore your story—talk to yourself about your dream and look around in the corners of it just as you might mull over an experience that happened to you in your outer life.

Use the dream as an object of meditation and prayer. When you do this, you are working with symbols and images that have come from your own soul. This means that it has a strong connection to the spiritual center of your being. Its meaning can be received as you hold it in prayer and meditation.

AND, let us remember that all the people, events, and symbols represent aspects of you! When you dream about another person it symbolizes the aspects of yourself that person represents (the dream is not about them—it is about you.)

When interpreting a dream we rely on three sources of information:

1. We need to think about our own particular life situation, for as a general rule, dreams are highly individual; they belong to us and no one else.
2. We need to be aware of the *associations* we have to the *symbols, persons, or events* in the dream; that is, what the symbols, persons, or events in the dream make us think of.
3. We need to draw upon our knowledge of the metaphysical meaning of the dream's symbols and motifs.

Email Ministry

Beginning Ash Wednesday, February 17, 2010, and on each Monday of the Lenten season we will send to you, via email, an from Sallye Taylor to support you in preparing for a profound, personal Easter experience. If you would like to receive allye's messages, please send your email address to:

info@unitytruthseekers.com



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