



from

Soul Food Ministry

"The Word of God is true Soul Food"

Charles Fillmore

Shining the Light of Truth on Contemporary Issues

June 2006

Volume 4



Truth is the purest, most potent medicine in the universe.

Dosage: Take as much as you can, as often as you can. And you shall know the **Truth** that can & will set you free!

Refills: Unlimited
Physician: 'The Christ in You'

"These Truths We Hold To Be Self-Evident, Yet Too Often Are Not"

An important part of learning 'Truth' is living it. We are made in the image and likeness of God - and, we are as God meant us to be. As such, it is our birthright to be worthy of respect and love - and our obligation to accept nothing else. As the whole of the ocean is in every droplet of water, so do we contain the whole of the Spirit of God. As the ocean ebbs and flows, so shall we ebb and flow with the tide of life, accepting that the only constant is change, and being resolute that all is as it is meant to be, even when we know not why.

Within the arms of weakness is strength, eager to burst free. Within the grasp of pain

is pleasure, waiting just to be. And with the path of obstacles lies opportunity. For all that these teachers bring to our life, shall we be forever grateful.

There is a grand design of which we are a part that does not rely upon us to be in charge of it. Everyone and everything has a rightful place in this grand design, and a reason for being.

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A Soul Food Publication
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The Power of Self – Responsibility

Accepting full responsibility for all of our actions, including our emotional and behavioral to all life situations is the definitive step towards spiritual growth and psychological maturity. However, the tendency to blame our responses and behavior on others and the 'outer' is as old as the human race. Remember the story of Adam and Eve when they were caught eating the forbidden fruit. Adam blamed Eve and Eve blamed the serpent (Genesis 3:12 – 13). The basic problem is that blamers are not in contact with reality. As a result, they don't get to know themselves and they do not mature. Maturity begins where blame ends.

The opposite of blaming is to accept full responsibility for our lives, to become 'owners', not 'blamers'. Owners come to know that 'something in them' explains their emotional and behavioral responses to life. They know that we are not completely 'free' to choose all of our responses to live events.

There are times when our reactions completely escape the reins of our self-control. They know that we can't turn our emotions on and off at will and there are times we just can't be all we want to be or do all we want to do. Sometimes habits and conditioning hold us captive with our 'yesterdays lying heavily on our todays.' Clearly, full responsibility doesn't mean full freedom to control our reactions.

It does mean, in this context, that there is something in us that determines our emotional and behavioral responses to the various situations life brings.

The something may be the result of many things in our past over which we had no control –but it is something in us and we can take full responsibility for that.

Our Statement of Purpose

Soul Food Unity Ministry is a spiritual education center where the Truth principles in the Bible are interpreted and modeled in a relevant and practical way.

We are bringing a bold new understanding of scripture that blends metaphysical interpretation and the best of biblical scholarship with practical concern for how it can be lived in today's world.

'Truth' continued from first page.....

When we walk the Path of Truth, so shall we be ever mindful that what lies within us is of far more importance than what lies behind or before us. For that which lies within is the greatest of all treasures, the magnificence of the Kingdom of God.

Our chosen way is one of ***gentleness, kindness, compassion, acceptance and appreciation. With these shall our mind and heart be full.*** And this shall create love in our heart shall create love in our life.

Adapted from "The Princess That Believed In Fairytales"
by Marsha Grad

Soul Food Unity Ministry is completely supported by the tithes and love offerings of those for whom it is a channel of inspiration, joy and healing.

What is *Wrong* Is Right

We tend to dislike what is 'wrong' with us. By 'wrong' I

Mean the problems, obstacles and negative symptoms (physical, emotional and financial) that seem to interfere with our enjoyment of life. We make heroic effort to get rid of what is 'wrong' as soon as possible. Yet, what is wrong is always exactly right for us in the sense that it can teach us the next lesson we need to learn for our process of healing and spiritual growth. More than once, for me, health and financial challenges have taught me lessons that – once mastered - have moved me into new and fabulous good. (Not that I've always enjoyed learning the lessons as much as I could have!)

According to Carl Jung, our problems and negative symptoms are elaborate arrangements, designed by the inner world as a part of the urge toward healing and wholeness. Embodied in each problem or difficulty are spiritual qualities and patterns for growth that we need to experience and express. In order to take what is wrong in the right way we will need to assist the symptom or problem in fulfilling it's purpose in our lives.

We can assist when we:

Pay close attention to our most dominant, persistent or uncomfortable problem or symptoms.

Then, dialogue with them. Sit quietly, with paper and pen. Affirm, 'Let there be light.' Ask your symptom or problem the following questions. Write down what comes as an answer. Don't argue with or resist what comes, just write it down.

1. What message or lesson for me do you have?
2. What am I avoiding by having you around?
3. What am I getting by having you around?
4. W corrections in my thinking, being and doing do I need to make?

After answering these questions and others that may come up as you write, sit quietly in a listening and receiving attitude for several minutes. Close this quiet time of inner work by

thanking what is 'wrong' for its gift of insight and instruction. Keep listening for insights and answers and they will continue to be revealed.

'Not that I have always enjoyed learning the lessons as much as I could have!'

Self-Responsibility cont'd from front page

Others and the outer may stimulate a response, but the nature of that response will be determined by something in us.

Either we own (accept full responsibility) or we blame (make others or the outer responsible) and both have consequences. Owing can put us on the road to spiritual growth and maturity. Blaming removes us from reality. Owing our responses, we come to know ourselves and we grow up. Growth begins where blaming ends. Owners ask themselves; "What's up in me?" "Why do I feel this way?" "What belief, attitude or past conditioning prompted this response in me?" When our reactions and responses are the undesirable, we must find the something in us and, with God's help, deal with it.

"Always leave enough time in your life to do something that makes you happy, satisfied, even joyous. That has more of an effect on our economic well being than any other single factor"

**See 'Happily Ever After' on back page.....*