



I know who I am I know what I am I know how I serve
How do you know?

The major theme that evolved from tonight's work was faith.

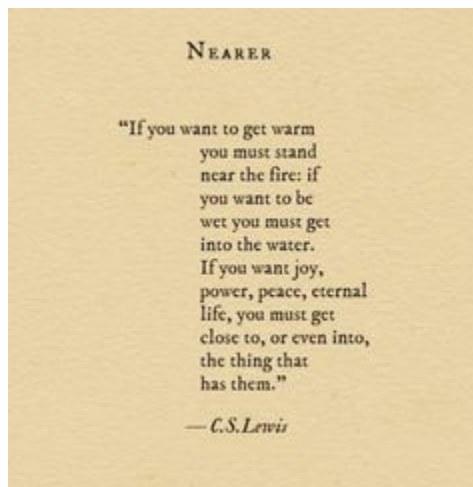
We first need to be aware that faith is a way of knowing it is not just a wish or an idea, it is a Creative Energy and an aspect of our spiritual awareness.

There are any number of different forms of knowing.

Sometimes these varied ways of knowing are in agreement with one another and other times not. There are going to be times when we're going to have to choose which way of knowing is best for me at this moment.

I can know through my five senses and my intellect that is the major kind of knowing that most of us are dependent upon. it is not bad or wrong certainly but it is limited to the world of matter.

I can know through my feelings through my emotions. This too is a valid way of knowing although not provable in a logical or intellectual way.



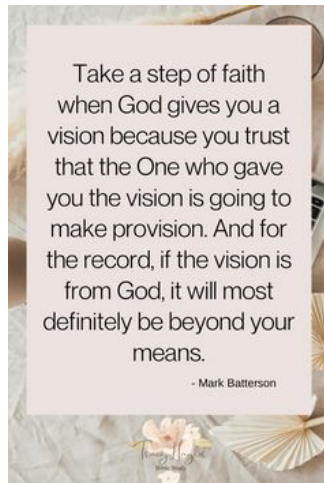
I can know through my imagination. We do this all the time and we also realize that what we imagine we also create. It is obviously a powerful force.

I can know through my intuition what some people might refer to as my right brain which has a different sense of perception than my left brain or my intellect. we don't want to get into right or wrong or dualism here but there are certainly differences between these varied ways of knowing.

and we can also know through faith which goes beyond the five senses and even the intuition but Faith remains a valid way of knowing.

There are some reflections on faith especially as faith as a way of knowing:

Faith is not simply belief in what someone else told you, or what you desire to be real. Faith is the knowing of a reality beyond your senses, beyond your feelings, and beyond your thinking mind. When you say "I believe," what you are saying is you know beyond your thoughts and feelings; you know this thing to be true.



Jesus would inevitably ask people if they had faith, if they believed He could do something. He was asking, "Do you have more faith in me, and the powers of God, than you have in sickness or disease, or even death?"

When the answer to that question was "Yes," Jesus became a vehicle of Divine Energy for them. When the people had no faith, nothing happened. When Jesus visited His hometown of Nazareth, it was said, "And He did not do many mighty works there because of their unbelief." Matthew 13: 54-58 The people of Nazareth believed more in the power of death and sickness, and that is what they experienced.

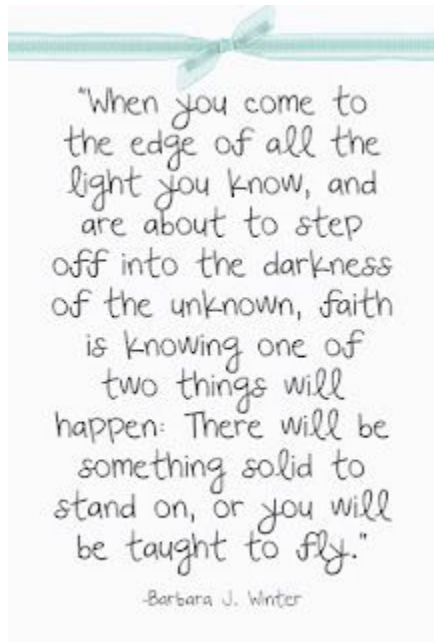
We always have faith. We just have faith in different things. Jesus' visit to Nazareth was an example of the people believing in the power of fear over the power of love.

Faith is more about choice than it is about doubt or fear. Wherever you choose to put your energy, that is what you choose to believe in.

You have faith all the time. Sometimes you choose to put the energy of your belief in positive things, sometimes in negative things. You can believe in doom, disaster, and destruction, or you can have faith in peace, harmony, and well-being.

Making it personal:

So the most significant issue is not what creeps in and puts doubt in your mind, but where are you putting the energy of your faith? Are you putting it into God and the Divine qualities you want to manifest, or are you leaning more towards the ego messages of fear and catastrophe?



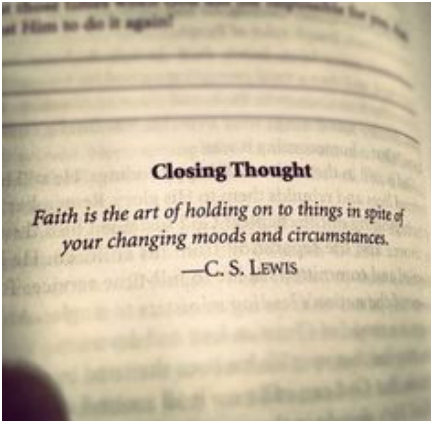
I realized that I have struggled with negativity practically all my life. To be honest, not "practically" all my life, but all my life, period! I find myself battling old thoughts and old ideas such as, "You're not enough; there's something wrong with you." I am sometimes bombarded with such old unanswerable questions as "What's the matter with me? When will I ever get it? How could I be that stupid?"

After all the work I think I've done, why are those old destructive messages still around? I wondered why they still had such a hold on me. I discovered there is a part of me that still believes they are true. There is a part of me, even though it might be unconscious, that is giving those old ideas energy and power.

That is what faith is about; faith is empowerment. Faith makes things real. When I put my faith in something, when I put my belief in something, I make it real. I empower it; I give it energy. I give it form; I give it substance. Fortunately there are a whole lot of other beliefs in my life that also have power (other than the negative ones).

Within me is the belief in unconditional love, in the goodness of God, in the infinite possibilities of Spirit. Within me is the belief in serenity, peace, joy, happiness, abundance, and all those other wonderful things God is providing.

The reason those things have power is because there is part of me that believes in them. It is my belief, my faith, that gives the qualities of God power and reality.



In the context of faith, the words of Jesus might sound something like this, "If you want to believe in death and negativity, if you want to put the power of your belief into that, go right ahead. I am not going to put my faith in death and illness and negativity. I do not believe in those things. I do not believe in death, fear, horror, and negativity. I believe in life, love, joy, and openness to Spirit. To

show you that my belief in the power of life is more powerful than your belief in the power of death, 'I say to you arise.' " Mark 5: 23-43

What are you going to put your faith in? You might know what you want to put your faith in, but you might also be asking yourself, "What do I do if I fall asleep again?" It is a good question, because you probably will.

"MY FEELINGS ARE NOT GOD. GOD IS GOD. MY FEELINGS DO NOT DEFINE TRUTH. GOD'S WORD DEFINES TRUTH. MY FEELINGS ARE ECHOES AND RESPONSES TO WHAT MY MIND PERCEIVES. AND SOMETIMES - MANY TIMES - MY FEELINGS ARE OUT OF SYNC WITH THE TRUTH. WHEN THAT HAPPENS - AND IT HAPPENS EVERY DAY IN SOME MEASURE - I TRY NOT TO BEND THE TRUTH TO JUSTIFY MY IMPERFECT FEELINGS, BUT RATHER, I PLEAD WITH GOD: PURIFY MY PERCEPTIONS OF YOUR TRUTH AND TRANSFORM MY FEELINGS SO THAT THEY ARE IN SYNC WITH THE TRUTH."

Here is another choice. If you find that you have "fallen asleep" (become unaware) or been seduced by the ego (caught up in fear) or any of the many ways you can lose conscious contact with God, do not beat

yourself up! Know that you are waking up again, that you are coming into awareness again. Waking up is a profound way for you to reclaim your power. It is a way to consciously get back in touch with the energies of love. Go back to the Source. Know that help is always available. God is always present.

How do I know? How do I know that I know?