

## ***"Choosing MY God Qualities"***

Rev. Dr. Carla Ryan

\*\*\*\*\*

### **INTRODUCTION**

Today we get to explore our connection with the Divine, with God, through what we refer to as God Qualities, also known as Attributes or Characteristics of God. And while we may have heard before that we all have ALL these qualities, the ones we're REALLY interested in knowing about are the ones in each of us... in you... in me... in her... or him... that we choose to express. This is personal, isn't it?

We might be accepting of the fact that someone else has the Creative gene, or Joyful DNA, but where's yours? or mine? Where does the Love characteristic go when I'm not feeling very loving?

Once we learn to accept ourselves as we are, to love the essence of our God-Self, we may start to see qualities in us that we didn't recognize before... these "God Qualities."

Love is taught to be the greatest of these qualities (or attributes) most often associated as a name of God... meaning - God **IS** Love. But...What other qualities, characteristics or attributes do we use to describe the Divine Intelligence and Power... And as children of the Divine... to describe ourselves? Do we have ALL these qualities or just some of them? And when do they show up in our lives?

Those questions will get us started in our focus discussion as we determine what OUR - yours and mine - God Qualities are.

**BODY**

First, let's take a look at **Characteristics...**

Ernest Holmes wrote in the SOM textbook that "***Life must contain two fundamental characteristics.... an Infinite Spirit, operating through an Infinite and Immutable Law...***" [...meaning absolute, unchanging] He said that "***Love points the way and Law makes the way possible.***" (SOM, p.43.2)

When we apply that to our own lives - this person - you or me - it means that we have an Infinite Spirit... eternal life energy, a Divine soul spark that is part of the Oneness of God... and that each of us - everyone - operates and uses .... a powerful and reliable Law... the Law of Mind, of Spirit, that allows us to tap into All-Knowing, All-Creation, through our thoughts... and according to our beliefs. We ALL have access and use this Law, whether we call it that or not. And... we get to choose which one or several characteristics to develop, to grow, to deepen. You get to choose what makes you, YOU!

This Law of Mind is a Law we get to use just like we use the Law of Gravity... the way everyone uses and has used Gravity before we knew what to call it. The Law of Mind is an invisible, enduring, unlimited force, an unchanging power that takes the impress of our thoughts and beliefs to create what we focus on most often. What you focus on grows or gets created, right?

So where is your attention these days? What has your focus? What thoughts and words are you repeating most often.

It's important to pay attention... to be aware and stay conscious... so you can create more good stuff in your life than the not-so-good. Let Love point the way and Law WILL make the way possible.

Next... let's explore **Attributes** of God... Holmes provides a bit more explanation about this when he writes that "**...Law is an attribute of God. God did not make Law; It co-exists with the Eternal. Infinite Law and the Infinite Intelligence are but two sides of the Infinite Unity.**" (SOM, 50.1)

So with this as our definition, an ATTRIBUTE being something that we did not make, it's logical to list Attributes such freedom, happiness, activity, and power ... and the desire to manifest the Highest Truth in our life.

We didn't make them... and yet they co-exist as part of us. These Attributes live within us and are Infinite.

Other Attributes include: self-choice and free will... again, things none of us created, but that are always available for our implementation. How many times a day do you utilize free will? and self-choice? Probably all the time, right? It's up to us to discover how to use these attributes for the highest and best good in our lives. And these aren't gifts you can give to others or take away from them. You might encourage the use of such Attributes, yet everyone is already endowed with them.

...Just like we're provided with the Universal Medium of Mind, the way God operates as Law... as Law. This is a method of operation to co-create in this Life, the "God-soup" of this existence in which we're all moving and getting stirred up from time to time. Our Oneness with the Divine allows us to tap into the Infinite Intelligence - when we pay attention to It, when we're conscious - and to create in a focused, laser-pointed way.

But instead of focusing on our weak points... instead of berating ourselves over our mistakes... we need to recognize and focus on using our God Qualities and Attributes to succeed in our endeavors. To turn our irritations into assets... challenges into wins... like the story of this young boy who was able to do just that.

**It's the story of a 10-year-old boy who decided to study judo despite the fact that he had lost his left arm in a devastating car accident.**

**The boy began lessons with an old Japanese judo master. The boy was doing well, so he couldn't understand why, after three months of training, the master had taught him only one move.**

**"Sensei," the boy finally said, "Shouldn't I be learning more moves?"**

**"This is the only move you know, but this is the only move you'll ever need to know," the sensei replied. Not quite understanding, but believing in his teacher, the boy kept training.**

**Several months later, the sensei took the boy to his first tournament. Surprising himself, the boy easily won his first two matches. The third match proved to be more difficult, but after some time, his opponent became impatient and charged; the boy deftly used his one move to win the match.**

**Still amazed by his success, the boy was now in the finals. This time, his opponent was bigger, stronger, and more experienced. For a while, the boy appeared to be overmatched. Concerned that the boy might get hurt, the referee called a time-out. He was about to stop the match when the sensei intervened.**

**"No," the sensei insisted, "Let him continue."**

**The match resumed and the boy's opponent made a critical mistake: He dropped his guard. Instantly, the boy used his move to pin him. The boy had won the match and the tournament. He was the champion.**

**On the way home, the boy and the sensei reviewed every move in each and every match. Then the boy summoned the courage to ask what was really on his mind.**

**"Sensei, how did I win the tournament with only one move?"**

**“You won for two reasons,” the sensei answered. “First, you’ve almost mastered one of the most difficult throws in all of judo. And second, the only known defense for that move is for your opponent to grab your left arm.**

**The boy’s biggest weakness had become his biggest strength.** (*Bits & Pieces*) -  
Monday Munchees website (2015)

We have that same opportunity every day... to look at whatever we perceive to be a weakness - and to turn it into a strength, a win. We bring our free will and self-choice. We freely choose our intention. We bring our activity and Love and happiness... backed by the power of belief... Belief in what is before us and... Belief in our Oneness with God... in our connection within this Universal Mind and the way Law works.

It's good to have Awareness and Belief in other important ATTRIBUTES that each one of us possess ... namely, ***Spirit, Soul and Body***, which is the triune nature of our Being... another way of looking at our Unity in God.

**Spirit** refers to First Cause or Conscious Mind. It is the Allness of God, knowing nothing outside Itself, nothing different from Itself. Spirit refers to the Absolute Essence of all that is, the "I AM" nature of us. Spirit is all Life, Truth, Love, Being, Cause and Effect. Science of Mind teaches that Spirit is the only Power in the Universe that knows Itself... It is the ALL of everything that exists... and is continually creating out of Itself into Itself... more directions, more creations, ever evolving in more-ness.

Again, we didn't create the Spirit piece of us. We didn't have to bargain for it. It's just part of who we are. The great thing about this Attribute of Spirit is that - the more we're aware of and connected to this Divine Knowing and Power, the greater we, too, can express as us.

The second part of the Trinity and another term we use to describe the Law is **Soul** - capital "S"... it's the Universal Medium through which Spirit operates. In Christianity it is often referred to as the Holy Ghost. This is the invisible "stuff" that takes our intentions - our repeated thoughts and powerful words - and says "Yes! I'll create that for you." This Soul-Stuff or Law is always present, unlimited, all powerful, and very obliging. It will create your worries just as easily as it creates your deepest prayers and dreams. The Law, this Soul Power, treats everyone the same - it's impersonal... and It works in the same way for everyone.

We're using the Law all the time - whether you're truly conscious of it or not. It's better to be conscious, believe me! Because Law, Soul-Stuff, never rests, never goes on vacation, never stops creating... just like Divine Intelligence, Spirit. They're constantly in the "ON" mode and never "off."

The third part of the Great Trinity of Creation, of Life, is **Body**. It's the resulting part, the form, of what happens when **"thoughts become things."** It's when Spirit and Soul are utilized, or accessed through our ideas and words, toward some definite purpose of creation. Everything - (visible in our world or invisible in other realms) - EVERYTHING is the Body of God. It's ALL God!

So when Jesus said **"In my father's house are many mansions,"** he meant that there are many planes of creation. For example, the idea is invisible - the Spirit and Soul part of creation is invisible - but the Body, the form or manifestation of the idea, the physical form of the Soul-Stuff is visible. Different planes of creation.

Body... whether this human body, this earth suit, or the cars in the parking lot, or the trees and plants in the field, the stars in the sky... all are considered part of the

BODY of God in this equation. And... while Spirit and Soul are constant and absolute, NEVER changing what they are... Body, on the other hand, is the only part of the Universe that is always in a state of Change. It can't help changing!

Think about how many times your own physical body has changed just since you were born! It's mind-boggling, right?! And yet, through all those transformations, the ESSENCE of you, the consciousness of you, has managed to travel from one likeness to the next. Your physical BODY is in a continual state of change, and yet the I AMness of who you are, that God center of who you are, remains the same. Yes, you evolve, hopefully, you continue to gather experiences and wisdom and memories and knowledge, for sure.... but what and how you choose to be as your YOUness is always YOU! You are a child of God... a unique expression of God.

Here's a quick example... when you think of a drop of the ocean... it contains all the attributes of the whole ocean. Everything inherent in that large body of water is contained in that one drop... and yet, that drop is NOT the whole ocean.

So when we talk about us - MY Qualities of God - YOUR qualities of God... just like the drop of ocean, each one of us contains all the Attributes and Qualities of God as part of our inherent nature... and yet, each one of us – even all of us together - are NOT God, but individualized expressions, God sparks from the great Light of creation.

I'm referring to those things that are the Nature of Life, including Aliveness... Free will (which is the ability to make choices, to direct life and the Law of Creation for those things you want to attract into your world). I'm referring to Qualities such as Intelligence, order, and production. Because the Divine Intelligence... in you and as God... knows what to do. And there is an Order about it.

Think of the seasons... they follow in succession, don't they? And while it may feel mixed up sometimes, some weird weather patterns may show up, usually – the seasons always one after the other. The planets rotate in a specific order. If they didn't we might have exploding planets and not even be here. The blood in our veins flows in a specific order - always. And, our bodies and many other species in this world... mature and age in a natural order and progression, don't we?

Raymond Charles Barker said "***That which you call disorder is merely order appearing in a way you do not like it. Disorder is a negative idea coming to the surface in an orderly way.***" (Collected Wisdom, p.54.1) That bears repeating: "***Disorder is a negative idea coming to the surface in an orderly way.***"

He also wrote that "***You are not a human mind; you are an individual using a Divine Mind humanly. There is the whole difference.***" (p.55.2)

Here's something else to think about... Dr. Barker said:

***"The Universe is an unlimited system, and there is no reason why you, as an individual, are not an unlimited individual. You may say, "The great spiritual minds have been able to do phenomena that I cannot do."***

I have made statements like that... For example, that I'm not able to read auras... or interpret people's dreams... or other types of capabilities. Dr. Barker said: "***Usually [we] pick out the exaggerated [examples] we have of great spiritual personalities and say, "These people could do it, but I can't." Unconsciously, you believe that these people have a special quality that you do not have.***" (p.54-55)

***The truth is: All limitation is self-limitation.***" (RCB, p.157.2)

OUCH! We limit ourselves.



The things that keep you and me from expressing our God-qualities to the highest level are within our own subjective minds. Those limiting thoughts can be dissipated and changed, reversed and dissolved. If we can come to the conclusion that we can NOT do something, could we not also convince ourselves that we CAN do something?

Absolutely! So why not start now!

How much time and energy do we spend on becoming something besides what we say we are? We're often in a state of continual preparation to be something other than what we are today. We're planning for retirement... we're going to take a vacation... someday... we're going to read that book or get that degree soon. I'm as guilty of this as the next person. I like planning.

The sad thing is... when we can give so much energy to a future version of ourselves... we miss out on who and what we are in the present moment! We don't recognize this wonderful, talented Spiritual expression living in this physical world right now... doing all these amazing things in Life. So... Why not declare who you are or what you are doing... claim that for yourself... right here, right now?

\*\*\*\*\*

### **Personal Story**

I recently started (again) taking piano lessons. Yet I'm doing so with a different approach this time. Rather than say "I'm learning to play the piano"... which is a way to keep postponing my Good, to keep pushing that creative talent away from me, to keep delaying my success and the results of today's efforts out into the distant future somewhere... now I simply declare, "I play the piano."

I know perfectly well - as does my teacher - that I'm at a very beginner level... yet I do play the instrument. So wouldn't it be much more empowering to declare: "I play

the piano"? I can just feel my psyche and my finger muscles responding better. Wow! It really feels good! So from now on I affirm: I play the piano!

\*\*\*\*\*

You and I have... as part of our Qualities and Attributes... as part of our inherent nature... we have all illumination, inspiration, and realization. We have within us all the vision, intuition, and revelation that we're willing to embrace and utilize through our self-knowing mind and our Unity with the One Mind. We get to use our creative imagination through faith to co-create whatever we desire... whether that be Love, Truth, Beauty, Joy, Abundance, and more.

The Attributes of God are eternal and unlimited. Where do you want to begin? Which one or two or three do you choose to focus on first? What do you want to do with the Qualities you possess? Holmes tells us that "***Spiritual Substance is all around us, waiting to be formed.***" (SOM, p.157.3)

The good news is... you're never going to run out of them... you'll never lose these God Qualities. Yours and my Unity with the Divine, our Oneness in God, in Spirit, means that these Qualities and Attributes are ALWAYS available, coming into expression, according to each person's individual embodiment. While you get to choose how much of whatever to let out of your being into the world... those Qualities and Attributes are unlimited and cannot change... so they are part of your essence for ALL eternity. Timeless, Changeless. Wow! (SOM, p.491.5) How cool is that!

### **CONCLUSION...**

It begins within you... expansive, gifted, awesome YOU! And hopefully by now... you recognize that there is SO MUCH MORE about you than you might have realized. The Divine Essence of you is just that... Divine. You ARE Divine!

So for the Love of Your Self, your human self and your God Self, embrace the many glorious and wonderful aspects of your Divinity... of the Preciousness that IS YOU!

And through this discovery of Self, may you also embrace all the ***Blessings, Love, and Light*** of the Infinite Presence of Spirit within you.

Today's closing prayer comes from the SOM textbook by Ernest Holmes. (SOM 541.1)

***Like a cloak, [Divine] Love is wrapped around me.***

***Like a warm garment, It shelters me from the storms of life.***

***I feel and know that an Almighty Love envelops me in Its close embrace.***

***O Love Divine, My Love, how wonderful Thou art.***

***I am open to receive Thy great blessing.***

***Love envelops me.***

Love IS me... and I AM Love.

Amen.