

“Pursuing Harmony”

SCRIPTURES: Matt. 13:33 Matt. 5:25 1st John 4:4

Harmony = one of Qualities – Keeps us “Close to God”. All Goodness centers around Harmony. We need to Re-Claim our Sense of Harmony! Covid 19 (& all the restrictions) has been hard on Many of us. Social Unrest & Demonstrations against Police Brutality have lots of People really upset. Our FEAR Level = Heightened! No matter your opinion on what “outer action” needs to be taken, What the World needs Most right now is LEAVEN. It = “up to us” to Create “Bubbles of Harmony” that will Lift the Whole Loaf. You can Create a “Life of Harmony” right here in midst of discord. BUT, It Must Begin from INSIDE – OUT!

How to Become a Bubble of Harmony, or “the Leaven” that lifts our lives & humanity:

- 1. Conquer your FEAR!** If you allow FEAR & ANGER to fill your Consc. = NOT HELPING (making things worse). Look for the Good in this situation & praise it. Don't obsess on the Bad. Remember: “You are a Sp. Being!” Meet your fear as a Sp. Being who cannot be harmed.
- 2. Harmonize your Inner Thought World.** Work to Consciously Turn Away from “Thought Violence”. Make peace with those you despise because you need be in harmony to depend on God. Declare Harmony; Feel Harmony; Dwell in Harmony, Love, Joy, & Appreciation of Goodness.
- 3. Declare Harmony with whatever you must go thru in life.** (Non-Resistance) *“There is a Lesson here to Learn.” “There is Beauty here to find.” “Some Good must come out of this.”* Be in your “Bubble of Harmony” no matter how Badly the world behaves around you.
- 4. Feel Harmony with Nature.** Storm Season; Global Warming; Natural Disaster. Turn Away from FEAR or Making the Natural Forces the Enemy! Strive for Harmony with the Earth (our host).
- 5. Strive to Feel Harmony with Humanity. (All of it!)** Forgive those we believe are destroying our world. Declare your Oneness w/ All Humanity! On an Individual Level: Connect as deeply as you can w/ Individuals around you. (Love & Support them)

CONCLUSION: My challenge to you = **Turn your life & consciousness into that “Bubble of Harmony”** that will be the means for creating a **World Uplifted on Wings of Spirit.**