

# “Your Next Stage of Growth”

Gaylon McDowell – 10.28.18

Bodhi Spiritual Center

Gaylon: Hello, everybody. How are you doing? It's good to be back. Today my lesson is based upon your series, Open at the Top, and my sermon is titled Your Next Stage of Growth. There's a lot of things that's happening in the world right now, as Lola mentioned, pipe bombs being mailed to people, there are journalists getting killed in countries and being threatened in our own country, again, obviously the horrific incident that happened at the synagogue yesterday.

These things have people searching for answers, and they're asking old and new questions. The question that people always get back to, one way or another, is where is God in the midst of all of this? Why won't God do something about it? How can a God allow all of these horrific things to happen? That's what we're going to deal with today. We're going to get down to brass tacks. Let me just say right off the bat, I'm going in today. All right. Let me just get that out of the way, all right? I'm going all the way in. If I offend you, it's not because I'm trying to. It's because I'm pushing you, all right? Out of love to transcend where you currently might be, all right? So we can create a world that allows people to show up in love, harmony, and joy. Does that make sense?

Congregation: Yeah.

Gaylon: All right. My first point is this. It is not God's function to create or un-create the circumstances or conditions of your life. God created you in the image and likeness of God. You created the rest through the power God has given you. That's a quote from Neil Donald Walsh. Why is this quote important? It's important because it answers the first primary question. Where is God in the midst of all of this? The god that's in the midst of all of this is you, because you, as the image and likeness of God, you as the individualized expression of the one intelligence, the one power, the one substance that we call God is there in the midst of it to transform it, but we are looking for the big daddy in the sky, or metaphysical thinkers, the impersonal law that's somewhere else other than you to fix something that you won't shift and address in consciousness.

My next point, events, occurrences, happenings, conditions are all created out of consciousness. What you'll see in the New Thought movement, which I represent, is people say, "Change your thinking, change your life, change your thinking, change your life, change your thinking, change your life." Why is that emphasized so much? It's emphasized so much because of one basic thing. Consciousness produces form. If there is form, if there is expression, if there is

manifestation, there is a consciousness behind it. There is a mental blueprint behind it. There is a mental equivalent behind it. There is a belief system behind it. It didn't show up by accident.

When we look at our lives and we start to look around and we wonder what we believe, look at what's showing up. Look at what's showing up, because this is what it is mean when Jesus said, "A good tree can't bear bad fruit. A bad tree cannot bear good fruit. Judge a tree by the fruit it bears, not the bark that it wears." Yeah, I added that part. That's not scripture. I added that extra part, if that's okay. Some old recovering saints in here, they might get me, seriously.

But I want you to get this. Consciousness creates form. Now a few times ago when I was here, one of the things that I talked about to this community or presented to this community was that our soul individually and I would say collectively will attract experiences to us to help us evolve. All right. For instance, if there are some qualities that are under developed in the soul, we, through our subconscious nature, will draw things, not consciously, subconsciously into our experiences that show up as people, places, and things to help us grow and evolve past a current belief system that no longer works.

Now we won't consciously do it. Therefore, the soul will draw it to us. When you're dealing with a point, I want you to ask this question. They're going to put it on the screen. What lessons am I learning from this experience about myself and my world? When we start to look at the things that are happening individually and we start to look at things that are happening nationally, and we start to look at things that are happening internationally, they're begging for this question to be answered. What lessons am I learning about who? Myself and my world.

Why myself and my world, not the world? Because we all live in our own world. We're on the Gaylon planet, but we don't live in the Gaylon world. See, this is what the mystical teachings that Jesus was trying to get across when he said my kingdom is not of this world. People looking around like, "Wait a minute, what world are you on?" Because he understood that we all live in the world of the projection of our consciousness.

Now here's the thing. The projection of your consciousness will sometimes conflict with the projection of somebody else's consciousness. Let me just say something that might not sound super spiritual, but I really want you to get it, because I think it can make life a little bit easier. It is unrealistic not to expect conflict. I know we just want always just to get along, but understand what conflict is and what it isn't. Conflict is competing needs, values, and wants. I think this is right, you think something else is right. You think something else, this is true, I think it's false and vice versa. I want this, you want something else. We want the Gaylon thing. That creates conflict. You could be siblings, you can be in a marriage, you can be in a work environment.

What we have done in our minds is we have created the lie, the lie that life works automatically right without intention. I'm just going to show up, and people are just going to do right by me. No. No. It's foolhardy. What ends up happening is we create our own suffering, because we have beliefs that generate the suffering, because we expect people to transcend the level of consciousness. Don't take my word for it. Look at your own life. If you're honest about yourself, with yourself rather, the moments where you've been most disappointed is because you expected somebody to act differently than you know how they get down.

Part of love, now I don't want you ... Because I'm putting this on you does not mean that I'm not an agent of change. I'm starting with the individual, are we clear?

Congregation: Yeah.

Gaylon: Okay. But I got to put it back on us first before we start talking about anybody else, okay? There are things that we have to evolve through as a species okay? The moment we get to this place where we've evolved past one issue, it generates, by nature, a new issue. That's why we say when we dealt with this, now this popped up. Now we dealt with this, now this popped up. Why? Because the human being is an ever-evolving being. God is unlimited and so are you, so we're always transcending the previous state of consciousness and seeking to transcend the current one. That's why you're not satisfied when you say, okay, everybody says you should just be so happy about this, this, this, and this. You're like, "I'm happy about it, but my mind is on this," because there's something built in you that strives to be greater. Is this making sense?

Congregation: Yes.

Gaylon: There are lessons we have to learn. Gary Zukav said, "This person is bringing me a lesson that is very important for me to learn. If it were not for this person, I might not be able to learn it. Now that person who agitates and irritates you, whether it's in the political or religious or social or civil, or you might share a pillow with that person, if it wasn't for that individual or those individuals, you might not learn that lesson.

I really want you to get that this country and this world is in a space right now where people are forcing us to look at things that we didn't want to address, and sweep under the rug, and because they're so aggressive in the way they present what they do and consistent, they're forcing you to learn the lessons that you wouldn't get any other way.

Don't get mad. I know it's easy to default to anger, to frustration, or the fear, but as I told you before, understanding determines if something is a problem or not. The reason why you're scared is because you don't understand. Again, I used the analogy the last time I was here, and it begs to be utilized again. If my

car stops on the I-94 and I'm out there under my hood trying to get my truck to start, and I'm out there an hour, can't get anything done, I call my insurance company, they send a person to come look at my truck, he looks under the hood 15 seconds, he does something. He says, "Okay, try to start it up," and it starts right up.

What is the difference between me and the mechanic? Knowledge or understanding. Understanding determines if something is a problem or not. When I recognize that I am an individualized expression of God, and what's true about God is true about me, and I'm always one with the source of all good. I'm always one with peace. I'm always one with love. I'm always one with power. You can't take my power, because I am power. That is understanding.

But we are fearful, because we don't know we're powerful. We're fearful, because we are intimidated by the appearances. Well, we don't want to admit it, but we are. This is why communities like this matter, because they allow you to come together in a collective consciousness for you to grow and help support the growth of someone else. Let's keep moving.

There are aspects of you you don't want to deal with right now that are a part of the collective consciousness that's producing the results that we see. Even if you think you're on the side of victim, the belief that you're a victim helps promote the nonsense.

Female: That's right.

Gaylon: If you're ready to hear it, I'm the hardcore metaphysics guy. That's what I do. There are no victims. There are no victims. I know, "Oh my God, you can tell me 800 stories." There are no victims. There's one presence and one power. God isn't a victim. I can't be a victim. "What are you trying to say?" I'm saying God isn't a victim. I am not a victim. If it's true about God, it's true about me.

When Reverend Coleman, when I first came to Christ Universal Temple, and without getting to the story again just of time's sake, at the tender age of 20, trying to learn just a little bit about myself, I heard a Les Brown tape. He's from Christ Universal Temple, came there, heard her. I was blown away by her message. It was a poem that she would recite from Unity. She said that in 1952 when she was given six months to live by medical science, she was upset, she bumped into at home a Unity magazine and opened it up, and it had these words, "God is your health. You can't be sick."

Now unbeknownst to me, that Gaylon poem will be the poem I use in January and February in the first part of that year when I almost made my transition from an asthma attack and I needed an anchor.

Female: Give us the whole poem.

Gaylon: The whole poem?

Female: Give it.

Gaylon: "God is my help in every need. God does my every hunger feed. God walks besides me, guides my way through every moment of the day. I now am wise, I now am true, patient, kind, and loving too. All things I am can do and be through Christ the truth that is in me. God is my health, I can't be sick. God is my strength, unfailing quick. God is my all, I know no fear, since God, love, and truth I hear." That poem is ingrained in my brain, because when the doc says, "Well, Gaylon, you need these two inhalers and these big, gigantic pills," I was, "God is my health." God is my health. God is my health. There's no victims when you know who you are. Victims are a product of spiritual amnesia.

Moving on, there's some aspects that you don't want to deal with. Gary Zukav says it this way. "The strongest parts of yourself that you don't know about are your obsessions, compulsions, and addictions. They're so strong that if you do not know about them, they do whatever they like, no matter what you want. You feel as though you don't have a choice."

Many people are driven impulsively. These people that are doing these violent acts around the country, they're obsessed with doing it. It's impulsive. They're driven. Notice the word, driven to these actions. Why? Because their belief system, their mental blueprint is driving the behavior. Let me just say it this way, very plain, Bodhi. What you don't get a handle on in you can hurt you and others. It helps support the collective division that's in the consciousness of humanity. Moving on.

So we have to address the philosophical and religious beliefs that help support this process as well. I said I'm going there. Next slide. We must own and condone the sacred violence that our ancient religions, excuse me, religious and tribal traditions produce. Let me say it very plainly so you don't miss it. As powerful as many of our religious traditions have been through the years and through the centuries, they've also brought the baggage of ancient culture that we should transcend.

Many of the reasons why we see the violence that's happening today is because scriptures that should be now condoned, not explained away, condoned. But when we say every word is God, how do you deal with it? Whether this is a Bible-

Speaker 4: Do you mean condemned or condoned?

Gaylon: Condemned.

Speaker 4: Okay, I just wanted to clarify that, because you said condoned.

Gaylon: Oops.

Speaker 4: Right.

Gaylon: That should be condemned.

Speaker 4: Right, right. Just wanted to make sure we got that.

Gaylon: I misspelled that word. Don't put that on Facebook.

Speaker 4: All right. No, we'll change that right quick.

Gaylon: Change that to condemned. I missed that word.

Speaker 4: Condemn.

Gaylon: Condemn.

Speaker 4: Condemn, not condemned, condemn.

Gaylon: So now listen-

Speaker 4: Stay awake, folks. Stay awake. Stay awake.

Gaylon: Yeah, so delete the old picture. That's my mistake. My brain was saying one thing and the spelling was saying something else. Let me say it this way. If a person comes to me and says, "Well, the Bible says da da da da da da da da da da." Or, "The Quran says da da da da da." Or whatever your particular religious belief says, da da da da da da da da. You know what my response is going to be? "So what."

Female: Right.

Gaylon: Now why? Not because I'm devaluing the religion, by no stretch of the imagination. What I'm saying is just like the caterpillar has to turn into the butterfly, our religious traditions have to evolve. We can't evolve them if we don't address them with conscious thought. When something is out of order to the way things are being done today, you just have to say, "No, that doesn't apply." Well, who are you to say what you should take and not take from the Bible. I am God's image and likeness, and I'm just as important as anybody who ever penned a book in the Bible, the Quran, the Vedas, the Book of Mormon, Science of Mind, you name the book. I'm just as holy as Moses in front of the burning bush.

Female: Yes.

Gaylon: Now you have to accept it. Anything that devalues me or devalues my fellow human beings, I denounce. I condemn. I release. I don't care who doesn't like it. See, the thing about it is we've just become too comfortable just accepting nonsense just for nonsense sake. "Well, I just don't want to rock the boat." Guess what? They're out there saying what they believe, standing on what they stand on. If a person comes up to me and says, "Well, you know it says ..." So what? What's the principle that you're trying to teach? What's the universal law that's being taught? Teach me how this empowers individuals, all individuals, not some. Because if it's not, it's not a principle.

I got to move on. Let me just address the tribal, because I didn't address that. Human beings, by nature, are attracted to people who look like them and believe what they believe. Just by nature. I said I was going there, so I'm just going to go there. One of the things that's humorous to me as a black man is when I have people of other races say they walk in and they see a whole bunch of black people, they're uncomfortable. That's hilarious, because black people have been doing that for the whole history of the United States. The first one or two walking into a business, a job, or any other place, a church or whatever. It's hilarious to me, hilarious when somebody says, "I feel like I'm a minority." For real, when the system is set up to make you work, please. Now I know that might make some people in the room uncomfortable, but I want you to realize that somebody's been walking your uncomfortability their whole life.

Now make sure you all may or may not bring me back, so let me get it all out now.

Speaker 4: You and I might just ride off into the sunset.

Gaylon: Let me just knock these last points out so I can sit down, okay?

Male: Keep going.

Gaylon: So peace will be attained when we, as human beings ... Number one, I got these points from this book that I highly recommend, "The New Revelations" by Neil Donald Walsh. I would highly recommend everybody buy this book, because it addresses directly the issues that we have politically and with religion.

First point, number one, permit ourselves to acknowledge that some of our old beliefs about God and about life are no longer working. That's the starting point. It's not working. Big daddy in the sky belief doesn't work. The heaven and hell punishment doesn't work. The denouncing and devaluing of other human beings who don't look like you or don't show up like you doesn't work

Number two, explore the possibility that there is something we do not understand about God and about life, the understanding of which could change everything. There's something, see, part of religious national and tribal

arrogance is the belief that we know it all and we have all the answers, and we don't even have all the questions.

Third point, announce that we are willing for a new understanding of God and life to be now brought forth, understanding that could produce a new way of life on this planet. Again, the understanding shifts, life shifts. Emmett Fox says, "There's not such thing as undemonstrated understanding." Fourth point, courageously examine these new understandings. If they align with our personal inner truth and knowing, enlarge our belief systems to include them. As you start to look at your beliefs and why you believe them and you start to eradicate some and enhance or take on new ones, what you end up doing is creating a consciousness that will draw and radiate the new level of awareness that you have.

Then it says, fifth point ... Oh, that was the last point, so I got two more points, and I need to sit down. Thought it was one more. Express our lives as a demonstration of our highest beliefs rather than a denial of them. He calls this the five steps to peace, that if I say this is what I'm about, Lola, then people should be able to see it in my actions, judge a tree by the fruit it bears, by the fruit it bears. Love, think love, believe love, speak love, act loving, observe without being absorbed, and address error in a peaceful strength in love, because if you turn into a combatant, you, as Lola said earlier, are just the other side of the coin.

I want to leave you with this quote out of the book. It's very powerful. For those who have the book or want to look at four later, it's on page 70. I'm going to read really quickly from page 70 and page 92, and I'm sitting down. I really want you to listen. I didn't put it on the slide on purpose, because I want you to listen. This is the inner dialog he's having with his on indwelling spirit. He says, "You have said that the problem is not political and it is not economical. It is spiritual. That is correct. It is your current spiritual understanding that create and support your present, political, and economical constructions.

"Sitting down with religious leaders make sense, but so too does sitting down with political and business leaders, because their spiritual understandings drive the engine of their politics and their economics. Politics is your spirituality demonstrated. So too economics. Engage the entire community, not only your religious community, in exploration of a new spirituality that can change everything."

Last quote. Y'all got me sweating up here like a Baptist preacher with no cloth to wipe my brow. Tiffany, next. Have it ready.

Tiffany: I got you.

Gaylon: Okay. I really want you to hear this. I'm not going to read all of it. "Everything you think, say, and do is a message. Your whole life is your teaching. If you

thought that others tomorrow will walk the path that you have taken today, would you take the Gaylon path?" Then I'm going down to the end where he says, talking about modeling this truth, "Your neighbors will do this. Your nation will do this. You are the nation. The nation is made up of you. You are your religion. The religion is made up of you. Everything starts with you. You are the first domino. All the rest of the dominoes fall when you do.

"When you realize that this change begins with you, the world that you desire and hold in your consciousness begins with what you think, feel, speak, and do, then you really get what it means to be an individualized expression of God. You are that powerful. It has nothing to do with race. It has nothing to do with orientation. It has nothing to do with age. It has nothing to do with economics. It has everything to do with your birthright. You were created to be the agents of change and transformation in this world. When you show up being the glorious creation that God created you to be, you give people permission to do the Gaylon."

Go out today and be powerful. I don't know what your next stage of growth is, because we all are on different levels of consciousness, but whatever that next stage is, own it, accept it, and walk through it, even if it's emotionally painful. You owe it to yourself to be free so you can be a part of the freedom of the world. God bless you.