

“Desire and Decision: Staying in the Flow”

Gaylon McDowell - 11.19.18

Bodhi Spiritual Center

Gaylon McDowell: Good morning.

Congregation: Good.

Gaylon McDowell: How you doing?

Congregation: Good.

Gaylon McDowell: Before I start, let me also say, happy 15th anniversary.

Congregation: Yeah.

Gaylon McDowell: Because I've been working in the church world for so long, I know what 15 years means, in a different way. You might not be aware of it, but between 6,000 to 10,000 churches close every year, in the United States alone.

Lola: Good thing we're not a church.

Gaylon McDowell: Exactly. I'm a let that go, Lola.

Lola: Right?

Gaylon McDowell: I don't want to waste my time. What that's saying is, there are many people who are dedicated, and then, there are people who make stuff happen. Sometimes you can be dedicated, but not willing to do what it takes to make sure that it happens. As a community you have stayed together through some moments.

Congregation: Yeah.

Gaylon McDowell: As I remember, when I first came here to speak, and you are at the Apollo Theater, when Mark was leading the ministry. When I came back, he had just left ... the week before. I came for a month to help support the ministry. From then on, Reverend Lola has been like a sister to me. It's important for me that this community lives, prospers, because I believe that the mission and vision that this ministry has is important to the world. Again, celebrate yourselves. Give yourselves a hand.

Gaylon McDowell: My sermon today is, Desire and Decision Staying in the Flow. Desire and Decision Staying in the Flow. Now, before I get into this, these two steps are actually the first two steps of a 12 step process, that at Christ Universal Temple we call the

Dream Series. What I want to do is give you just a push, because I think that it will help you get over the hump, when it comes to some individual and collective goals. Is that okay? Anybody down with getting more good in your life?

Congregation: Yeah.

Gaylon McDowell: All right. That's not every hand. I think I might be in the wrong place. Is this a transplant? We have some people in here that don't know how we get down? Let's try this again. Anybody here open to expressing some new good in your life? All right. Beautiful. Beautiful.

Gaylon McDowell: First of all, what is a desire? A desire is a work assignment from the God within you, the I Am, your indwelling spiritual nature. Now, why is this important? Because sometimes people believe that desires just come out of nowhere. When you have this impulse, when you have this urge to express, to manifest, to bring to life a particular idea, that idea did not come from anywhere. It came from the infinite source, presence and power of God. It is expressing in, through, and as you, in the moment.

Gaylon McDowell: You didn't get the desire just for you. You got the desire because that idea is seeking expression through you, to bless you and others. When you say, "No," or you make excuses for why the desires that God within you has given you, you are literally robbing humanity.

Speaker 1: Right. Say that again, now.

Speaker 2: [inaudible 00:04:11].

Gaylon McDowell: That desire is important. That desire is divine. That desire is the method through which you will express and create many times, the prosperity you desire. You might have heard it said this way, "Your gift will make a way for you." Part of desire is the expression of your gifts. Is this making sense?

Congregation: Yes.

Gaylon McDowell: All right. Next point. A desire is the embryo of possibility. The desire shows up, Lola, to say to you, "This is what's possible for your life." The desire shows up that says, "This is what's possible for you to bring into the world." The desire shows up that says, "This is what's possible for this level of expression."

Gaylon McDowell: Through life, you will see people showing up presenting a new possibility as a now reality, even though they're the only one that's living it. They are seeking to teach it, so other people can catch it. I'm a just give an example. Again, I come from a New Thought Christian tradition, so we do metaphysics in a Christian context.

Gaylon McDowell: When Jesus showed up to start his ministry, he showed up, nobody knew who this guy was, and start saying, "The kingdom of God is at hand." What? We are occupied by Rome, by the Roman Empire. The majority of the people that were living in that area of the Near East, what we now call Israel and Galilee, and

Palestine, Judea, or Palestines ... whatever, you know what I'm talking about. Anyway ... were exceptionally poor. Religious rule was also, in many ways, the political rule. He's saying, "The kingdom of God is at hand." He's showing up saying, "The kingdom of God is within you." He's showed up saying that, "You have the power to transform your life right now," not later.

Gaylon McDowell: Now, of course, religion made Jesus safe, by saying all these goodies are for when you die. That wasn't his message. Now, this is important, because he had a desire that needed to be expressed. He had a purpose that he needed to express. It doesn't make a difference if you try to run away from your purpose. Your purpose will find you.

Gaylon McDowell: You could be out in the desert like Moses, and the burning bush happens. Or, you could be laying in your bed, thinking about your next day, and all of a sudden something takes over you, and you are just moved to have to do it. Or, you see an injustice, and all of a sudden you have to handle it. The desire, the impulse, the energy rises in you, not as righteous indignation, not as anger, not as frustration, but as a possibility that needs to be given birth. That's why possibility, that's why desire is the embryo of possibility. It's letting you know what's possible for you. Does that make sense?

Congregation: Yeah.

Gaylon McDowell: How do you work with it? I want to make sure that this is very plain for you all today. You must work with your desire in three primary ways: interest, attention, and expectation. Let's say those together. Interest, attention, and expectation. What does that mean?

Gaylon McDowell: You have a desire, this impulse, this idea, this energy, this feeling is moving your soul. The first thing you have to do is get interested in it.

Congregation: [inaudible 00:08:09].

Gaylon McDowell: Like, seriously. How would this be any different than dating? You see somebody that you like, that's what? Interest. Now, when you're interested in a thing, you start to shift your focus from a lot of things to a main thing. Right? You learn how it works. You learn how it moves. You learn how to navigate it. You do that by giving it your attention. Now, remember, where your attention goes your energy flows. All right?

Gaylon McDowell: It's sort of like a flashlight is on the top of your head. If you were moving and the flashlight was on, everywhere you turn, the flashlight is pointing. Well, when you put your attention on a thing, you're putting the energy of your mind on a thing. The longer you can maintain your attention on a thing, the more it is possible to bring it into your life. Now, this is important, because I always tell people the secret to understanding metaphysics is basically one thing. Change your mind and keep it changed.

Gaylon McDowell: See? We want to make it hard. Change your mind and keep it changed. What does that mean? Focus. What does that mean? Concentration. What does that

mean? Intention. You have to keep it locked and parked where you want to go, and with the results you want to see. This is why expectation is necessary. Because we pray for stuff, which I'm gonna talk about a little bit later, yet, our expectation is for something else.

Gaylon McDowell: We have the desire, but if I have a desire and no expectation of its fulfillment, I literally rob myself of my own power. Never desire something you don't expect. Never expect something you don't desire. Expectation is a form of prayer. Is this making sense?

Congregation: Yeah.

Gaylon McDowell: When you start to think about your expectation, and you're working with an idea, start to ask yourself, "Am I showing interest in the ideas that are coming through me?" Now, here's what's funny about interest ... Your interest will determine what you give your attention to. All right. If I went to China, and I was walking down the street, I would be looking for Kung Fu schools, because I'm a martial arts. Somebody else might be looking for buildings that are built a certain kind of way. Other people might be looking for art. I'm looking for guys who can do Tai Chi and Kung Fu and splits, and all type of stuff, because my mind has a different interest. Now, let me just say ...

PART 1 OF 3 ENDS [00:11:04]

Gaylon McDowell: -my mind has a different interest. Let me just say this, breathe. Some of us are interested in mass, that's why I keep showing up. We like to argue. We like to combat. We like to fight. Not necessarily physically, but we get off on the energy of the combat of conflict. Again, I'm not saying that conflict is bad. What I am saying is be mindful that if you're given all of your interest and attention to the things that you don't want, why get mad when it keeps showing up?

Gaylon McDowell: How much power are you giving individuals, people, places and things over your life? Because if they are occupying your mind, they are occupying your life.

Gaylon McDowell: Breathe. I love you all. I love you. But I teach that hardcore metaphysics. It's what I do. All right, now next point.

Gaylon McDowell: Let's work with a decision. A decision is a conclusion, a resolution, reached after consideration. Which means that you should know why you are deciding or choosing upon a thing. Sometimes we put no real conscious thought into why we do what we do, why we choose or decide or select the things that we want in our lives.

Gaylon McDowell: We live unconsciously. We're making unconscious choices. We're deciding on matters without conscious thought, without conscious awareness. What that ends up doing is creating a little bit of what we like, a little bit of what we don't like, and a lot of, "I don't even understand why this is here."

Gaylon McDowell: A conclusion means that something has been thought about before the decision has been made. When it comes to your desires you have to choose it. Its potential, its infinite possibility. It's the embryo until you choose it. Is that making sense? And how you choose it is by giving it your interest, your attention and your expectation. Is it coming together?

Gaylon McDowell: Next point. Once you become clear about your desires, you must choose your goal. Because choice activities the power. Now you have the desire. That desire has to be formed into a clear vision, a clear mission, a clear purpose. All right? Because if you don't ever get to the stage of it playing around in your head and actually gets on paper so you can execute it, then we're just daydreaming.

Gaylon McDowell: Sooner or later we have to get real and serious about what we desire in our lives, and we have to choose it. How do you know when a person has really chosen something, a desire, and formed it into a goal?

Gaylon McDowell: You know because they're in action. You know because it's measurable. Napoleon Hill once wrote, "A dream is a goal with a deadline," excuse me, "A goal is a dream with a deadline." A goal is a dream with a deadline. It's measurable. If we have desires that are not measurable, they're not goals. They're not goals. I want to is not a goal. If everything goes right is not a goal. If the ducks line up isn't a goal.

Gaylon McDowell: Why is this important? Because, and I wasn't even going to plan on talking to this, but I'm going to go where the soul leads. There are going to be times in life when you're really going to have to lean on your spiritual gifts, your faith, your love, your strength, etc. If you don't have practice with these smaller things, when the real stuff happens, you won't be prepared.

Gaylon McDowell: It's sort of like going to LA Fitness, putting 700 pounds on the barbell thing, right, and trying to deadlift 700 pounds, and you can't do 100. When the family situation happens, when the unexpected financial situation happens, when the pink slip happens, when the business that you do business with goes out of business, when the health challenge happens, when the children start to act kind of crazy, what will you lean on if you are out of practice?

Gaylon McDowell: The conscious use of your mind is the most important thing you can ever do. That's why you have to be clear. When you make a firm decision about your good, don't look back. Keeps your eyes on your what?

Audience: Goals.

Gaylon McDowell: Keep your eyes on your what?

Audience: Goals.

Gaylon McDowell: Keep your eyes your what?

Audience: Goals.

Gaylon McDowell: Why is this important? This is thought metaphorically and allegorically in the bible when it says that Lot and his family were leaving and they were told don't look ...

Audience: Back.

Gaylon McDowell: And it says Lot's wife looked...

Audience: Back.

Gaylon McDowell: Back, and got turned into a pillar of salt. This is not a literal story. They had ways of teaching lessons by using narratives. But what it was teaching you is this, and teaching us is, when you look back you get stuck. We reminisce on the way things used to be sometimes and we get ...

Audience: Stuck.

Gaylon McDowell: We want things to be a certain way and we get ...

Audience: Stuck.

Gaylon McDowell: Jerry Jamplosky once wrote that forgiveness means giving up all hope for a better past. Don't look back. Go forward. Stop allowing the things that you've been through to stop you from having what you can have now and what you can experience now. Don't let somebody who hurt you in the past stop you from having love now.

Gaylon McDowell: That was an extra, just for you all.

Gaylon McDowell: Protect your decisions for a better life from the opinions of others until you are mature enough to handle opposing opinions. Don't let other people's doubts and indifference rob you of vital mental energy needed to produce your desires. Why is this important, individually and collectively?

Gaylon McDowell: It's important because everybody's not going to agree with you. Sometimes the people who you want to agree with you more anybody else. This is real talk. This is why sometimes people end up divorced. This is why families end up sometimes split. Because we can't handle many times, we can, but at levels of maturity it's hard to put your ideas, your energy, your plans, your goals out in front of people. Your opinions. And then have people push back against them.

Gaylon McDowell: I have this idea and then this person is like, "Well what's that got to do with me?" Or "How does that affect me?" Or "I just didn't see it." Or "I don't agree with it." At the baby stage of your desire, and at the baby stage of your decision, sometimes it's best to allow it to grow in you before you take it out to the world.

Gaylon McDowell: Again, this is metaphysically thought as the Christ idea in the Christmas time being born and being protected from Herod. King Herod, metaphysically, represents the personal will, the ego. You have to protect your new goals. You have to protect your desires. You have to protect your new idea of good from

the thoughts, feelings and beliefs, first of all that you have in your mind. Then from the minds of others.

Gaylon McDowell: What does that mean collectively? What that means collectively is this. As a community you decide who you are, right? Right? So you have to be mindful that as a metaphysical, spiritual center or community. She doesn't say church. You have to recognize that you're going to get pushback. Reverend Coleman, Johnnie Coleman, who started Christ Universal Temple as a new though metaphysical church on the south side of Chicago got all type of pushback. The Tribune wrote articles against her. CBS called her a cult. Just because she was teaching folks that God lives in them, that they had a right to prosperity, peace of mind, love and joy, and they had a right to live a life that they desired and wanted to pursue.

Gaylon McDowell: She would tell people, heaven and hell are states of mind. Because of that the mainstream, not fringe, mainstream media attacked her. As you bow up just wait for the folks to come for you. I'm telling you. Because why? Because any time you telling people that they have a right to be happy is going to upset the apple cart because people get paid off of creating division. When somebody says oneness, that's a whole different conversation.

PART 2 OF 3 ENDS [00:22:04]

Gaylon McDowell: When somebody says oneness, that's a whole different conversation. So protect yourselves as a community, not by being tribal, but by understanding that everybody might not be in the consciousness where they yet understand what you are about and what you do. So instead of being in a fighting posture, be in a loving posture. Why? Because part of understanding who you are spiritually is to recognize that you meet love when it's misunderstanding. Notice I didn't say hate.

Gaylon McDowell: Let's get back to it. Prayer is a form of decision. When you pray, you're making a decision. Charles Fillmore who was the co-founder of Unity wrote, "Prayer is the most highly accelerated mind action known. It steps up mental action until man's consciousness synchronizes with the Christ Mind." That's a fancy metaphysical definition, but I wanted you to read it because when it says, "Prayer is the most highly accelerated," Lola, what that's really saying is there's normal mind action.

Gaylon McDowell: In other words, I think things. I feel things. I produce things. Prayer is saying, "I can accelerate that mind action process to produce results now." Say now.

Audience: Now.

Gaylon McDowell: Now.

Audience: Now.

Gaylon McDowell: Now healing. Now prosperity. Now joy. Now love. Why? Because it accelerates it. So to the extent that you can harmonize and synchronize with the higher spiritual consciousness within you that he calls the Christ Mind, the more you can produce the results of your decision. When you are praying ... You've heard people say, "You're raising your vibration." You heard that term before?

Speaker 3: Yes.

Gaylon McDowell: That terminology is used because that's actually what's happening. You're accelerating. You're speeding up. You're rising in consciousness, and thought is just mental vibrational impulse. So as you are praying, your thought action is elevating, which allows you to produce results that normally wouldn't be available unless you are in that level of consciousness. Is that making sense?

Audience: Yes.

Gaylon McDowell: Okay. Is this too heavy?

Audience: No.

Gaylon McDowell: Okay, I just want to make sure. I think you all have gotten a hang of me now. I kind of go there. Mark 11:24 says, "So I tell you, whatever you ask for in prayer believe that you have received it, and it will be yours." Now, this is my go-to prayer scripture. Why is that important? Because many people pray in a begging, pleading way instead of, "It is mine already," and the realization that it is mine produces it because that's what it says.

Gaylon McDowell: When we pray to get, we create the feeling of wanting and get. When we pray from the consciousness of oneness, we are saying that this is that I'm already one with the good that I desire. I'm just selecting it. I'm just calling it forth. I'm just producing it out of my own being. I'm not sending a prayer to Big Daddy in the sky. I'm working with the infinite intelligence that works in through it as me. So when you are praying, and when you take moments in this time to pray or the person who's holding vigil or people that'll be praying later on after service, what they're actually doing is helping you create a consciousness of, "It's already done." It's already-

Audience: Done.

Gaylon McDowell: ... done. It's already-

Audience: Done.

Gaylon McDowell: ... done. Remember I said earlier, "Never desire something that you don't expect." So prayer should be a way in which you develop your spiritual expectation. How did we do this? How do we work with them? One of the tools that we use in new thought is affirmation. What's an affirmation? It's a positive statement of truth. By use of affirmation, we claim and appropriate that which is ours and truth. So this is one of the things that trips me up, Lola, is one of my pet peeves.

Gaylon McDowell: People who go in on affirmations. You'll have groups say, "We don't affirm. Affirmations don't work. We declare." Stop being ridiculous. It's the same thing. Even who I love by the way, Tony Robbins. "We don't affirm. Affirmations don't work. We incantate." Stop being ridiculous. It's the same thing. The act of proclaiming is affirmation. But from a new thought metaphysical perspective, it is to claim and appropriate that which is ours and truth. Now, that's the key word, is truth because what it's saying is that as a spiritual being, you have a spiritual inheritance.

Gaylon McDowell: You're inheriting spiritually, and the things you're inheriting spiritually are divine ideas. So when you affirm a thing, you're not affirming to make it happen. You're affirming to know the truth about who you are. Last point. Never devalue your desire to experience the fruit of prosperity. We're talking about desire and decision because if you have a desire, and you make decisions, sooner or later you're going to have some fruit. Is that correct?

Audience: Yes.

Gaylon McDowell: All right. The pursuit of happiness in all forms including wealth is the divine right of the soul. Earnestly pursue your good, as long as it is done in what? Let's say this together.

Audience: Love, understanding, and divine order.

Gaylon McDowell: Love, understanding, and divine order. In other words, if you're going to do something that's inconsistent with the golden rule, do unto others as you would have them do unto you. It's time to pause. But understand that there is something within the human being that desires to seek and create more expression. It never stops, and sometimes spiritual leaders and communities try to get to such a form a level of detachment that their detachment is a form of attachment. Really [inaudible 00:28:47] at the land. Their detachment is a form of attachment. They're attached to being detached.

Gaylon McDowell: What I'm saying is this, and you don't have to agree with it because I'm just presenting ideas. My position is this. I present. I explain. I proclaim. What you do with it is your business because I'm going to go home and go to sleep either way. You don't have to get it. My job is to present it. All right. Now ... it is holy and right for you to want a better life. It is holy and right for you to want better for your family. It is holy and right for you to want more for your spiritual community. It is holy and right as long as it's done in love, divine order, and understanding.

Gaylon McDowell: But let me just be mindful about detachment as I close because I got about two minutes. Two minutes. This is how detachment looks, and this is why I'm bringing this point up. There's a story about two monks from Tibet who are walking from one location to another, and they ran across a bridge, and a young woman was at the bridge and she was scared to walk over the bridge. You know those bridges that walk over the lot from one side, water underneath? I forgot what they call those things, but anyway, moving on.

Gaylon McDowell: So the older monk picked the young lady up on his back and walked her across the bridge. When they got on the other side, he put her down, and the two monks went on their way. But for the next several hours, the young monk was upset and frustrated, and eventually the older monk said, "What's going on?" He said, "We are celibate monks, and we have been sworn not to touch women, and you picked that woman up and carried her on your back across the bridge," and he said, "Yes, I did, but you've been carrying her ever since."

Gaylon McDowell: So be careful what you attach your mind to because that issue, that point, that whatever that you just got to make might keep you from fulfilling what you're supposed to be doing. The young monk forgot about the mindset of a monk because he was so concerned about a temporary 15 to 20-second experience. How quickly do you get off track and how quickly do you recalibrate? That will determine the quality of your life. So if you really want to live in a powerful way of staying in the flow with your desire and your decision, be mindful of what you attach your mind to, because what you attach your mind to you attach your destiny to. God bless you.

PART 3 OF 3 ENDS [00:32:09]