



Unity Church of Winston Salem
by Rev. Elizabeth C. Forrest

April, 2017

Namaste! "I behold the divine in you" and in all life!

Al Palmer sang a song one Sunday, "What a Wonderful World," and I say to myself what a wonderful world it could be!

Beauty is in the eyes of the beholder. This day is a very special day for me. I turned 70 years old in earth years. I woke up to the sun shining through my bedroom window, then a few minutes later I fixed a cup of coffee and stepped outside. The grass seemed greener, the flowers more colorful, the sky was a brilliant blue with a few soft white clouds flowing ever so gently across the sky. The birds seemed to be singing just to me--a blackbird, a blue bird, a cardinal and many, many more! A woodpecker was even drumming on a nearby tree...so many magnificent sounds!

It was early morning yet so where is my friend the Owl, I thought...she must be asleep. As that thought entered my mind I found myself sounding out a hoot or two mimicking as best I could the sound of an owl. A BIG smile came from my heart AND face as I heard a reply from this bird of wisdom, the wise old owl replying back to me. I hooted a few more times and each time I felt the joy of life itself as she called back to me!

Then to top it all off, I saw the sunlight dancing in the woods beside my home. The colors, shadows, rocks, grass, and stones painted a lovely peaceful scene right before my very eyes. This is life at its best! It can't get any better than this, but it did! Stepping out of the shadows of the trees was a young deer with its mother. They both looked at me as if to say, "good morning and happy birthday." The little one then playfully scampered up the hill with mother and three or four more deer right behind them. What a perfect birthday gift!

What a wonderful experience of Oneness and peace. It was a magical morning; a gift from God! I received all that my heart desired this morning. My wish for you is that this day will be YOUR perfect day, your perfect moment. May you see the beauty of life all around you in the gifts that money can't buy. The beauty of nature and the blessing of friends and family...believe it and you will see it!

We are the creators of our world. *"Thoughts create things so think on these things...whatever things are true, whatsoever things are noble, pure and lovely. Think on these things."* (Philippians 4:8) You are a co-creator with God! See it, believing it, and so it is!

Thank you God, thank you God, thank you God!

Love, Light and Peace from the Heart,
Reverend Elizabeth