



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

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Here I am sitting in the quietness of the easy morning hour. The sun begins to rise, and the effervescent rays of light sparkle across the pond where ducks slowly glide across the still water. Time seems to have moved so quickly as I look across the memories of my life. How swiftly the years roll by. God has blessed me with a place where time seems to stand still, where I can look out across the pond and see the signs of spring in the green fields and the woodland. Birds sing and geese fly the same as they did 53 years ago when I used to live in this same area in Advance, North Carolina. Life has changed, yet here I am with pen in hand writing to you like I would have done 53 years ago.

Some of you may wonder why I am not sending out an email or text. I keep getting requests to accept you on Facebook or on LinkedIn but I don't use either. I do text and email, but my preference is to hear your voice over the phone...or better yet to see your beautiful face, your smile, and touch...to just slow down and relax a moment with a friend.

I like spending time early in the morning talking to my unseen friends about how grateful I am for each person in my life. We share conversations about your ups and downs in life along with my own turns and twists in my Journey in life. No matter how bad things seem for any of us, somehow sharing it with my Master and Guide brings me peace of mind. I am assured even today that all things are working for our good.

Like Jonah in the Bible story, he was sailing happily along with others to a beautiful place where he longed to go. Suddenly a great storm came up and Jonah found himself in the belly of a big fish. That's a great symbol of life as we know it. One minute things are going great, the next minute we are thinking "how did I get in this dark stinking place with no way out"???? We may find ourselves thinking ....everything is working against me!!! Nothing seems to be going right! Then all of a sudden there you are..... still in the middle of the stinking smell of the old dark thoughts but you find yourself out of darkness and you realize the big fish has gotten sick of you and has regurgitated you on to the shore of life. You can now see how to get up and walk away from the stinking place you've been in. In doing so you find that now you are right where you need to be, a place where you can help yourself and others.

We can sometimes learn a lot in places of fear and pain! Just like Jonah, it takes a long time for a lot of us to see that "all things work together for good of those who love the Divine". As I look back over the past year I see so many of us are not willing to go where we've been asked to go. Where is that place you might ask??? It is the place within our own heart where only divine love dwells, a place where you love yourself and others because love is who you are. You love people just as they are. No matter the color, belief system, size, shape, sexual preference or political preference.

Stay with me, this is my conversation with God..... and I'm just sharing that conversation. You see, I have come to realize that each of us is being called to move into higher ways of thinking. Some call it the great shift, higher consciousness, illumination, awakening, the renewing of the mind or the fifth dimension. No matter what name we give it, it is a place of oneness-- a place of peace, a place of

acceptance, and love. The place we are being called to doesn't accept our old baggage. We leave it behind or we just don't go, unless a big fat fish swallows you and you take the journey in the half digested truth of stinking lower thought forms of hate, self-centeredness, judgment and separation.

May we go willingly before things begin to come against us, and we arrive at our appointed place one way or another. Better late than never! In today's journey a lot of us are caught in the belly of the fish! We are all traveling as a country, nation, or world into a new consciousness. I wanted to believe that after the election no matter who won, we as a people would sail the emotional waters together to get to where we all are called to be. Yet, the emotional waters are still raging, and some of us are falling overboard.

Let us not be the one who is lost in darkness in the belly of our own stinking thinking! Let us stand up and step into the solid ground of unconditional love. May we allow the High Self to take us there, to the place of oneness and unconditional love.

**Love, Light and Peace from the Heart,**

*Reverend Elizabeth*