



Be-ing Great in 2008 “BE-ATTITUDES”

Melody Beattie begins her book *Journey to the Heart* with honoring the beginning on January 1st. She says, “Beginnings can be delicate or explosive. They can start almost invisibly or arrive with a big bang. Beginnings hold the promise of new lessons to be learned, new territory to be explored and old lessons to be recalled, practiced, and appreciated. Beginnings hold ambiguity, promise, fear, and hope.” page 1

Myrtle Fillmore says, “The very word *new* gives a welcome, because there is something in the make-up of mankind that craves the freshness that the word suggests...Let us at the beginning of the New Year throw the doors of our hearts and homes open to the new. The ‘newing’ process comes first in mind. ‘Be ye transformed by the renewing of your mind.’” *How to Let God Help You*, page 171.

With that “newness” in mind, we “begin” this year’s study of the timeless truth in the Sermon on the Mount delivered by our way-shower over 2,000 years ago, specifically the Be-Attitudes.

Elizabeth Sand Turner says, “Soon after the selection of the Twelve Apostles, Jesus delivered the immortal lessons that comprise the Sermon on the Mount. Even as the law that Moses received on Mount Sinai is the heart of Judaism, the Sermon on the Mount is the heart of Christianity. The Sermon is the new law; it is not meant to abrogate the revered Mosaic Law but it is to teach us how this law may be fulfilled spiritually. The first law given to Moses, and which came from the heights of Sinai in the wilderness, was accompanied by thunder and lightning. The new law was enunciated from the summit of a grassy hill in Galilee, probably from an elevation known as the Horns of Hattin, as its two peaks resemble an Oriental saddle. Here a crowd gathered to see and hear the Master, whose words were spoken in quietness and in love. The ‘Thou shalt not’ of the Ten Commandments is replaced by the words ‘Blessed are ye’ in the Sermon on the Mount. The Decalogue’s stern delineation of right and wrong is mitigated in the Sermon to a compassionate appeal for righteous thinking and feeling. Moses stated the law; Jesus explained the way to obey it.” *Your Hope of Glory*, page 90

Eric Butterworth says, “Jesus speaks not of conforming, but of transforming. Paul reflects this ideal when he says, ‘Be not conformed to this world, but be ye transformed by the renewing of your mind’ (Romans 12:2). The old order taught men what to do, but Jesus showed them what to be, how to think. Thus, the outline of His ideals is actually a series of attitudes of being, states of mind, clearly promising definite results that follow certain inner changes.” *Discovering the Power Within You*, pages 57-58

And **Charles Fillmore**, one of our co-founders says, “In the Sermon on the Mount, Jesus laid down the law for those who desire to follow Him into the regeneration – to be born again. If you seek this spiritual birth, examine your daily life and see whether you are conforming to its requirements.” *The Essential Charles Fillmore*, page 300

How do we open the space for regeneration and renewal of mind and heart? How do we open to a “newness” of attitude to BE GREAT in 2008? I believe we open the space for regeneration and renewal by creating a beginner’s mind. As we set an intention to release any past concepts and beliefs about the Beattitudes the wisdom conveyed by our Master Teacher Jesus takes root in our consciousness, creating a new way of “be-ing.” And what, you may ask, is a *beginner’s mind* and how does one open a space for it? To help explain, allow me to share a story I have always loved which I found again on the internet.

Empty Your Cup

A university professor went to visit a famous Zen master. While the master quietly served tea, the professor talked about Zen. The master poured the visitor’s cup to the brim, and then kept pouring. The professor watched the overflowing cup until he could no longer restrain himself. “It’s overfull! No more will go in!” the professor blurted. “You are like this cup,” the master replied, “How can I show you Zen unless you first empty your cup.”

Empty your cup to make room for new knowledge and understanding to fill you! I also love what Darren Henson says about a beginner’s mind: “Another important part of developing the beginner’s mind concerns getting rid of the ‘been there, done that’ concept that seems so prevalent in today’s society. It may be true that you have been there, and you have done that, but perhaps your conception of reality was not the whole concept, ‘the big picture’ if you will.”

I will use several resources each month to help us expand our consciousness:

Elizabeth Sand Turner *Your Hope of Glory*
Rocco A. Errico *Treasures from the Language of Jesus*
Neil Douglas Klotz *Prayers of the Cosmos*
Eric Butterworth *Discover the Power With You*

Next Gathering: Wednesday, February 13, 7:00pm

Upcoming Enrichment Gatherings in 2008 – 7:00pm:

March 5, April 9, May 7, June 18, July 16, August 20, September 17, October 15, November 19,
December 7 (4:00pm Candlelight Service)

Affirmation: “I am open, receptive and responsive to a newness of mind and heart!”