

*But Lot's wife behind him, looked back, and she became a pillar of salt. Gen. 19:26*

This classic story of Lot and his wife is from the Old Testament. Angels speak to Lot and tell him to take his family and leave Sodom and Gomorrah before the two cities are destroyed. After a bit of resistance, Lot takes their advice. Lot was warned not to stop or look back. However, Lot's wife looked back and was turned into a pillar of salt.

This story reminds us that looking back or holding on to *the way things were in the past* or *the way we want things to be* can keep us stuck. Lot's wife turned into a pillar of salt. Salt is a preservative. When we do not let go of the past or do not release disturbing thoughts, feelings, hurts and beliefs, we too can become preserved or stuck.

This lesson is based on Unity Metaphysics and The Untethered Soul. In *The Untethered Soul* Michael Singer writes:

*The natural ups and downs of life can either generate personal growth or create personal fears. Which of these dominates is completely dependent upon how we see change. Change can be viewed as either exciting or frightening, but regardless of how we view it, we must all face the fact that change is the very nature of life. If you have a lot of fear, you won't like change. So you'll try to create a world around that is predictable, controllable, and definable. You'll try to create a world that doesn't stimulate your fears.*

*When you have fear, insecurity, or weakness inside you, and you attempt to keep it from being stimulated, there will inevitably be events and changes in life that challenge your efforts. Because you resist these changes you feel that you are struggling with life.*

*Who said that the way life naturally unfolds is not all right? The answer is, fear says so. The part of you inside that's not okay with itself can't face the natural unfolding of life because it's not under your control.*

*As you grow spiritually, you will realize that your attempts to protect yourself from your problems actually create more problems. If you attempt to arrange people, places, and things so they don't disturb you, it will begin to feel like life is against you. You will feel that anyone, at any moment, could cause you disturbance.*

*The alternative is to decide not to fight with life. You realize and accept that life is not under your control. Instead of living life, you are afraid of life.*

*Fear is caused by blockages in the flow of your energy. When your energy is blocked it cannot come up and feed your heart. Fear is the cause of every problem.*

*The purpose of spiritual evolution is to remove the blockages that cause you fear.*

*Life is surrounding you with people and situations that stimulate growth. You don't have to decide who's right or wrong. You don't have to worry about other people's issues. You only have to be willing to open your heart in the face of anything and everything, and permit the purification process to take place.*

*The stuff that holds you down periodically rears its head. When it does, let it go. You simply permit the pain to come up into your heart and pass through. If you do it will pass. If you are sincerely seeking truth, you'll let go every time. When your stuff gets hit, let go right then because it will be harder later.*

*The key is to understand that if you don't let go immediately, the disturbing force of the activated energy draws the focus of your consciousness. As your consciousness gets immersed in the disturbance, you lose your clear seat of Self.*

Lot's wife turning into a pillar of salt is representative of what happens to us when we get immersed in disturbing thoughts, feelings and situations. Our life energy becomes stuck and it can seem as if we have fallen into darkness.

Michael Singer writes, *So don't fall. Let go. No matter what it is, let it go. The bigger it is, the bigger the reward of letting go and the worse the fall if you don't. It's pretty black-or-white. You either let go or you don't. There really isn't anything in between. So let all of you blockages and disturbances become the fuel for the journey. That which is holding you down can become the fuel for the journey. That which is holding you down can become a powerful force that raises you up. You just have to be willing to take the ascent.*

Charles Fillmore, Unity's co-founder, wrote *Right here and now the great work of character-building is to be done, and whoever neglects present opportunities, looking forward to a future heaven for better conditions, is pulling right away from the kingdom of heaven within himself.*

Affirmation: *I let go and let God be God in my life and in the lives of my loved ones.*