

Jesus said to his disciples, *I am the Living Bread which has come down from Heaven. Anyone who eats this bread will live forever; and the bread that I shall give is my flesh, for the life of the world.* (Jn. 6:51).

What is the *bread* that Jesus is talking about? In Charles Fillmore's book, The Revealing Word, Unity's co-founder says that the *Bread of Life* is *The Word of Truth that imparts new vitality to mind and body*. We can understand that the *Bread of Life* is practical spiritual truth that we can use to enhance the quality of our lives.

Today's lesson is based on a quote that states, *We see the world, not as it is, but as we are*. This quote has been attributed to both the Talmud and Anais Nin (although a verifiable historical reference for either source cannot be found.)

During today's lesson, I asked you to take a 3 x 5 card and:

- Write on one side of the card the names of people in your life who are challenging for you. They should be actual people that you have experienced personally.
- Write on the second side of the card the names of people in your life who inspire you.
- Turning back to the first side of the card (the challenging people), list the qualities of the listed people that are difficult for you.
- Turning to the second side of the card (the people who inspire you), list the qualities of the people that inspire you.
- Reflect on the qualities of the challenging people.
- Reflect on the qualities of the inspiring people.

Consider the idea that the qualities that you like in others may be the qualities that you like or aspire to in yourself. In the same way, the qualities that you do not like in others are often the qualities that you do not like in yourself. We may attempt to push these people away because we do not want to pay attention to what they reflect to us. In the same way, we may push away the aspects of ourselves that we do not like and in doing so, we can sometimes ignore the healing that is possible for us.

Our perceptions of others can be true. Sometimes they are not. Often our perceptions can be biased, often skewed by factors such as our background, culture, past experiences, beliefs, misunderstanding, attitudes and even emotions.

In Matthew 22:39, Jesus said to *Love your neighbor as yourself*. I like to think of the scripture this way; *Love your neighbor as yourself because your neighbor is a reflection of yourself*.

The way to healing always begins with love. If we desire to be healed, we must love the parts of us that are painful and asking for healing. We often become aware of these areas that desire to be healed when we find ourselves negatively judging others.

Shawn Achor writes in his study on happiness, *Ninety percent of your long term happiness is predicted not by the external world, but by the way your brain processes the world*.

Feast on the bread of life. Behold your neighbors, your friends, and your loved ones in the light of love, and you will feast on the *Bread of Life*.

In John 6:27 Jesus says, *Do not work for food that cannot last, but work for food that endures to eternal life*.

Affirmation: *I behold everyone in the light of love and feast on the Bread of Life!*