

Walk Your Talk
Rev. Blaine Tinsley

Lesson: *From Woe to Wow!*
January 29, 2017

The lesson is inspired by Myrtle Fillmore's book titled, *How to Let God Help You*. The lesson is from the chapter, *Meeting the Cloven Hoof*. The cloven hoof is a split hoof on an animal such as a deer.

The devil is often depicted having cloven hooves. However, we in Unity do not believe that there is a *devil*. We believe that there is only one presence and one power, and that power is God the good.

Sometimes we face challenges in our life experiences that feel painful, and it seems as if we have been kicked by an animal with a cloven hoof. A natural tendency might be to believe that this dreadful experience is the result of an outside negative force or power, such as the *devil*.

As a result, we become afraid, angry, jealous, or we experience some other uncomfortable feeling. Often we try to avoid or deny that we have these feelings. The truth is that such feelings are within us, and we are experiencing them because we are holding onto a thought or belief that is not true.

Myrtle Fillmore reminds us that acknowledging and experiencing our uncomfortable feelings is a natural part of the spiritual development. On page 64 of her book, she writes, *Don't be disturbed by the temporary disorder. See it as the efforts of soul and body to make adjustments, bring to the surface the things that need attention...*

The life challenges we face, and the uncomfortable feelings that they give rise to, are here to help us ascend to a new level of spiritual consciousness. The human tendency is to label our feelings as *bad* and to ignore them or deny them.

Whenever you feel as if you are being kicked by an animal with a cloven hoof, here are some tools you can use to transform the experience:

Acknowledge your feelings. Recognize that you are experiencing an uncomfortable feeling and identify it.

Remember that God is in every challenge, and will bring spiritual transformation.

Feel the feeling. Find an appropriate place and time to express your feeling. Let it all hang out.

Pray for yourself and everyone involved in the challenging situation. Give thanks, knowing that all are blessed by this transforming opportunity.

There are no coincidences in the universe, or in our lives. Everything happens for a reason. The challenging circumstances we face allow us to shift our consciousness to a higher level so that we can experience God and life in a deeper way. As we learn to feel and express our feelings, we will experience more joy, peace, and love in our lives.

Affirmation: *I connect with Spirit, and I am at peace.*