

It's Never Too Late To Moisturize
UU Sheridan, March 21, 2010

My epiphany came one day when I realized that God and a good moisturizer are a lot alike. I use wrinkle cream, even though I'm not sure it works. And, I believe in God, or some spiritual source, even though I'm not absolutely always convinced it is there. I don't want to miss out on going to heaven, being reincarnated, karma ... or whatever might happen after I leave this earth. And I certainly don't want to be left out of having softer more supple skin. So, in the event they both benefit me - I'm going to use them, and continue investigating the best ones for me. I let go of worrying about what they are made of or whether or not they really help. I choose to believe there is more to us than meets the eye and I choose to believe my fine lines are becoming invisible.

When I moisturize, my skin does feel better, smoother, softer, more supple. When I immerse myself in spiritual study, meditation, walks in nature, prayer...my mind and soul become softer, more peaceful, more willing to absorb the quiet messages, my intuition and it's easier to reflect good into the world.

The other thing I noticed is that I spend much more time making over my outside than I do on my inside. I meditate, read affirmations...but if I'm in a hurry in the morning, I often leave my house without meditating or praying...but I NEVER leave the house without some makeup and moisturizer.

And why? Merle Norman, and a lot of skin care products...including those for men, come with a step-by-step process, some even number the bottles, so you know what to do next. They try to make it easy for us to use their products.

What if we spent some of our beauty regimen time giving ourselves a mental makeover before we go out into the world each day? Well, just like Merle Norman and Mary Kay, I have made it easy for us to do that with my 12-step procedure to a spiritual facelift. And I'm giving you a free sample to try on here today.

We all know beauty comes from the inside, but sometimes it gets buried in the business of life. So here are some steps to help us to help us polish up our inner beauty, bring it to the surface each and every day and make it shine!

1. Liposuc Your Language. We know that words can indeed be more hurtful than sticks and stones. Remember that even the shortest conversation you have with someone can make or break their day, or their spirit. (TCU and coach Patterson example). Suck out those extra fatty, useless calories of words you don't need to say. Liposuc your language.

2. Nip and Tuck Your Judgments. When you start making a judgment, or sharing gossip about someone, nip it in the bud. Rumors and hearsay can be as deadly to our

spirit as weapons are to our bodies. Stop conversations (especially the ones in your head), that can hurt yourself or others. Tuck away something positive to say to or about that person the next time you see them, or to yourself. Nip and tuck your judgments.

3. Collagen Your Consciousness. Fill in the voids that cause you not to love yourself. You can't give love if you don't have it. And you can't receive it because you won't recognize it when it shows up. You've got to care for yourself in order to care for others. Age depletes our collagen, and age can sometimes deplete our capacity to love - especially if we've spent several years in rocky relationship, or had some that ended in a hurtful way. Finding the voids that cause you not to love yourself can be a process. Don't try and fill them with another person, until you've filled it in for yourself. If you don't work on this, just like the wrinkles on your face - the void gets deeper and deeper, until you're really stuck in a place you don't want to be. Fill in the voids that cause you not to love. Collagen your consciousness.

4. Apply truth tightening serum daily. Have you been less than honest with someone, or with yourself, about an issue? Do you have an unresolved argument? Harboring any resentments against a friend, your boss, your spouse? I used to tell a little white lie rather than hurt someone's feelings. Like, if someone invited me to do something and I really didn't want to do the thing, or do it with them, I'd make up some story that was *based* on fact...sort of! They may be nothing terrible, but it takes me out of my truth. It depletes my character. And if we do that-even for a moment, it takes away time that we could be living in truth. Apply truth serum daily.

4. Lift and Separate Your Intentions. Rosenberg's nonviolent and compassionate communication encourages us to think about what we want versus what we need. Let's say our husband or loved one forgets our birthday. We're hurt, we sulk around, they ask "What's wrong?" We say, "Nothing." We really needed this person to acknowledge us, but he didn't remember, so we angrily just fix dinner. We bang around the pans in the kitchen while we're fixing our own birthday dinner, get madder and madder. He asks "What's wrong? "Nothing". We go to bed in a huff, and still we say "I'm fine." We conveniently forget to pick up the laundry the next day that has his suit he needs for a business trip. Now, we're very far afield from what we needed - a nice recognition of our birthday. He might get mad back because he doesn't know what going on...and pretty soon you're not speaking to each other for two days! That's a good time to lift and separate our intentions. If what we really needed was to be recognized, we could say, "Hey you goofball, today's my birthday. Get off the couch and take me to dinner." If I were the one on the couch in the situation, I would be happy they reminded me and graciously take them to dinner! Was it the way I **wanted** it to happen? No. I'd prefer they had remembered on their own. But if what I really needed was recognition and acknowledgment, and to have a nice dinner in the company of someone I love - then, I need to think about how I go about that. And I need to lift myself to the highest place that I can operate from before I take action. Think about what you want, versus what you need. If you're angry with someone, before you set out to talk with them think about

what you need from the situation. Ask: do I really just need the problem solved in a peaceful manner? Maybe. Do I want them to apologize, to feel stupid or wrong along the way? I might, but ultimately that doesn't feel good, and it doesn't move me along my inner growth path very well. What do I really need? Lift and separate your intentions.

5. Clean Out Your Poors. “Poor me, I don't make enough money, a boyfriend, firm thighs, a BMW, etcetera. Stop complaining. Because you know what, no one wants to hear it! It does not benefit you or those around you. Complaining is worse than doing nothing, for it is digging the rut one is in deeper and deeper. Each time one complains, it becomes increasingly difficult to climb out of the ditch they've created. To clean out our poors, try becoming aware of your complaining, Are you familiar with a website complaint free world.org? You can order a bracelet and the idea is to switch it from wrist to wrist when you complain - just to make yourself aware of how often you do it. Awareness is the first step. Clean out your poors.

6. Botox Your Bad Attitude Botox freezes a muscle so it cannot perform in a way we perceive as a negative-like frowning. Botox-or freeze-your negative, self-defeating thoughts, before they develop into something deep and ugly. When a negative thought or an idea that does not serve your highest good comes into your mind, freeze it out. We can't just say “think positive” because we can't control our thoughts - but we can manage them. It's not so important what thoughts come, but what we decide to do with them. We're all going to think negatively at times, but don't let it become a habit. Change them before they set in too deeply. Botox the bad attitude.

How do you do that?

7. Plump Up Your Positive Thoughts. Replace negative thoughts and harsh words about yourself, your friends, your job, your surroundings, etc. with positive ones. Find one good thing about someone or a situation that's true. State it over and over. And soon I bet you'll find more and more things you like about the person, or the job...or whatever. Plump up the positive whenever possible.

8. Shave your stubble. Are there things about you that consistently rub people the wrong way? Have you heard the same comment about your behavior more than once, more than fifty times? Do you sabotage yourself with the same mistake more than once, or fifty times?! We often times get stubborn because it hurts us when someone tells us things about ourselves that are not flattering. “I'm not changing just because they want me to.” And, certainly we don't allow people to tell us how to act and what to do all the time - that's not creating an aware consciousness. But if a behavior is not working for you, get rid of it. Gentlemen, one of the reasons you shave everyday might be because it makes it more comfortable for whoever's smooching you, to keep smooching. Ladies, we probably do the same thing for whoever we rub up against in bed. *We want to make it comfortable for those we care about to be around us.* We can keep the stubborn hairs - the behaviors that sabotage us, or we can get rid of them. Don't let those “stubborn hairs” get in the way of love, success and smooth sailing. Shave the stubble.

9. Rogain Your Routine. Be willing to grow. Be willing to change. Be willing to replace bad habits for yourself. If you feel you're stuck in a negative rut, try something new, like vowing to say three positive things to everyone you talk to that day. Do a random act of kindness. Practice growing. Rogain your routine.

9. Implant Firm Beliefs with a boost from your spiritual source. This can take the form of praying, meditating, taking a walk in nature, listening to music, whatever works for you. Explore different types of religions beliefs, philosophies, psychology, etc.. Find out what resonates with you. How do you want to live as a human being on earth? What it is that brings you a sense of peace, accompanied by a knowingness that you are here for good. Find out what you believe in and be firm in your beliefs as to how you want to act and to be.

11. Improve Your Circulation. For a healthy body we know we need good circulation. My father had diabetes and lost the circulation in his legs, which resulted in amputations. Circulation works the same way emotionally and spiritually as well as physically. You know about the law of circulation. You hear it in New Thought. You hear it in the bible, "Freely ye have received, freely give." When the law of circulation is halted, stagnation results. It is only as we allow the Divine current to flow through us - in and out - just like our breath, that we really express life. When there is lack of circulation, things die - whether it's an extremity from loss of blood or a heart because of loss of love. Giving opens a pathway to receiving - whether it's love, forgiveness or money or work. Emerson tells us to beware of holding too much good in our hands. Improve your Circulation.

12. Floss away your fear. There's an innate reason for that fear sometimes-survival. But how much of our life is **not lived** because of fears that don't really exist? Ali Campbell is the author of "Just Get On With It, a Caring, Compassionate Kick the Ass." He says the source of fear usually isn't real, but when you engage it, it becomes real. He says we need to break the link between thought and feeling, don't be so quick to engage in fear. I say, just like the plaque on our teeth, left unattended fear can build up and decay much of our life - our passion, our desires, our dreams. It's been said that you cannot have both fear and faith. Next time you feel fear, examine it closely for truth or illusion. Floss away your fear.

Bakers dozen...

13. Find A Forgiving Light. In television we'd say this light is not very forgiving...it shows every flaw. Forgiving yourself and others might well be the most important thing to do to grow spiritually. We may remember the extraordinary examples of forgiveness by the Amish when young people were murdered. Their forgiveness was immediate and unwavering and it totally through a lot of people for a loop. That degree of forgiveness just did not compute to many. Author Thomas Moore, who is featured in a movie about forgiveness, says that it does no good to use words of forgiveness if the feeling isn't

there. You may have to consider the situation closely and openly. Some aspect of your imagination may have to shift before forgiveness is possible. In that case, the effort toward forgiveness heals you and opens a valve that allows life to flow. The sense of release is the sign that forgiveness is at hand and you may now come back to life. Find a forgiving light.

Those are some beginning steps to your spiritual facelift, your mental makeover. Know that your relationships with others reflect your relationship with yourself, wherever you are in your personal development. If, when you look at yourself in the mirror each day, there's something you'd like to augment, in order to reflect the spirit you really are inside, try one of the steps, or make up your own. Try one a day, a week, a year! But just like our skin, our spirit and our soul can dry up without some constant, loving, healthy attention.

I heard the actress, Cybil Shepherd, interviewed recently. She's in her 60s and was asked if she'd ever consider plastic surgery. She said she had, but at this stage, when she looks at herself, it seems like there's so much to do, she doesn't know where to start, so why bother.

We might look at our spiritual facelift in the same way. Is it too late to change negative thought patterns, to make up for lost time connecting to our spiritual source? Well, it comes back around to my original epiphany that God and a good wrinkle cream are the same! It's never too late to make-over your mind, it is never too late to connect with your inner source and find sacred guidance, wherever that comes from for you ...and, according to my dermatologist - it's definitely never too late to moisturize.

Thank You.

Your Spiritual Facelift

Liposuc Your Language. Remember that even the shortest conversation you have with someone can make or break their day, or their spirit. Be mindful of the words you use.

Nip and Tuck Your Perception. When you start making a judgment, or sharing gossip about someone, nip it in the bud. Tuck away something positive to say to or about that person the next time you see them.

Collagen Your Consciousness. Fill in the voids that cause you not to love yourself.

Apply Truth Serum Liberally. Be conscious of any moment that takes you out of your truth.

Lift and Separate Your Intentions. Think about what you need, versus what you want. Lift and separate our assumptions and judgments. Are they valid, based on facts, or, quick assumptions based on past experiences, which may or may not be true in the current condition.

Clean Out Your Poores. No one wants to hear it! Complaining is worse than doing nothing, for it is digging the rut one is in deeper and deeper. (Visit [complaint free world.org](http://complaintfreeworld.org).)

Botox Your Bad Attitude. Botox your positive beliefs into place so solidly that nothing can change their shape. **Plump Up Your Positive Thoughts.** Replace negative thoughts and harsh words with positive ones. With repetition you will begin to believe the positive and realize it was true all along.

Shave Your Stubble. Smooth out the parts of you that rub others the wrong way. Don't let the "stubborn hairs" get in the way of love, success or whatever you desire most.

Rogain Your Routine. Be willing to grow and change!

Implant Firm Beliefs with a boost from your spiritual source. Discover what brings you a sense of peace, and how you want to live on earth.

Improve Your Circulation. Giving opens a pathway to receiving - whether it's love, forgiveness, money, etc.

Floss Away Your Fear. The source of fear usually isn't real, until you engage it with thought. You cannot have both fear and faith.

Find A Forgiving Light. Forgive yourself for past mistakes and false judgments about yourself or others. Know that you deserve to feel good about yourself. Know that you no longer need to hold on to the feelings from the past.

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