



LENTEN BOOTCAMP

40 DAY JOURNEY TO EASTER

WWW.UNITYHAWAII.ORG/LENT

“During this Lenten season, we must learn to fast from all unworthy thought and feast on the good and the true. To observe Lent according to the spirit rather than the letter, we must fast from criticism and condemnation and feast in brotherly love; fast from false beliefs in sickness and weakness and feast on the truth of God's omnipresent, perfect life; fast from false beliefs in lack and limitation and feast on the truth of God's bountiful goodwill. Ideas such as these form an excellent basis for Lenten meditations that help establish permanent spiritual values in heart and mind.

One of the most valuable ways of observing the Lenten season is to fast from (loose and let go) the belief that anyone or anything can stand in the way of God's goodwill for you. Now is the time to affirm the power of the Christ Spirit indwelling in all, everywhere, and influencing their thoughts, words, and actions to work for the good of the whole. We all want to be of some influence in establishing world peace. To do so we must learn to obey Paul's exhortation, "Let us, therefore, follow after the things which make for peace." Each one of us must be concerned with improving our own life first, and then the greater, if there is still a need.

When we withdraw our attention, interest, and support from the false and the unworthy, this is true fasting. When we give that same attention, interest, and support to the enduring good, we are feasting on the things of the Spirit, and this is true prayer. When we have truly fasted in the Christ way we have increased our ability to respond to God's goodwill. ” ---modified excerpt from Keep a True Lent

Along with the daily Keep a True Lent readings (found on our website), daily journaling and gratitude list, prayer, and meditation, our community will collectively fast from and feast on the below. We invite everyone who desires to experience a remarkable shift in their life, to join us!

FAST FROM:

- **Watching the News (CNN, FOX, MSNBC, etc.), social media, and listening to music with negative lyrics/messages.** *Watching the news and participating in social media clouds and impresses the subconscious mind with things of this world. We are breaking away from the collective and deepening our connection with God and requires our full attention. What we give to the world, we take away from God. The world will still be waiting for you after your fast. You'll be surprised at how much you didn't miss and might find this to be something that remains a part of your spiritual practice beyond Easter. **For those wanting to supercharge this fast, refrain from watching any television and circulate that time instead to reading spiritual texts/ listening to spiritual music and or/audiobooks, etc.***
- **Negative conversations, gossip.**
Walk away from destructive talk. Refuse to engage.
- **Negative thinking/thoughts.**
Anytime a negative thought enters into your mind, deny it the power of you by casting it out (saying "cancel, cancel", "that's not the Truth", "no," etc. works well). Replace the negative thought immediately with its opposite).
- **Negative talk and words.**
Examine every word that proceeds from your mouth. If it doesn't bless, prosper, or heal yourself or others then it should not be spoken.

FEAST ON:

- **Good News stories.**
During this time, we are deliberately looking for news stories that center around the healing of humanity. They are out there and links to various sources are at: www.unityhawaii.org/lent
- **Positive affirmations, talk, and words..**
You are a Child of God and highly favored, deserving, and receiving only God's best! Minister to yourself by reminding yourself out loud daily upon awakening, each time you look in the mirror, and anytime you need a word of encouragement, the Truth of who you are (a child of God), and your worth (highly favored, deserving, and receiving only God's best).
- **Positive thinking/thoughts.**
Use the power of your imagination to create, at the consciousness of love, the solution. If a situation arises and tries to present itself as a problem, create a win-win scenario in your mind where all those involved receive a blessing, Only attach your "I AM" to thoughts that are of the highest caliber.
- **Re-write the script.**
When retiring for the evening, take 5-10 minutes to examine your day. If there were any situations or persons that need forgiveness (including yourself), love, a hug, require a win-win, etc. re-write what happened by using the power of your imagination. Give that person, situation, etc. a new role to play in your life. Imagine all involved showing up anew. Re-write your day in your mind that cancels out, erases, and transforms the situation into one from the Most High! Bless the day and it's events and bring only love with you into the next.