

# Understanding Ourselves & Others

**Part 1 & 2**  
**Tuesdays, February 7 & 21, 2023**

During this time when so much prejudice and discrimination is taking place, it is our belief that greater education is needed. This month we will put a spotlight on a panel from our LGBTQIA+ community, and on the "Little People" at Unity North.

**Part 1: A Day in the Life of a LGBTQIA+ Person in a Straight World**  
**Tuesday, Feb 7 • 7:00 – 9:00 pm (on Zoom Only) • Love Offering**

A panel of lesbians and several of their children will discuss their experiences of being gay or living in a gay household in today's world. Some feelings often expressed are, "We just want to be treated like everyone else," "We are singles, couples, and families trying to live our best life just like everyone." Many gay people are overcoming trauma from past religious experiences and have found Unity a safe space to heal, grow, and thrive. The discussion will be both informative and inspirational.

**Part 2: A Day in the Life of a Little Person in an Average Height World**  
**Tuesday, Feb 21 • 7:00 – 9:00 pm (on Zoom Only) • Love Offering**

Moira Bailey, a board member at Unity North, will share her experience of being a "Little Person" in today's world. Some topics covered will include genetics, medical aspects, and growing up in this world as a Little Person.

Kathleen Bailey (who is Moira's Mother, and our Youth & Family Director and Outreach Director at Unity North) will participate.

**Presentation, Q & A, and Discussion.**



**Community support for  
your spiritual path**



# Ourselves And Others

**Ken Wallace**



## **Ourselves And Others:**

**Two Worlds Unity Handbook of Self Awareness** Ken Sykes,2012-12-06 The life we make Reflects the truth of who we are The only things in the universe we can control are our choices By making choices we decide who we are and develop our truth this determines everything else in our life Choices can be based on our beliefs and conditioning and well suffer the emotional stress which goes with them Or we can choose to be self aware realise our higher truth and live in peace and joy Which do you choose The first rule for achieving self awareness is to seek experiential guidance So if you wish to discover yourself and grow spiritually herein you may find light to illuminate your experiences Make no mistake this is not for the faint hearted But it can change your life Trust in yourself listen to your heart and feel self love Questions about the book Contact me at [twoworldsunity@gmail.com](mailto:twoworldsunity@gmail.com) Visit us on Facebook [Understanding Ourselves and Others](#) Phil Jauncey,1995

[Forgiving Yourself](#) Beverly Flanigan,1997-08-01 Guilt and self blame can be incapacitating feelings that only deliberates self forgiveness will dispel Forgiving Yourself identifies various types of actions that call for forgiveness and offers a step by step program for eliminating self defeating behavior so what we may learn to forgive our mistakes heal our relationships and get on with becoming our best selves [Your Better Self Study Manual](#) Ken Wallace,2011-09-29 This Manual is designed to be used as a compliment to and in conjunction with my book Your Better Self A Simple Guide to Where You Want to Be It can most certainly be read by itself as a proper book in its own right However there are allusions and references to content in the book such that some of the content of this Manual might appear incomplete The purpose of the book is to offer scenarios and stories slices of real life so that readers can self identify the specific areas of life they need to work on so they can increase their motivation and energy to straightforwardly manifest their worthy aspirations and more quickly become their better Selves The purpose of this Manual is to be a companion to the book offering additional content stories resources tools and exercises to help readers delve more deeply into those areas of opportunity to improve themselves Taken together the book and this Manual provide all that is needed to begin to more rapidly and easily become your better Self and get what you really want in your life When you read a chapter in the book that beckons you to explore that particular theme of life at a deeper level pick up this Manual and go to that same chapter the Manual has the same chapter names and sequence as the book and read the additional content More importantly be sure to do the exercises as these will help you get clearer on the specific and unique ways YOU can become YOUR better Self [The Holiest of the Holies \(THOTH\), the Last Testament](#) Maitreya (Joseph Emmanuel),2013-06-20 For thousands of years humanity has longed for a truth revelation or knowledge that explains the unity of God behind all mystical experiences previous revelations and religions of the world and the truth behind the universe science There have been mystical explanations of God from those claiming they have experienced the truth by direct contact with Spirit There are also those who have founded great religions of the world However a great confusion still reigns among spiritualists religions of the world and the many different branches within each religion If you

study this Book carefully with a sincere mind and an Open Heart it will be revealed to you that the major religions on earth are not contradictory and separated at all In fact they are complementary and were sent to earth systematically by One God When this is understood the Path to Salvation Eternal Divine Path is known This book is the main writing of Maitreya of the Mission of Maitreya [www maitreya org](http://www.maitreya.org)      **Initial Scope** Bhikshuni Thubten Chodron,2015-01-01 In the early eleventh century the Indian Buddhist master Atisha condensed essential points from the sutras and ordered them into the text Lamp of the Path These were then expanded upon in the fourteenth century by the Tibetan Buddhist master LamaTsongkhapa into the text The Great Exposition on the Gradual Path to Enlightenment Lamrim Chenmo Venerable Thubten Chodron taught on this text over several years at Dharma Friendship Foundation and related these practical teachings to our daily lives These ebooks are lightly edited transcripts of those teachings They have been organized and formatted by Lai Wee Chiang This second volume contains teachings on Remembering Death The Actual Way to Become Mindful of Death The Lower Realms Taking Refuge The Objects of Refuge How to Take Refuge The Benefits of Having Taken Refuge Guidelines for the Practice of Refuge Karma 10 Destructive Actions and Their Results Constructive Actions and Their Results The Intensity of Karma Other Ways of Differentiating Actions Specific Aspects of Actions and Their Results General Advice on Engaging in Positive Actions and Avoiding Destructive Ones      **Narcissism and the Self** R. Behrendt,2015-02-03 The book examines how coevolved intraspecific aggression and appeasement gestures can give rise to complex social cultural and psychopathological phenomena It argues that the individual s need regulate narcissistic supplies and maintain feelings of safety is the overriding determinant of human conduct and thought in mental health and illness      **Continuous Learning in Organizations** Valerie I. Sessa,Manuel London,2015-06-03 There is already considerable literature on learning at the individual level and a growing body of literature on group and organizational learning But to date there has been little attempt to bring these literatures together and link learning at all three levels Continuous Learning in Organizations targets learning at each of the three levels and demonstrates how processes at one level impacts learning at other levels At the heart of the work is the idea that individuals groups and organizations are living systems with internal learning mechanisms that can be activated and supported or stymied and thwarted Once activated systems can learn adaptively by reacting to a change in the environment they can learn by generating new knowledge and conditions and or they can transform by creating and applying frame breaking ideas and bringing about radically new conditions Individuals groups and organizations are nested within each other forming an increasingly complex hierarchy of intertwined systems From this point of view the book describes the interactions between the levels and how developmental processes at one level affect learning at other levels The text appeals to both the scientist and professionals alike in the fields of human resource development training management and executive education coaching and organization change and development It is also for executives who establish directions for learning and need to convince others that continuous learning is the key to on going success of their enterprise      The Metaphysics

of Shoes Charline E. Manuel, 2012-05-07 Discover your inner power to master your soles journey Using the practical approach of short stories author and inspirational teacher Charline E Manuel uses shoes as a medium to highlight life lessons for personal professional and spiritual growth The Metaphysics of Shoes presents 12 Extraordinary Steps to empower your walk through life As you read these stories and contemplate their deeper meaning your mental attitude appreciation for life and inner power will elevate to new levels of personal fulfillment Embedded in these shoe stories you'll discover Greater inner strength How the power of imagination can work to heal disappointment A deeper level of your authentic personal power One method to release long held fears The wisdom of using one of life's most important gifts How divine order is revealed in a very practical way The importance of developing an understanding heart How to use personal will to achieve goals Why respect for life is an important criteria for choosing friends and associates One way to use your faith to get answers to your prayers Where to find the love you've been searching for In the end you'll know why Manuel makes the declaration Shoes are more than a fashion statement <http://youtube.com/watch?v=ghcNebBYwDY> The Homiletic Review, 1888 *Understanding and Working with Shame* Carsten René Jørgensen, 2024-11-26 This book discusses the pivotal role of shame in a wide range of mental disorders and as a driving force in societal polarization and escalating conflicts between nations and population groups Exploring the phenomenology of one of the most vulnerable and painful of human emotions shame Jørgensen dives deep into its many facets and the ways in which it manifests in mental illnesses and everyday life Delving into an in depth discussion of the differentiation between the moral and ethical feelings of guilt and shame he presses the need to distinguish between constructive and destructive feelings of shame He examines how shame permeates societal and cultural expectations on both individual and collective levels Solution centric in its approach the author not only discusses the destructive feelings of shame particularly common among individuals with more severe mental disorders but also offers specific advice to therapists on how to deal with it The book will be an essential read for psychoanalysts psychotherapists philosophers and anyone wanting to understand the power of shame in our lives **Chambers's Cyclopaedia of English Literature**, 1876 **The Dad Who Is There** Greg Schillo, 2010-11 Dad ever wondered how you're doing as a father Feeling as if you could do better Wondering whether it is too late to do it right or even make corrections Concerned that your time came and went and you blew the shot Take heart you're not alone in asking yourself whether you are on the plus or minus side as a dad and being afraid of the answer In *The Dad Who is There My Journey to Becoming a Plus side Father* Greg Schillo gives encouragement to all dads to keep up the effort no matter where you are in your fathering He lets you know it's never too late you'll be glad you stayed with it and you may even be doing better than you knew Soul Lovers and Soul Makers Dr. Joe G. Vethanayagam, 2015-12-29 I was raised in a city with one of the most beautiful and natural beaches I was struck by the beauty of the ocean and the way its waves pushed and pulled along the shoreline always departing but never failing to return And I witnessed how every time the ocean withdrew from the shoreline it left shells behind It happened

every single time These shells could have originated from anywhere on the planet But the ocean carried those shells to that particular place where we could pick them up When we get broken we keep trying without giving up just as the ocean refuses to stop coming Every failure teaches us some lessons Every withdrawal leaves us with some blessings We are never left empty handed as we are getting our share of seashells We collect the shells that are meant for us When we start reaching for love from within and explore our inner potential we bring our awareness into focus and discover our available abundance When our attention is placed within ourselves we do not need an outside source to make us happy to make us heal or to make us who we are meant to be      **Stop Running And Face Yourself Now: A Direct Path To Inner Power** Sybex

Books,2025-06-24 You can't outrun what's inside you Stop Running And Face Yourself Now is your call to stop numbing distracting or avoiding and finally meet yourself in the mirror with full presence full truth and full power We avoid because we're afraid of what we'll find But what you'll find once you stop running is that your fear isn't the enemy your avoidance is This book is about turning inward with courage Naming the things you've kept in the dark And realizing that self connection isn't a luxury it's the source of every breakthrough you're waiting for Slow down Turn around Look yourself in the eye and say I'm here now You'll learn to face old stories without collapsing To sit with emotions without becoming them And to hold your own gaze without shame This isn't about fixing yourself It's about finally listening Because your answers They were never outside you They've just been waiting for you to come home The moment you stop running your real power starts

*Evangelizing the Depths* Simone Pacot,2018-09-28 Many people don't know how to reconcile the spiritual with the reality of where they are psychologically so their psychological issues are not submitted to the spirit Thus followers of Christ are often living with shame oppression or even hatred It should not be this way The good news is that there is a way to wholeness Evangelizing the Depths calls us to listen closely to the Word of God as very practically Simone Pacot explains how the grace of the Triune God can restore us to life in every facet of our being even those that have been deeply wounded by events of the past As the entwining of the spiritual and psychological levels is explored this book will help establish us in the love and the truth of God As this happens it becomes possible to identify the paths of death that we have taken in the past and then leave them behind as we choose to follow Christ along the way of true life      *Codependents' Guide to the Twelve Steps* Melody Beattie,1992-04-09 Explains how recovery programs work and how to apply the Twelve Steps of Alcoholics Anonymous Offers specific exercises and activities for use by individuals and in group settings      **Becoming an**

**Emotionally Healthy School** Charlie Smith,Shall McKee,2005-09-08 Includes CD Rom Pupils can fulfil their potential only when they are healthy happy and at ease in all areas of their lives and the National Healthy Schools Standard NHSS is designed to give practical support to help schools achieve this through creating an environment which reduces health inequalities promotes social inclusion and raises educational achievement The book provides the reader with an overview of the National Healthy School Standard NHSS insight into the theme of emotional health a range of case study examples to

draw on as exemplars of good practice knowledge and resources required to undertake a school based audit on emotional health and well being resources to implement an emotional health and well being curriculum Becoming an Emotionally Healthy School helps school staff people working with schools and healthy schools co ordinators to create develop and promote a whole school approach to emotional health and well being The book offers advice handy hints and support at each stage of the process and provides all the resources that will be required including an emotional health curriculum that can be delivered with small groups or whole class groups

**Christian Ethics** Hans Martensen,1881      *Universal Conscious Self* Teza Zialcita,2013-10 Universal Conscious Self reestablishes your connection to your Source and divine self The intention is to help you move beyond your egoic mind and pay attention to your own divinity by living through your heart and reconnecting to your divine essence You are a multi dimensional being of light and love in an expansive and infinitesimal universe Techniques are given to experience more joy peace and love including breaking free from karmic bonds and heal from inner childhood trauma healing and letting go of anger and fear transcending negativity and victim consciousness and remembering your oneness to others and Source More importantly author Teza Zialcita discusses the importance of cultivating your relationship to Source and your oneness to others through inner awareness and unconditional love By doing so you are able to achieve a different way of being and thus live through your expansive self through the heart and allow for universal guidance to flow and enrich your life You are able to achieve happiness and peace within that is deeply rooted to Source while remembering the importance of the role you have chosen to play in this universe and how you can impact it by focusing on your inner beauty and self

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