

BE IMPECCABLE

Week #1 of a new 4-Week series inspired by the don Miguel Ruiz book, "The Four Agreements"

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Rev. Richard Rogers

MEDITATION

So tonight as we move into this time of meditation and prayer, I want you to just open your heart. And there's been many things we've gone through the last 15 months. Some were fabulous, and some weren't. Some were hard, and some were beautiful. And sometimes when we go through things in life, our heart gets bumped, and it hurts. And sometimes we get so busy with all the aspects of our life that we don't always slow down to really heal our hearts. So, as we begin tonight -- as we come back together tonight -- I want you to surround your heart in love

We've been a nation and a world that's gone through some stuff. And, instead of just moving back into the busyness of life, I want you to take some time to heal your heart. To surround your heart in love. That we release the grief, not only our individual grief, but the world's grief. That we release the grief of all that our planet has been through. For all the people that we have lost over the last 15 months. All the people who have gone through difficult times and hardships. Our job is to help the whole planet heal. That, as we each let go of our grief -- as we each let go of our sadness, our pain, our disappointment and our frustration -- we see the whole world healing. We feel the whole world releasing the grief so that we can move forward stronger, wiser and more loving than ever before.

Holy Spirit, heal my grief. Heal my sadness. Heal the pain of the past, not only for me, but for all people. For everyone. That each and every person can feel the presence of God's love healing their heart today: restoring our souls. And for all the people who have transitioned, who have passed on, we pray for their souls tonight. We pray for the highest and the best for each and every one. We pray that they may know true peace. For their families, for their loved ones; we hold them all in our heart. And we know that our heart is big enough to hold the whole world. Our heart is big enough to hold the entire planet.

So whatever you're going through tonight, you're not going through it alone. We join with you in prayer. We join with you in love that the whole planet can heal tonight. Because God is right there. God is within us and all around us.

So in a moment of silence now, I want you to take a moment and just imagine love healing your heart completely.

SILENCE

And so it is. In the name and through the power of the Living Christ, we give thanks for the healing power of God that is restoring each and every one of us. That's restoring our planet; that is lifting us higher to a greater level of good than we have ever known before. That we are not alone, but we are human family. And we lift each other up so that the whole planet may heal. And so it is. Amen.

MESSAGE

Rev. Richard Rogers: How many of you enjoy a good summer read? Anybody? *[Laughs]* I've been driving back and forth to Prescott over the last several months, and I have gone through more books on tape ... I'm plowing through books right and left. But, for me, the summer time is ... You know, because during the year -- during the "school year" -- I'm always reading about for my talks or my classes, or whatever I'm doing. You know, it's just a constant process of me reading so that I ... so that I stay fresh, and I have new stuff coming in and new ideas. And that's what I do. But in the summer time, I let myself go back. And I go back to those spiritual classics that really have fed me. That invite to look at them again.

And it's amazing to me when a book holds up, you know, over 20 years or 30 years or 100 years. When it's just as valid. And so I want to do a series, as we move into this summer season. And, man, it's going to get hot this week, right? Welcome to summer in Phoenix; we're glad you're here, right? *[Laughter]*

But the book that I want to focus on for the next four weeks is *The Four Agreements* by don Miguel Ruiz. How many of you have read this book? It's a fabulous book, right? It's a fabulous book! *[Reading from the back of the book]* "Best-selling author don Miguel Ruiz reveals the source of self-limiting ideas and behavior that rob us of our joy and cause us needless suffering. It's based on the Toltec wisdom. *The Four Agreements* is a powerful code of conduct that rapidly transforms our life."

And the first ... Who knows what the first agreement is? **BE IMPECCABLE WITH YOUR WORD.** Right? Be impeccable with your word.

Now, how many of you: your mouth has gotten out ahead of you? *[Laughter]* Right? Like, how many of you have ever said to your spouse: "Do you want to try that again?" Right? So, over and over again, what I want you to see is that, for some of us, learning to dance with our mouth has been a life-long journey. *[Laughter]* Right? Because my mouth has been one of my greatest assets, and my biggest challenge. Right? It has gotten me blessed in more ways than I can even imagine, and it has bitten me in the rear-end more times than I can count. *[Laughter]* Right?

And being impeccable with our word is a challenge. But what I want you to really see: that before we get very far into this process, we have to kind of have a baseline for what impeccable means. And how do we really get to impeccability? Because there needs to be kind of a source or a guideline so that we actually know when we've arrived. Right? And what I believed is fundamentally important is that we actually have to know ourselves enough so we know when our words are impeccable. Because, if we're not clear -- if we're not conscious, if we're not aware -- of who we are, there's no way for us to really see or have an ability to look at our words in a meaningful way and say, "Is that impeccable? Was that really the word that was the highest, the best for me to speak in that situation?"

And so, before we get any further, I want to kind of look for a moment at what defines you. What defines who you are and how you show up? And I really believe that, for most of us, one of the things that's fundamentally important is that we be willing to acknowledge the values that make us who we are. The core values, if you will, who make us who we are. Because, when we're speaking in such a way that doesn't line up with our own values, that's a problem. Right? And if we're not conscious of what our true internal values are, that's even a bigger problem. Because then we have no way of saying, "Am I lining up with the person that I want to be?" Right?

So have you thought about what your core values are that really are the organizing principles of your life? I remember in my 20s, I had to take a "value assessment." And what happened in my 20s was: they gave you a list of about 160, 150 words. And the question was: On a scale of 1 to 5, is this word like you or not like you? Right? So you had to kind of rate them 1 to 5. And then they gave a process of kind of narrowing that down. So you got to the top three or four words that were really your core values: the most important thing to you. The thing that really defines you and your life.

And I remember when I did it in my 20s, it seemed reasonable, right? I did it again in my 40s, and then I've done it recently. And it's interesting to say: How have I evolved? How have my values changed? Or how has my level of self-awareness of who I am actually evolved over the course of my life?

Because my 20-year-old values: some of them are still important to me. But some of them aren't! Like, one of the values that was really important to me in my 20s ... *[Laughs]* And this is true confession, right? Was looking good! How many of you have ever -- if you tell yourself the truth -- ever had a value that looking good was one of your top priorities, right? And it wasn't just physically. It wasn't just the way you looked. It was interactions with others; it was ... Like, looking good was a pretty important

value to me. Right? And ... [Laughs] I'm really the only one in the room that ...? [Laughter] Right? The idea that looking good was a really important value!

But it's interesting: as I matured, the idea of looking good became self-limiting. Like, looking good to others became less and less important when it really prevented me from being authentically me. Because there are these times in life where you kind of have to kind of decide: Am I going to look good to others, or am I going to look good to myself? Am I going to really honor who I am? Or am I going to try to continue to look good so I get other people's approval or acceptance or acknowledgement? And there tends to be -- as we mature more and more -- it tends to be more and more important for us to say: "You know, I've got to get right with me. And even if no one else agrees with it, I've got to be right with me." And looking good may not be that important if I'm not happy. I may look great, but if I'm not happy, what's the point?

So one of the things I'm going to invite you to look at ... And you can go -- you can Google "core value assessments -- and you can take one. And it's just ... I think it's helpful -- right? -- to really look at what your core values are.

But I have three questions for you tonight that I want you to be -- if you want to explore -- just to ask yourself.

The first one is: Who do you admire? When you look at the people in your life, or the people you read about or hear about, who do you admire? And why? What is it about them that inspires you? What admirable qualities do they possess that intrigue you or inspire you? And what behaviors or actions do they take that you'd like to emulate more in your life?

Second question: What inspires you to take action? What are the feelings that motivate you to speak up or to act? What are you willing to risk in a situation? The results of taking action is that there might be a gain or a loss. So what's important enough in your life that you'd be willing to risk or to take action?

And the third one is: When do you feel most like yourself? Who are you with? What are the feelings that may trigger that? Or the experiences that may trigger that? And what are the experiences that cost you emotionally or physically when you look back over your life?

Because I really want you to see, really: In this phase of your life -- in this time in your life ... With all that's going on in your life right now, who is it that you want to be? Because there's an infinite number of ways you could show up. Like, you could pick any value you want! Right? But what I'm interested in -- what's really powerful -- is when you get right with you! When you're the most powerful, authentic version of yourself! When you're living your best self. And I think that requires a deep level of awareness. A deep level of consciousness.

So having said that -- having felt like I needed to "set the table" -- let's get to don Miguel.

Reading from page 25:

"The first agreement is the most important one and also the most difficult one to honor. It is so important that with just this first agreement you will be able to transcend to the level of existence I call heaven on earth.

*The first agreement is to **be impeccable with your word**. It sounds very simple, but it is very, very powerful.*

Why your word? Your word is the power that you have to create. Your word is the gift that comes directly from God. The Gospel of John in the Bible, speaking of the creation of the universe, says, 'In the beginning was the word, and the word was with God, and the word is God.' Through the word you express your creative power. It is through the word that you manifest everything. Regardless of

what language you speak, your intent manifests through the word. What you dream, what you feel, and what you really are, will all be manifested through the word.

The word is not just a sound or a written symbol. The word is a force; it is the power you have to express and communicate, to think, and thereby to create the events in your life. You can speak ... The word is the most powerful tool you have as a human; it is the tool of magic. But like a sword with two edges, your word can create the most beautiful dream, or your word can destroy everything around you."

What's so interesting about that is that idea that our word is the first form of creation. That, when we speak, we are actually sending energy -- sending our intention, sending our power -- out into the universe.

And we know that, as we speak, that power comes back to us, because the basic spiritual principle is: *"As you give, so shall you receive."* Right? So as you speak something out into the universe -- as you set an intention, as you send a vibration out into the universe -- that vibration actually begins to transcend and create your intention.

Now, that's both the good news and the bad news. [Laughter] True? It is! It is both the good news and the bad news. And Jesus said it this way: *"You will say to the mountain, 'Move from here to there,' and it will be done."* Now, we don't believe that! We don't! We think, *"Well, that's just kind of a metaphor. You know, he hit the holy wine a little early that day."* [Laughter] *"You know, he was kind of exaggerating a bit; he doesn't really mean that I could say to this mountain, 'Move from here to there,' and it would be done. It's a metaphor."*

Well, even if it's a metaphor, how many of you have ever felt like you've had a mountain in your life? A mountain of problems? A mountain of debt? A mountain of conflict or confusion? We have mountains in our life! And when we get this idea so clear in our head: that you will say to the mountains in your life, *"Move from here to there,"* and it will be done! But every time we believe that we are powerless -- every time we believe that the power "out there" is greater than the power of God in us -- we let our mouth go wild!

How many can think of a time where you said, *"Nothing ever works out for me"*? Or, *"My back is killing me"*? Or that, *"Nothing is fair in my life"*? Right? And when we really speak that into the universe, is that really the first form of creation that you want to establish what's next in your life?

Jesus said, *"Let your answer be, 'Yes; yes' or 'No, no,' for anything else makes God crazy."* [Laughter] It's a bit of a paraphrase. [Laughs] Scripture records he said, *"Let your answer be, 'Yes; yes' or 'No, no,' for anything comes of evil."* Now why would that be? Because, when you set your intention ... When you speak it into existence ... When you send that vibration out into the universe, right? And then the next moment you speak against it. The next moment you disempower yourself. The next moment your words convey that you don't really have the faith to move the mountains in your life ... It creates confusion. It creates evil.

And so what I want us to really look at tonight is: During this time -- this moment, when there's so many times, so much untruth being spoken -- I want us to be a stand that you're 100% responsible for speaking your truth into the universe. Even if no one else on the planet agrees with you! For your truth doesn't need agreement; it's your truth! Right? And I want you to speak your truth: the highest truth, the best truth, the most loving truth, the wisest truth you know. To send it out into the universe, knowing that it's creating a vibration for all of us!

Jesus goes on and says this in Matthew 12:36: *"I tell you on the day of judgement ..."* How many of you have ever been scared by Judgement Day? How many of us were raised in a religious experience where

Judgement Day was this very scary thought, right? It was like: *"I can't go to that party, because there's Judgement Day coming. I'm not going to do that, because Judgement Day's coming."* Right?

At Unity we understand Judgement Day as: Every day is Judgement Day. Because every day is the sum total of everything that you've created to this moment. Everything you've thought; everything you've spoken. Everything is manifesting in this day. This day is Judgement Day, because this is the day that everything that's come from behind -- everything that's been out of your past -- is coming so that you can see what you've created.

And then he goes on and says this: *"I tell you on the day of judgement, men will be rendered account for every careless word they utter, for by your words you will be justified, but by your words you will be condemned."*

Like, if you want to radically change your life ... If you want to change any aspect of your life ... If you want to heal or bless or transform any aspect of your life ... I want you to speak a word of power and authority and dominion! For the power of God is within you! And if we truly realize the full power of God that is within us, then everything in our life begins to change. We begin to transform the world right around us.

Reading from page 28:

"The human mind is like a fertile ground where seeds are continually being planted. The seeds are opinions, ideas, and concepts. You plant a seed, a thought, and it grows. The word is like a seed, and the human mind is so fertile! The only problem is that too often it is fertile for the seeds of fear. Every human mind is fertile, but only for those kinds of seeds it is prepared for. What is important is to see which kind of seeds our mind is fertile for, and to prepare it to receive the seeds of love."

Okay, so here's the deal. I'm going to do a series of talks in August called "Mind Mastery." And one of the things I really want to share with you is this journey that I've been taking on really looking at mastering our minds. Mastering how we think, where we think, how we master thought. And what I want you to see tonight is that: If we can't master our mouth, we can't master our life. If we can't master our thoughts, we can't master our creation. If we can't master our mouth and our thoughts, we can never master our actions.

And so, over and over again, what I want you to see is that the more that we begin to really truly master our mind, everything in our life gets easier. Because now we're not at cross purposes. Now we're not creating one thing in one moment, and then something else another moment. We're actually living the best version of our life.

And so are you ready for your homework tonight? Tonight, first I want you to be very clear about your core values. I want you to really be aware about what are the values that really are driving your life: your family, your work, the things that are the most important to you. I want you to know what those values are. And then I want you to be speaking those into existence. If love is the most important thing to you, then I want you to put it out there.

You know, there was a time -- as I said -- in my 40s where I had to take this core values test again. And in my 40s, I realized that there were three values that were going to drive, I hope, the rest of my life. And they were: happy, free, and wildly in love. And the moment I realized that those were the three most important things to me, choices in my life got so much easier. Because I could just take those. I could think those. And I could act from those.

Today I'm going to ask you -- invite you -- to be impeccable with your words. Because that impeccability begins to change the way you think. And then it begins to change the way you act. Because, when we line up ... When we line up with our greatest values ... When we line up with the things that are the most important to us, we become the most powerful expressions of God that we can be. For many of us,

we're tired of being here and then there, and then back to here, and then back to there. It's time for us to move to a level of clarity that changes everything. Are you willing?

I am impeccable with my word. Will you say that with me? *[With congregation]: "I am impeccable with my word."* One more time like we actually mean it! Together: *[with congregation] "I am impeccable with my word."*

My words speak my greatest desires. Together: *[with congregation] "My words speak my greatest desire."*

As I speak the word it is done unto me. Together: *[with congregation] "As I speak the word it is done unto me."*

Let's take it into prayer.

I want you to open your mind, your heart, your soul to the activity of God that is right here, right now. That there is only one: one presence, one power, one God, one good moving in and through this ministry and in our lives.

We are here to be impeccable with our words. To speak our highest truth. To claim the greatest level of good. To know that we can say to the mountain, "Move from here to there," and it will be done. That we were given this gift. And tonight we use it with our greatest power. We use it with the power of wisdom. We use it with the power of love. And we use it with the power of good. And so it is. Amen.

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