

LOVING, GIVING & LIVING

Week #3 of a 4-Week Series Inspired by the Eric Butterworth Book, "In the Flow of Life"

Rev. Stacy Macris Ros

Wednesday, Oct. 14, 2026

Well, everyone, we are in a four-week series based on the teachings of well-known unity minister, author Eric Butterworth. It's his book, "In the Flow of Life." And in the first half of the book, we were reminded that being in the flow of life means recognizing and remembering that divine nature is your true identity. And therefore, you're always connected. to the flow of life. That, as expressions of God life, we are always in the flow of life since we're part of life itself. Our connection never wavers.

However, we do have a choice as to whether or not we want to be in that flow, block that flow, or choose to allow our connection to that Allness of life to move through us more easily. Do we want to block it, make it harder for the flow? Or do we want to be open to and allow it to flow more easily? The choice is ours. But either way, the flow of life is already within you. You can't be separated from the Allness that is this Divine Life energy.

So, last week we talked about how that applies to your health, your wealth, your guidance and inspiration on the path to life. And tonight we're looking at the flow of life as it applies to our giving nature, our relationships, and life challenges. Anyone have a life challenge? *[Congregants laugh]* Two people. Good. Shana's raising two hands. Okay. Thanks, Shana!

And I want to ... there's three chapters here, but I wanted to start in the middle of these three chapters, because it's titled "The Wellspring of Giving." And I feel like that really connects a lot with -- very much so -- with last week's talk on the topic of affluence. And of course, the biggest gift-giving holiday -- Christmas -- is right around the corner. Am I scaring anyone? It's right around the corner, everyone.

How many people -- just a raise of hands -- how many people feel obliged to give a gift or a card to someone who's given you a gift or a card? Yeah, it looks like most hands ...

[AUDIO CUTS OUT FOR ROUGHLY 8 MINUTES]

The energy we give matters. Here's what Eric Butterworth writes. You can follow along on your screen. He said, *"When we think give! not only will our own thought be in the flow of spiritual power, which will invest our own words with creative power, but also we will become ready and willing channels for giving in life's relationships, which in turn will draw even greater good to us."*

See, because when we're in the flow of love and give freely to others, then even more good opens up; even more love opens up. So since that word relationship was brought up here, let's move on to the relationship chapter. Because giving in any form affects our relationships.

So, throughout our lives, of course, we're in relationship with others. From childhood to adulthood, we're in relationship with other people. And because we're interdependent -- we need one another -- it's so important that we get along with each other ... at least that we're in peace with one another.

So, just like affluence, there is an abundance of love to go around. So, I really wanted to make sure we had this on a slide, which you'll see here on the screen. He writes, *"In the flow of life, there is a potential for peace and understanding and cooperation in every relationship."*

That's powerful! In the flow of life, there's a potential for peace and understanding and cooperation in every relationship.

We probably all know examples of couples who have had an acrimonious divorce. And we also maybe know folks who have divorced and stayed friends and even do holidays together. That's my cousin. My cousin and his former wife -- they share two children together. They both remarried. Both have another child by those marriages, and yet they all vacation as one big family together. They do holidays together. It's all about the family.

I just saw an actor, actually, who was the officiant for his ex-wife's recent wedding to her new partner. Now that's being in the flow of love! I thought, *"Wow! They're in the wedding together twice, but in a totally different relationship."*

And he points out in the book that getting along with someone else -- It relates only secondarily to the other person. Primarily, getting along is about getting along with ourselves; about being in that flow of harmony. Here's what he writes in the book. Here, up on your screen: *"There is a flow of harmony and love everywhere, whether you are aware of it or not, and whether you are consciously moving in it or not. This is what 'the omnipresence of God' means. You do not leave the presence of God or the flow of life and love when you are negative or when you're resistant. You leave the consciousness of Presence. But you are in the flow and the flow is in you every moment and in every experience."*

So, are you staying aware that you're connected to Divine Presence? And, if so, are you allowing yourself to flow with it to express in every interaction, including those where maybe you bump up against people during the day? Including bumping up against them on social media now?

Are you staying in that Divine Presence, that divine sacredness? And of course there's going to be people that really push our buttons or upset us with their words and their actions. And this is what he says for us to affirm. You might want to get your cameras out for this one. It's here on the screen. He says when somebody upsets us: *"Thank you. Thank you, for you have been instrumental in revealing to me that I'm out of the flow."*

See that on your screen? Thank you, for you have been instrumental in revealing to me that I'm out of the flow.

So, think of somebody right now that has maybe pushed your buttons recently. It could be someone you know well or not so well. And then just imagine them standing in front of you right now and saying this. Let's go back to that screen again. Let's go back to that. So just imagine that person standing in front of you; someone you've kind of rubbed up against. And then imagine you saying this to them with your full heart: *"Thank you, for you have been instrumental in revealing to me how I am out of the flow."*

And then taking a quiet moment. And affirming, *"I am in the flow of harmony. I am in the flow of love. I am in the flow of peace. I am choosing to be back in my awareness of Presence. I'm choosing to be back in my awareness of Loving Awareness, of Loving Kindness, of Loving Presence."*

It's not easy, but with awareness and practice, it gets easier to catch ourselves when we allow the actions of others to affect us. Jesus said, *"Pray for those who despitefully use you."*

You know, when I see or hear someone who's acting out of alignment with love, I often think, *"I'm so sorry your heart is hurting so badly."* It's really someone's heart. that's wounded. Or I'll think, *"I'm so sorry that you've fallen into this dream of separation, forgetting that we're all connected in this Oneness of the Divine; this Oneness of Sacred Life."*

And I also think -- and I know I've shared this before too -- *"And when have I done that?"* And when have I snapped at someone when I was hangry? When have I maybe not followed through on a commitment? When have I fill in the blank?

See, if we take an inventory over our own lives, we probably have also made mistakes and not shown up as our best selves. Anyone show up as your best self all the time? Not even Jesus. He was yelling at like fig trees and stuff, everybody. *[Congregants laugh]* Right? I mean, no one can.

I remember the Dalai Lama. I saw him speak at UCLA one time. And he said, he gets irritated, too. And I thought, *"Well, thank goodness. He's a human being."* Yeah.

So, offering grace. Offering grace and compassion to yourself, and then offering it to your fellow humans. Because, once again, you can stay in the thoughts and the feelings that block you from your flow of

good. Or you can embody that essence that you truly are, which is Loving Presence and expression of life itself. And if we can start by saluting the divinity in others ...

We just had our prayer chaplain training this last weekend, and it was so sacred. We spent some time just staring in each other's eyes and saluting the divinity within them; honoring that soul with our eyes. It was really powerful! And how powerful that would be if we could go about our lives that way! If we could really look in our friends', our family members' eyes and see the divinity within them.

Even strangers. Maybe don't stare them in the eyes ... But, you know, as you're walking past a stranger, maybe think, *"I salute the divinity within you."* When I see someone who's unhoused, I think, *"I salute the divinity in you. I bless you. May you find your way."*

In African Bantu languages, the word Ubuntu -- you've probably heard this before, right? Ubuntu describes a set of values that emphasize the interconnectedness of individuals with their social and physical surroundings. It can sometimes be translated as, *"I am because we are."*

I am because we are. It's this belief in a universal bond of sharing that connects all humanity.

So, every morning, consciously getting in the flow of life -- meaning that flow of harmony, of peace, Loving Kindness -- it will set your intention for the day. Establish yourself in that consciousness that you want to experience.

So even if you experience a negative Nelly, if you are already starting your day in the flow of love and harmony, it will be much easier to recognize and respond to the divinity in that other person, instead of the negative "Nelliness" of the other person.

And even with that -- even with that; with these folks that maybe just we don't get along with -- Eric Butterworth reminds us the best way to get along with people is to get along without them sometimes. To let go and walk on. It's okay to let go of the relationships that no longer serve us; that no longer keep us in the consciousness of harmony. So, if there's only anger or fear or worry or feeling unseen or feeling unloved, then don't stay in that vibration. Stay in the flow of life. Stay in the flow of Divine Beingness. Stay in the flow of love. Stay in the flow of good.

And as we go about our lives, staying in that flow of good, helping where you can help. Understand where you can understand. Support where you can support. Honor your own life energy and stay in alignment with your divine nature.

And then that brings us to the last chapter for tonight, which is that there will be challenges in life. He says, *"Life is a flowing experience and the only certainty is change."* What's the saying? You can only count on change and taxes. Something like that, right?

See, we want to hold on. We want to hold on to people. We want to hold on to experiences. We want to hold on to how we've always done things. But that gets us out of the flow of life. Life wants to keep moving forward. Life wants to keep evolving. So, with any challenge -- no matter the topic -- whether it's relationships or health or money or jobs, we can get stuck in what he calls that middle of the tunnel. The middle of the tunnel where it's dark. He says sometimes we get stuck in the middle of the tunnel. And yet there's light on both sides of the tunnel. He says, don't get stuck in the tunnel -- in the middle of the tunnel.

That can sound like, *"My life is over."* *"Life isn't fair."* *"Things never go my way."* *"I'll never fill in the blank."* But just remember: you can become bitter from a situation or better from a situation. Any experience, we can choose to become bitter or better. The attitude makes all the difference.

He says, *"Accept the reality of the situation, but not its permanence."* Accept the reality of the situation, but not its permanence. Life has storms. They're going to come to pass, because life is change. Life keeps changing.

So, in the meantime, when you're in the middle of the tunnel -- in the midst of a challenge -- you can explore. Use that time to explore. How can I use this experience to help me grow spiritually? How can I use this experience to help me expand my spiritual understanding and maturity? How can I use this experience for my own awakening?

He points out that, as children, we go to school to learn from challenging lessons that are given to us. As adults, we're in life school, so we can learn from it or we can stay stagnant. He says if you want to stay in second grade, you can, but you're going to have a hard time, because you're going to be bigger than all the other kids and your desk is going to be too small for you. *[Congregants laugh]* You won't fit anymore.

So, don't dwell on the darkness of the tunnel, but focus on the light at both ends. Focus on the blessings you've experienced and focus on the glimmers and the blessings that are before you. And then take all of those blessings and keep moving forward. Keep yourself in the flow. You'll never be -- nothing will ever be -- this way forever. Because you're a living organism! Unless you choose to stay this way forever. But really, we can't stay this way forever. We are living organisms.

And so, he ends this topic with this thought. He says, *"It is only the intangible something we call God that remains unchanged in and through all things. All else is transitory, changing, growing, progressing."*

So, as we bring the three chapters together, we're reminded once again that the flow of life is within us. We can give from love rather than obligation. We can choose harmonies and compassion in our relationships. And we can meet life's challenges as opportunities to grow rather than reasons to become stuck in our own suffering. And when we find ourselves out of the flow, we can pause. We can reconnect with the Divine Presence that is within us, that we are. And we can choose again.

That's our soul work. It's that daily practice of becoming more and more aware of our thoughts; releasing the beliefs and attitudes that keep us stagnant and stuck; and allow more of our true nature, love and wisdom to be expressed through us, by each of us, from us.

So, here's what I'm going to invite you this week to ask yourself here on your screen:

- Where am I resisting the flow of life when it comes to giving of my gifts, my talents, my time?
- Where am I resisting the flow of life when it comes to my relationships and the way I view others?
- In what ways can the challenges in my life teach me where I'm blocking the flow?
- And what am I being invited to release, learn, or embrace?

This is my invitation for your soul work this week. We might not be able to control every circumstance, every relationship, every change that comes our way, but we can choose how we meet them. Because the flow is already here. The Divine is already within us. Our work is to open ourselves up to it, trust it, and allow it to move through us. And as we do, we don't just change our lives, but we become greater expressions of love in the world. Together we change the world.

And that concludes our third talk from Eric Butterworth's book, *"In the Flow of Life."* Blessings, friends. Blessings, everyone.