

Truth for Spiritual Living

Week 28: *Truth for Spiritual Living: Fear of Self / Vertical Relationship 1993 Show One (Part One)*

Posted: 2/24/13 by T. George Homsher, M.Ed.

When I was the Western Pennsylvania director of the *Professional Counseling Center* I was privileged to be able to do radio broadcasts. One of the radio stations was at the Christian radio station WDBA in Dubois PA (Western PA)--Ah yes, those were the days I lovingly remember with a lot of fondness and longing. The incredible Jerry Meloon was the station manager and the outstanding Mark Flanagan, as I recall, was the radio engineer. Just as great was the opportunity and joy for me to do a number of the shows with Howard Blandau, the founder and director of the *Professional Counseling Center*. A radio show we did at WDBA was called *Truth for Spiritual Living* and was taped on my tape recorder on Howard's 40 acre farm on the beautiful rolling hill area about 40 miles north of Philadelphia PA. The transcript shows are free for you to download and use. You can also freely distribute them to whomever you would like--obviously, they are not to be sold in any way. The audio of these shows are/will be available on the radio podcasts. I hope you enjoy them as much as I do when I reminisce on these wonderful memories and insights.

Truth for Spiritual Living: Fear of Self / Vertical Relationship 1993 (Part One) Transcribed and edited by T George Homsher:

T George: Welcome once again and thanks for listening. As many of you probably still don't know Bruce Weatherly has decided and I've decided together mutually that we're going to go in a different way with the broadcast ministry and I'm going to be here for the most part although Bruce will be here from time to time, but it's a blessing and a joy to be with you and to be able to minister to you and to be able to discuss things with you.

Well, this week and for the next few weeks it's going to be very exciting, because we have the founder and director of the Professional Counseling Center ministry, Howard Blandau. Howard, it's exciting to have you on the radio broadcast, and I know you were the one that came out here initially and got the vision to bring professional Christ-centered counseling to this region and it's a thrill, and I'm sure many of the people around know of you so that's special.

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But Howard last week I was discussing a little bit about the ministry and how it became a vision of yours through this process of realizing that in your Christian walk you were missing some of that joy, some of that freshness, and I want you to express more of where I just began with that issue.

(Continued on week 29)

Christians and Non-Christians Can Have Many of the Same Problems / Identifying Life's Difficulties and Dealing with these Emotions / Build-up of Inward Feelings Leads to Pulling-back Inside of Oneself--the Result is Extreme Individual Negativity

Week 29: Truth for Spiritual Living: Fear of Self / Vertical Relationship 1993 Show One (Part Two)

Posted: 3/3/13 by T. George Homsher, M.Ed.

(Continued from week 28)

Howard: Okay. George I was committed to the Lord Jesus Christ when I was 18 years of age way out in Philadelphia as a zoot-suiter back in 1943, and from 43 until up into the 70's I had a very effective ministry. I was a chaplain of a reformatory for eight years, I was a director at a seminary in Israel for a year, I was a dean of *Moody Bible Institute* for three years, and at the *King's College* in New York I was dean of students for four years. I had all that student involvement from Christian organizations for eight years, and I had eight years with tough gang kids.

T George: Quote non-Christians. So you had both the Christians.

Howard: Non-Christians yeah, a state reform school in Iowa for eight years and then I went from there into eight years of Christian orientation.

T George: Howard what did you find out from that looking at the non-Christians and the Christians--what did you see?

Howard: I saw that Christians and non-Christians had many of the same problems.

T George: Wow.

Howard: I began to realize that the inner securities and insecurities of individuals whether they were delinquent or whether they were Christian college students were very evident, and that if they didn't deal with those emotions and those feelings and didn't identify what was happening in their lives, than what often would happen they would go back into themselves, they would pull-back inside and they would become less released. And a lot of the anxiety that would therefore build-up inside would cause depression, and then that would cause them to be impulsive and they would get into sexual experiences and angry episodes, and then

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they would go into depression. So I found many Christian young people in the many years that I worked with them were in need of help. And I would be counseling from early morning till late at night with these young people to help them to open up--to release.

(Continued on week 30)

Emotional Entrapment, Dead Legalism, and Loss of Joy

Week 30: Truth for Spiritual Living: Fear of Self / Vertical Relationship 1993 Show One (Part Three)

Posted: 3/9/13 by T. George Homsher, M.Ed.

(Continued from week 29)

T George: So with those folks Howard you were seeing that they had trapped all this emotion inside of themselves so that energy flow was trapped inside.

Howard: Yes.

T George: And therefore they were depressed and therefore they didn't have the joy and the excitement.

Howard: Right.

T George: The energy was blunted or flat and there was no aliveness there was no happiness.

Howard: Yeah, and another factor that was very much evident was that, it seemed to me that, there was a dead legalism in them. Here they were coming to a Christian institution to learn the Word of God and to train for Christian service, but they were not free they were not enjoying their Christian life--they were in bondage. I tried hard to try to open that up and draw them out and through my skills in counseling and psychology and Christian emphasis. I was able to help a lot of these young people.

T George: So what you're saying then is what Paul said in Galatians Howard that his fear of the Galatians was that they were in fact taking the freedom and putting chains on themselves so that they would be stripped of the freedom.

Howard: That's right, and they lost the joy, and they were struggling to be spiritual, but they weren't released enough to enjoy their spirituality. And I began to notice that kind of thing and so I was trying to draw them out and free them up, but there was an interesting thing George I didn't really understand the key to that release. Until I was offered an opportunity to consult for *Campus Crusade for Christ* in California and I would do that along with my practice and my other area of ministries.

(Continued on week 31)

The Spirit-Filled Life

Week 31: Truth for Spiritual Living: Fear of Self / Vertical Relationship 1993 Show One (Part Four)

Posted: 3/17/2013 by T. George Homsher, M.Ed.

(Continued from week 30)

Howard: I was out there in California as a consultant for the *Crusade* and I noticed the young people walking around the campus and they were happy, they were free, they were giving the high sign to everybody that they passed on the street or on the road there.

T. George: Filled with excitement and joy.

Howard: Excitement and happiness and joy.

T. George: Yes.

Howard: And I said, "Lord here I am to help and council these many hundreds of young people and they are happier, they are fuller, they are freer, they are more joyful than I myself. What's wrong Lord? What's missing in my own life?" And I began to wonder whether I really understood the Holy Spirit. And I came to realize that even though I believed in Father, Son and Holy Spirit I knew that my body was a temple of the Holy Spirit I knew that the Holy Spirit was the third person of the Godhead and I had all the knowledge, but there was something that was missing. And I think I was afraid George of the emotion of the Spirit of God I was afraid of going out losing control or being out of line or being too loud or too excited.

T. George: Or having people look at you sideways and think you're losing it.

Howard: Yeah.

T. George: Because you're so happy and so joyful.

Howard: Exactly.

Howard: And I was kind of afraid of that and I was taught to be afraid of that. But I didn't realize that the Holy Spirit was not some kind of a personality that was erratic and explosive, but free and beautiful and expressive

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and loving and expressing the fruit of the Holy Spirit which was love, joy, peace, patience, self-control, kindness, goodness, gentleness, and faith. And I thought to myself Lord I don't have the expression of this that these other young people have.

(Continued on week 32)

Freedom by the Spirit/It is What God is Doing Not Us

Week 32: *Truth for Spiritual Living: Fear of Self / Vertical Relationship* 1993 Show One (Part Five)

Posted: 3/24/2013 by T. George Homsher, M.Ed.

(Continued from week 31)

T. George: Would you say Howard like me I know I was locked up in my legalism I would try to take one of those fruits of the Spirit for a given day or a given week and try to work that into my life like try to. Well for example.

Howard: Very common--yeah.

T. George: Yeah, for example patience I was so impatient, but I would try to work that into my life and the more I tried to work it the less patient I would be.

Howard: Yes.

T. George: And there was no flow there was no naturalness, because I was trying to do it.

Howard: You were trying so hard to do it--it wasn't happening. And what I had come to realize myself George was that the Holy Spirit frees us.

T. George: Amen--Whew.

Howard: And when I began to pray and ask the Lord, "Lord what's missing in my life?" The point that came to my mind was the Holy Spirit the third person of the Godhead who lives in my body, my body being a temple the Holy Spirit, and I remember turning to Galatians five and it says the Holy Spirit will produce in you His fruit and then it went on love, joy, peace, patience, self-control, etc. And I said Lord I want you to produce that fruit in my life and then I suddenly realized it--it wasn't what I did it is what God did. It wasn't I that produced it--it was God that produced it. So I said, "Lord fill me with Your love--fill me with Your love. Fill me with Your joy, and Your peace."

T. George: Whew.

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Howard: And I began to allow God by faith to do what He wanted to do in the first place and I quit trying so hard to be loving, because you know I always use to see people come up and they give you a false smile you know they grin and they try to smile they say, "Oh, I love you." And it came across phony, and I didn't want to come across phony. If I was going to love I was going to love from within.

T. George: For real--to be real.

Howard: It's going to come out through my eyes and through my smile naturally.

T. George: Sure.

(Continued on week 33)

God Works through Our Unique Natural Personality

Week 33: Truth for Spiritual Living: Fear of Self / Vertical Relationship 1993 Show One (Part Six)

Posted: 4/1/13 by T. George Homsher, M.Ed.

(Continued from week 32)

Howard: And I said Lord I want that freedom that natural fullness of your Spirit, and I prayed each day for two weeks while I was their consulting that summer and it seemed as if the Lord just heard my cry and begin to give me a freshness and a freedom and a spontaneousness I never lost it since.

T. George: And that's amazing Howard as you look at that process how you searched for the Lord.

Howard: Ah huh.

T. George: And so many people, you know, I don't think search like you did and when we counsel many people frankly that's what we try to bring them into context Hey you need to look for the Spirit, the love of Jesus Christ.

Howard: Yeah.

T. George: To open your heart.

Howard: Right.

T. George: Instead of trying to do the things that He would have us to do it's opening up our hearts so He can work His good work through our lives.

Howard: Exactly, in a natural way through our natural personality. See you have a personality that's unique to you George I have a personality that's unique to me, and we are naturally able to express that, but if we are try to be like the other people and imitate the way they are then we become someone we're not and we're trying to be their personality, and their body, and their face, and we have to forget other people and say, "Now, Lord Your living in me my body is Your temple now you produce Your fruit in my life." And I began to do that and say, "Thank You Lord for what You're going to do today." And then I got busy living, got busy

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counseling and working with these people, and I began to find that my life began more and more free freed-up and more expressive, because I wasn't trying to feel the way I thought I should feel.

T. George: Mmm.

Howard: Or trying to be the way I should be.

T. George: That's incredible.

(Continued on week 34)

Be Ourselves / The Spirit is Living in us/ Trust the Spirit

Week 34: Truth for Spiritual Living: Fear of Self / Vertical Relationship 1993 Show One (Part Seven)

Posted: 4/7/13 by T. George Homsher, M.Ed.

(Continued from week 33)

Howard: I was me, and what I enjoyed today I think is the fact that I am who I am. I'm Howard Blandau I have the Holy Spirit living in my life He's producing His fruit, and my responsibility is to trust Him to do His work in my life and get busy doing what I have to do. So I can concentrate on what I'm doing get busy doing it enjoy what I'm doing and then the Holy Spirit is flowing through my personality through my life in a natural way--it's not some kind of pushing it on people.

T George: Yup, but and Howard that's a beautiful thought like you say that you're still doing things I mean we're not going to say you shouldn't do things, because that's vital.

Howard: Uh huh, uh huh.

T. George: We need to do God's good work. But you're saying there's a difference between working at it to be someone I'm not in essence, and allowing myself to be who I am and in so being who I am I can do mighty things.

Howard: Right. And what happened was when I began to sense that fullness of the Holy Spirit working through me I was more relaxed I think in my life I was more able to think clearly and I began to envision what God wanted me to do for Him, because I wasn't locked-up in trying to be what I should be I was free to be who I was and then I could look to the Lord for His guidance/direction.

T. George: So your heart was opened-up and (whew) that's an amazing thing you were able to have a greater vision Howard and look beyond yourself.

Howard: And I think that's where the vision came to open our ministry in Pennsylvania.

T. George: Okay. Well, we're all out of time. Until, next week may the Spirit of God fill your soul--goodbye.

(Continued on week 35)