San A Land Bun are wonderful, Rise Upl ble, unique! N/essages We Need my good: I grow along oth my good. lifted to Hear in fait You are not alone Im is ways possible From the Writings of Martha Smock



Your Support Makes a Difference

Generous donations from friends like you allow us to make Unity literature available to those most in need of spiritual encouragement. You may give at *unity.org/donatenow*.

This booklet is devoted to the writings of Martha Smock, who was editor of *Daily Word* for 33 years and who is truly one of the legendary writers of Unity. Her name may not be as familiar to you as James Dillet Freeman's, who was a contemporary and good friend of hers, but Smock's inspiring messages resonate today as perhaps no other. These are messages we need to hear—affirming that we are worthy, divine, and loved inordinately.

Smock grew up in Unity and found a job at Unity Village at 16 to help support her family during the Great Depression. Her life and work brought her into contact with some of the most renowned leaders of Unity, including founders Charles and Myrtle Fillmore. Her story in the coming pages reads like a *Who's Who* of the New Thought spiritual movement.

We begin with some of her poetry and move into excerpts from her five books. The messages are grouped according to the most powerful teachings of Unity—the divine within you, prayer, healing, and the creative power of thought. Because we know you will want to read even more, Smock's final book, *Fear Not*, has been revived and is available at *unitybooks.org*.

Although Smock wrote decades ago, her messages are alive with reassurance and inspiration for today's tumultuous times. We know you will love her as much as we do.

Your Friends in Unity

Listen, Beloved ...

Do you hear me? I am speaking to you, not in words but in your inmost heart, in the silence of your soul.

I am the Christ in you.

I speak, yet it is not I but the Father who speaks.

I am the Christ in you, the beloved of the Father in you.

Do you hear me? I am speaking to you now.

I am speaking to you of infinite possibilities that are before you, of wonderful powers that are within you.

I am speaking to you of mysteries of the spirit, of everlasting love, of unending, eternal life.

I am speaking to you of inner reality and an outer realization.

I am speaking to you of greatness and goodness, of dreams fulfilled, of prayers answered, of appreciation of things present, of anticipation of things to come.

Listen, beloved ...

I do have **faith**. I do believe that **all things are possible**.

1 Am Listening ...

O loving Christ, I am listening, listening with all my being, listening with intensity of concentration.

I hear Your voice within me, strong and sure and clear, saying:

"I am that in you which never falters, never fails. I am that in you which is strong and steady. I am that in you which gives you strength and courage and overcoming power."

I hear you, O loving Christ.

I am renewed in faith.

I am inwardly strengthened.

I am filled with confidence.

I expect good and right outcomes to every situation.

I expect difficulties to melt away.

I expect mountains to move aside.

I do have faith. I do believe that all things are possible.

I can do all things through You.

O loving Christ, I am listening ...



Martha Smock Still Inspires

By Mallory Herrmann

Martha Smock's legacy in Unity extends well beyond her 33 years of service as editor of *Daily Word*. Having grown up in Unity, she helped share a message of hope and faith with readers worldwide—young and old, religious and agnostic—reminding them of the truth about themselves.

Smock's family was steeped in Unity tradition. When Smock was born in 1913, her mother sent a birth announcement to her friend Myrtle Fillmore, who had founded Unity with her husband

Charles in 1889. Smock was raised in Unity, attending its Sunday school and even spending time with the Fillmores. When Smock married her husband Carl in 1935, the officiant was Rev. Ernest Wilson, the internationally renowned author and speaker who was editor in chief of Unity publications at the time.



A Leap of Faith

In 1930, as the Great Depression was wreaking havoc on families nationwide, Smock had just graduated from high school at 16 and was living with her family in Kansas City, Missouri. She and her sister Ruth applied for work with Sears to support their household, but only Ruth was hired. Smock would say later it was divine order that she ended up working at Unity instead, first in the files and then as a letter writer and instructor in the Silent Unity prayer ministry. She later assisted Frank B. Whitney, who had founded a magazine of prayer messages called *Daily Word*.

In 1944, May Rowland suggested that Smock take over the role of editor. Smock, just 30 years old, wasn't sure she was ready for the position, but Rowland had no doubts. Rowland had been a young woman herself when she was appointed director of Silent Unity in 1916, and she had complete faith in Smock's capacity to edit the beloved booklet.

Smock went on to serve as editor from 1944 to 1957 and then from 1964 to 1984. The break came when her family moved to Long Island, New York, but they found their way back to Kansas City—and Unity Village—just a few years later. Billie Freeman, who served as *Daily Word* editor in the interim, told Smock she'd only been keeping the chair warm for her.



As editor, Smock sometimes worked from home—a unique situation at the time—using paper files and a typewriter. Her daughters worked with her during the summer while they were in college, typing (and retyping) carbon copies and writing lessons for the magazine. While Stephanie and Kathy were not always eager to help and admit their typing was prone to mistakes, they say their mother typed *everything*, even personal letters. The only time Smock handwrote her letters was while sitting under the hair dryer at the salon.

When she was working on campus at Unity Village, Smock occupied the office previously used by Myrtle Fillmore herself. Just down the hall was writer and poet James Dillet Freeman in an office that had been used by Charles Fillmore. Smock and Freeman had met during their time working in Silent Unity and became quite close friends. Her daughter Kathy asked Freeman to officiate



at her wedding ceremony in 1971, for which he wrote his now-treasured poem "Blessing for a Marriage."

A Life in Unity

At home, *Daily Word* was a vital part of the morning routine for Smock's family. Her daughters recall that they didn't read the *Daily Word*; they did the *Daily Word*. The family would take turns reading the affirmations together at the table before they ate breakfast.

The young Smock family attended Unity Temple on the Plaza in Kansas City, Missouri, and spent plenty of time at Unity Farm. There they shared breakfast picnics on holidays (Memorial Day, Independence Day, Labor Day) and dances with Unity leaders who were also great family friends.

Smock loved playing games, especially card games, and always had a deck of cards in her purse. She and her sister Esther raced each other to complete daily crosswords—the Sunday puzzle could get particularly competitive—and whoever finished first made the long-distance call to the other. She was a voracious reader. She knew the Bible backward and forward, but she also loved murder mysteries and the humorist Erma Bombeck. She wanted to read everything, to know what everyone was thinking. During long car trips, she would read stories aloud and recite poetry from memory.

The Legacy She Left

The name Martha Smock never appeared on the masthead of *Daily Word* because all the writers, even the editor, remained anonymous. But she was a frequent contributor of the daily prayer messages and helped the magazine grow to more than 2.5 million subscribers by the time of her passing.



R 8 ort L. Wood; Walter Starcke; L. E. Meyer; Dr. Carl S. Cleveland; Dr. Marcus Smock, Editor; Dr. William H. D. Hornaday; Dr. Louis Hasbrouck; Dr. Richard Dillet Freeman. (Not photographed: Dr. Donald Hatch Andrews and Dr. William B

She also published several books, including *Meet It With Faith* (Unity Books, 1995) and *Fear Not* (Unity Books, 1986), which has recently been revived by Unity Books. She was a favorite speaker at events and retreats, both at Unity Village and across the country.

Smock was given an honorary ordination as a Unity minister in 1980. Although she never took any formal classes, her daughters Stephanie and Kathy say almost no one knew more about Unity.

Smock made her transition on July 5, 1984, leaving a long legacy of faith and devotion for those who knew her personally, for the broader Unity movement, and for the millions of readers around the world who still look to the wisdom of *Daily Word* today.



KNOW YOUR INNER Divinity



I am going to tell you the Truth about you. How do I know? I know because I know you. You may say, "But you do not really know me ... How can you know the Truth about me?"

I know you, dear friend, even though I may not know you personally. I know you as a child of God. I know you as a living spirit sent forth from God. I know you as God intends for you to be known ...

Will you listen as I tell you the truth about you? I shall not tell you anything you do not already know. I shall only bring to your remembrance things you may have forgotten. I shall only confirm that which you believe in the depths of your heart ...

The truth about you is that you have a great capacity for love ... God has given you a heart of love, a heart that does not seek its own, a heart that does not reject or condemn, a heart that

is ready to understand, ready to forebear, ready to forgive, ready to rejoice. By the very nature of being, you are a loving person ...

The truth about you is that you are wise. You have understanding, you have intelligence ... Your mind is one with the Mind of God. All intelligence is within you to draw

Happiness is a condition of the heart, and God keeps the spark of happiness, of joy, always burning within you.

upon, to use. Your capacities are not limited by what you have or have not learned in the past. Your capacity for wisdom, for knowledge, for enlightenment is as unlimited as God is unlimited.

The truth about you is that you have all the supply you need ... You are one with the source of all supply, you are one with God, and you live in the midst of a veritable sea of substance. The supply is there. You have but to realize it and to ask in order to call it forth. Supply and demand are equal in Spirit. There is no lack in God; there is only abundance, pressed down, shaken together, running over.

The truth about you is that you are happy. Happiness is not dependent on circumstances, on outer conditions. Happiness is a condition of the heart, and God keeps the spark of happiness, of joy, always burning within you. Even in times of grief or sadness, the joy is there deep within you. It cannot be quenched ... You are instinctively a happy person, for this is the way God made you.

Yes, I know the truth about you, and I like what I know, for the truth about you is that you are a wonderful person, a living, breathing, healthy, happy, prosperous, wise, loving child of God.



If you had only one day of life, you would try to make that one day count. It would be a day when every moment had meaning, a day when everything and everyone mattered.

In a sense all we ever have is one day: today. Yesterday is gone, tomorrow is yet to be, but right now, this day, at this moment in time, we live ...

If you will begin your day with these words from the Psalms it will help you to set up the pattern of your day: "This is the day which the Lord hath made; we will rejoice and be glad in it" [KJV].

How will you rejoice and be glad in this day?

Pray today. Let this be a day when a prayer of thankfulness sings in your heart, when a prayer of faith fills your mind, a day of prayer without ceasing ...

Work today. Work with a sense of ease and joy, a sense of light and freedom. Work as though there is only today. The burdens and cares of the past are gone. You do not need to worry about tomorrow or next week or next year ... Work today, accomplish today, for God is with you, working through you, giving you the strength, the energy, the will to do all that needs to be done by you this day.

Give today. You know the true joy of living only as you give ... Giving may be a giving of material help; more often it is a giving of spiritual qualities. It is the giving of encouragement, the giving of faith, appreciation, love, understanding. Give something to someone today. It will add meaning and joy to your day.

Grow today. This is the day to do more than merely exist; it is the day to expand to grow ... The way of growth, the way of unfoldment is to realize that God is within you, that His expanding, unfolding Kingdom is within you. This is the day to grow in Truth ...

Live today. Live in the fullest sense of the word. Do not be content with feeling half alive. Call the cells of your body to life. Let the sleeping cells of mind and body come alive in Christ. Declare the life of Christ in you. You are alive in Christ: Christ is alive in you. Feel the call to life of the living Christ in you, and rise up in health and strength and radiant wholeness. Live today!





Divine order. Does it just happen? Do we have something to do with it?

We know that we have something to do with order in our home, in our affairs. A house does not clean itself. Closets do not put themselves in order. Yard work does not get done by itself. Decisions are not made by themselves. A cluttered desk does not clear itself. Someone's attention and efforts are involved in the establishment of such order.

What about divine order then? Is it a different kind of order?

I think not. If we accept the premise that God works through us, then we see that divine order is a result of letting God work through us, a result of getting ourselves in tune with [the] ever-present power within us ...

When we affirm divine order, what are we affirming? I think that first of all we are affirming something about ourselves. We are affirming that we are in tune, that we are in divine order in our inner selves. We are affirming divine order in our thoughts and feelings, divine order in our attitudes, divine order in our ability to discern needed steps, divine order in our use of good judgment. We tune in, as it were, to the overall idea of divine order, which is another word for the power of God at work. In this oneness with God's power, we may become channels through which this power flows. It may be in small matters, it may be in some very important and life-changing matter ...

Divine order is a rightness, a right outworking of things, and this is what we are to affirm and hold to. Our affirmation of divine order may reveal to us what our part is in bringing about adjustment and right conditions in some situation. But even when there seems to be nothing we can do in an outer way to establish order in some confused and complex situation, our affirmation of divine order can be the positive word that acts as a catalyst to start changes in the right direction.



No Other Way

Could we but see the pattern of our days,
We should discern how devious were the ways
By which we came to this, the present time,
This place in life; and we should see the climb
Our soul has made up through the years.
We should forget the hurts, the wanderings,
the fears,

The wastelands of our life and know

That we could come no other way or grow

Into our good without these steps our feet

Found hard to take, our faith found hard to meet.

The road of life winds on, and we like travelers go

From turn to turn until we come to know

The truth that life is endless and that we

Forever are inhabitants of all eternity.



The other day I was talking with a friend who told me that something I had said once had impressed her so much that she never forgot it. She even quoted my words to me. I could only think in astonishment, *Did I say that!* I had no memory of saying it, but the idea had been impressive enough to remain for years in the mind of this friend.

As I thought about it, I realized how little we are aware of the effect that our words have on other persons. I thought of the things that others have said to me that have had a profound effect on my thinking. I thought how surprised some of the people I have known would be if they could know how vividly I remember things they have said, how often I quote them consciously and unconsciously.

We all have much more influence on others than we know. We say things and do things that impress those about us, perhaps create lasting impressions on their minds. As we can look back in our life we can see how greatly we have been influenced and

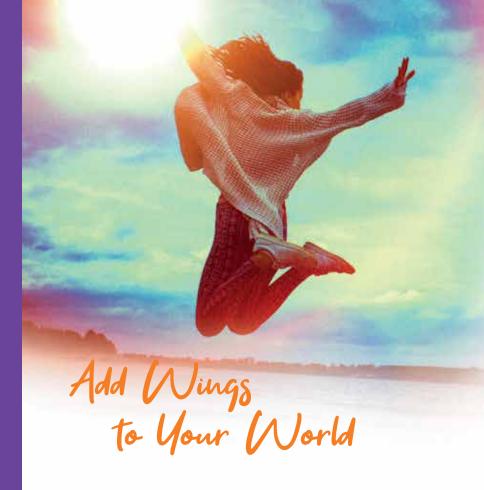
helped by the persons whose lives touched ours. And there are countless persons, whose names we do not even remember, who live a better life because of us.

We do not realize how important we are to one another, but could we ever really see into one another's hearts, we should know, we should be able to understand how much we grow through companionship with one another.

It may seem to you that others do not pay much attention to what you say or think ... But someone you know may wake in the night and be comforted by the thought of a loving word of yours. Someone you know may meet a difficult experience with faith and fortitude because he has seen you stand firm in your faith at such a time. Someone you know may keep on keeping on because he has seen you persistently follow through on some course of action you have set for yourself. Someone you know may say a kind word instead of a harsh one because you have been kind to him. Someone you know may begin to express his divine potentialities because you have faith in him, because you have seen something of God in him.

More than you know you are a power for good. More than you know you help and bless and inspire others. More than you know you bring comfort and strength and peace to the hearts of those about you. More than you know you bring comfort and strength and peace to the hearts of those about you. you are an unconscious influence in the lives of those about you. More than you know you are important to God and to

man!



Wings have always been a symbol of freedom, of the ability to soar above the world. Wings symbolize upliftment. Whatever we add wings to, we see as swift and light and free. On wings of song, we say, on wings of love, on wings of prayer.

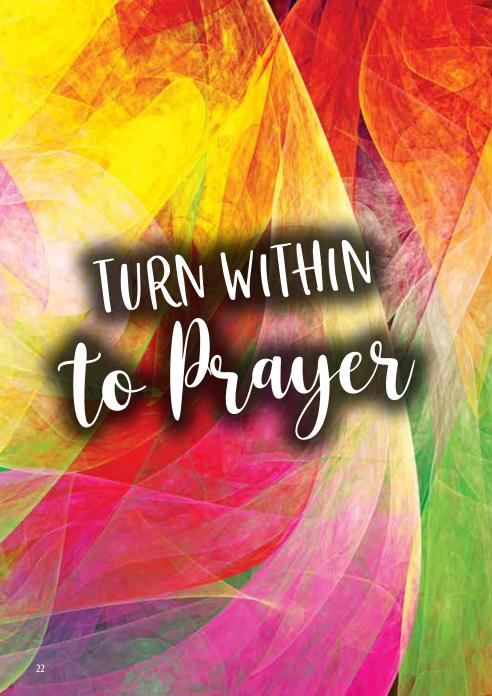
We need to add wings to our world, to set ourselves and our lives free from bondage ...

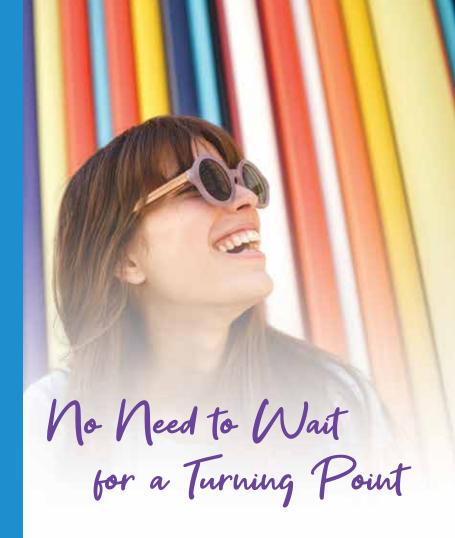
When we add wings to our world, we are not flying away from our world, rather we are adding freedom and power to it. Real freedom comes when we add wings to our world through faith, when we know the truth, the truth that makes us free ...

"And you will know the truth and the truth will make you free." To know the truth is to be constantly aware of the presence and power of God; to know the truth is to see beyond appearances to the wholeness and perfection of God. To know the truth is to know that we are more than flesh and blood; we are spiritual beings, created in God's image and likeness, and having in us God's own spirit, the Christ. To know the Truth is to be free ...

Most of us have favorite affirmations that act as wings to our hearts, minds, and spirits. One special one is: *I am not bound in personal consciousness. I am free with the freedom of Spirit.* This helps me to rise out of the personal thoughts and feelings that bind me. It helps me to let go of the human tendency to criticize or worry or to condemn myself or another. It helps me to extricate myself from emotional involvement in a problem, my own or another's. It gives me wings to rise up to a high place in mind and heart where I can see with spiritual sight ...







You know, you do not have to wait for a turning point. You can make your own!

We should not sit around hoping for a change, a break, for something to happen. We have it in our power to turn that corner, to make the change, to start things going in a different direction.

We should never think that we are too old to make a change, that it is too late to begin again. We do not have to go along with unhappy conditions or accept ill-health, lack, and limitation as our lot. The turning point comes first of all *in us*, in some outer circumstance.

Prayer is a turning point.

We talk a great deal about turning within in prayer. Affirmative prayer is really just that—a turning about of our inner thoughts and feelings, a turning about of our habitual reactions to life.

Prayer is turning within, turning away from negative thinking, turning our thoughts toward light and Truth.

We have all made these inner turnings in prayer and meditation, and we know how they have wrought wonderful changes in us and in the conditions of our lives.

When we think about the turning points of our lives, we can see that sometimes they came about in most unexpected ways.

Sometimes the turning point was a welcome change; sometimes we have had a change thrust upon us that we fought or rebelled against. But it proved to be a turning point for good, a turning point in the right direction after all.

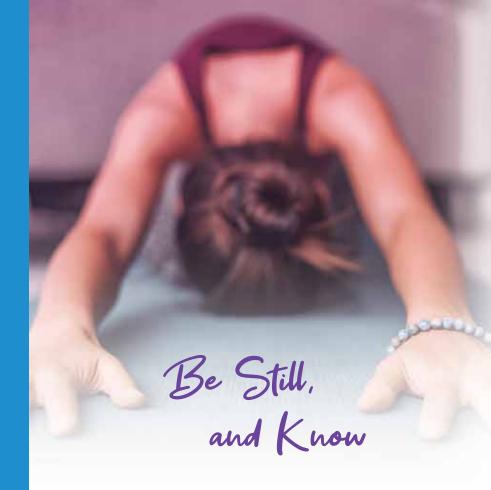
I believe that we can consciously decide to make a turning point in

our lives. I also believe that unconsciously, without being aware of it, we bring ourselves to turning points.

I do not believe that we ever come to a turning point totally unprepared. We are ready for it. In our spiritual selves, we have chosen it.

I also believe that the most important turning points we make are the turning points that have to do with our consciousness of God, of ourselves as spiritual beings, with our realization of our oneness with our very Source. These are the greatest turning points of all!





One of the most helpful verses in the Bible is to be found in the 46th Psalm: "Be still, and know that I am God." When you do not know where to turn, when you do not know what to do to find your way out of some difficulty, take these words to yourself: "Be still, and know that I am God." As you say them to your mind, to your emotions, to your thoughts, to your body, you will make way for God to enter into your consciousness. You will cease trying to tell God what you need, you will not try to tell Him what to do; rather you will be still, you will listen, you

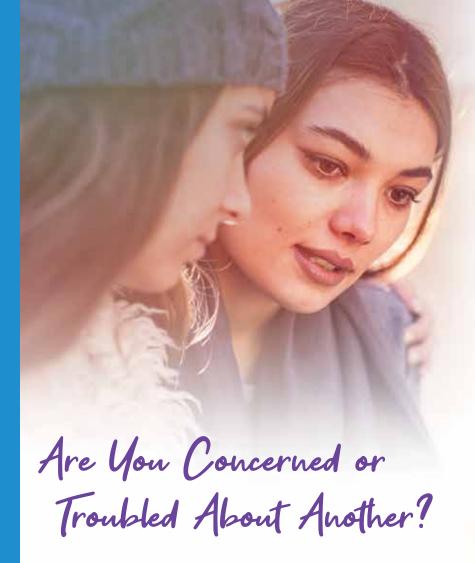
will give God a chance to express Himself through you, to come through you, to make His spirit known to you, to open the way before you.

Many times our greatest need is for stillness. We scatter our energy and our forces by talking about ourselves, about our problems. The true silence that is communion with God is more than just being still. The beginning has to be a simple act of stopping all the outer talk, the outer striving and straining, the basic act of being still.

"To be still"—this is the first step. "And know that I am God"—this is the second. When we are still, when we know that there is only God, that His presence enfolds us, surrounds us, fills us with power, with life, with substance, when we know that we are one with Him, then we see that there are really no problems. There is only God, and in Him is all that we can ever need or desire.

What is your need? Is it healing? Is it guidance in making some decision? Is it supply? Is it a job? Is it freedom from confusion and inharmony in your environment? Your answer is with you now. "Be still, and know that I am God. I am life, I am health, I am wisdom, I am guidance, I am supply, I am fulfillment, I am peace, I am the perfection you seek. I am God. I am with you now."





Are you concerned about the well-being of some other person? Are you anxious or worried because you do not see how a loved one will be able to meet some situation or work out his problems? Are you fearful because of a loved one's physical or mental conditions? ...

Let this be your prayer:

I trust the spirit of God in you to direct your steps and to make plain your way.

I place you lovingly in God's care and keeping with the faith that out of His infinite love your every need is supplied.

I see you as God's child, well, whole, and strong, renewed in mind and body.

I trust God's presence to be with you in all things; I trust His wisdom to guide you. I rejoice in your God-given intelligence and good judgment.

I see you as God sees you, growing and unfolding through every experience. I keep faith in the wonderful capacity in you that enables you to meet life victoriously. God bless you, child of God, in every needed way, this day and every day ...

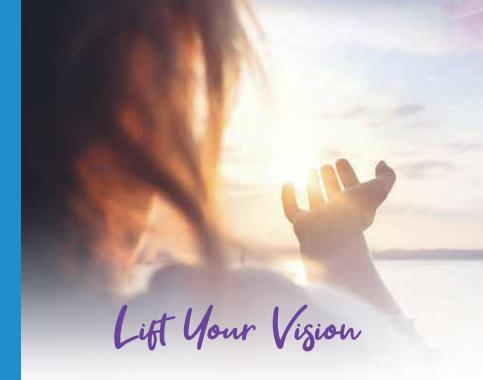
Of this you can be sure: No prayer is ever in vain; no prayer is without results. A blessing accompanies every prayer. The soul may pass through difficult experiences, but always the ultimate healing is part of God's plan. In a way that you may not be able to perceive or understand, life is always the victor. God's life, God's good, is never withheld. Things change, conditions change, but the spiritual truth is unchanging, as God's love is changeless and enduring. In God's sight nothing is impossible.

The ultimate will of God is always life and infinite good.

Remember this as you pray for others.



God's love is changeless and enduring.



Some impressions stay with us always. In my mind's eye I can still see May Rowland, who was the director of Silent Unity [Prayer Ministry] for more than 50 years and one of the great spiritual leaders in Unity, standing poised and serene, talking with a woman who was crying and most distraught. I thought, How can May be so calm in the face of this woman's visible agitation?

I learned from May Rowland and from my long association with Silent Unity that we help others most by standing with them in faith rather than by taking on their problems. We want to be loving and caring and sensitive to the needs of others and we want also to help them know that they have the God-given capacity to rise out of depression, to overcome grief, to meet their problems, to find a happier, better way of life.



In Silent Unity, when we pray for others, we pray first for our own illumination. We pray to increase our own faith, we pray to lift up our own thoughts, our own consciousness.

When we are concerned about others and their problems, we must remember that our first need is to pray for our own illumination ... We need to lift our vision to see beyond the needs and problems to the spirit of God in that one. We need to hold to the truth that all can be changed, that with God all things are possible ...

If you are concerned about someone, pray for that one, of course, but first of all pray to be lifted in faith, to be filled with a strong assurance of God's presence and power, never-failing, at work in you and in your dear one now. Above all, pray that you may be a blessing, that you may serve as a channel through which God's work is done.

Flow Along
with Your Good;
Grow Along
with Your Good

If you have any feeling of stress or strain about anything in your life—your home, your work, your family, your health, your finances—take this thought and rest in it, relax in it: *I flow along with my good*; *I grow along with my good*.

Most of our problems arise from our trying too hard to work things out, trying to make persons and situations conform to our idea of how things should be.

It is surprising how quickly problems are dissolved once we are able to let go of them and trust God to work in and through us to bring about good.

Many times we set up resistances in ourselves; we do not like the idea of change, we want to keep things as they are, and yet something in us is not satisfied. We want our life to be richer and fuller.

When you say to yourself, *I flow along with my good*; *I grow along with my good*, think of yourself as wholly receptive to all of God's blessings, as completely nonresistant to your good, as welcoming new ideas, new ways, new life. To flow along with your good is to feel yourself a part of the living stream of God, to know that effortlessly and easily you go from good to good, that you are sustained and upheld by the current of divine love and power.

You grow along with your good as you think of yourself as a child of God, as you think of yourself as learning and growing every moment of your life. You live in a climate of growth as you live in the presence of God, as you feel yourself surrounded and enfolded by the unchanging good of God...

We need not and should not outline how our good is to come or limit ourselves by praying too specifically. We only need to grow in our faith, to grow in our understanding, to know that God's good plans and purposes are To flow along with your good is to feel yourself a part of the living stream of God.

being unfolded in us and through us, that our good comes to us under divine law.

During the times when we seem to be standing still, or even going backward, let us not lose heart. Then, more than ever, our need is to let God do His perfect work, to trust Him to bless, to heal, to prosper, to make all things right.





You have the ability to rise again. It does not matter if everything in you seems to say, *I can't*. You *can* rise again!

You have the ability to rise again, for you have the resurrecting Spirit of Christ within you—within your very soul, within your very flesh.

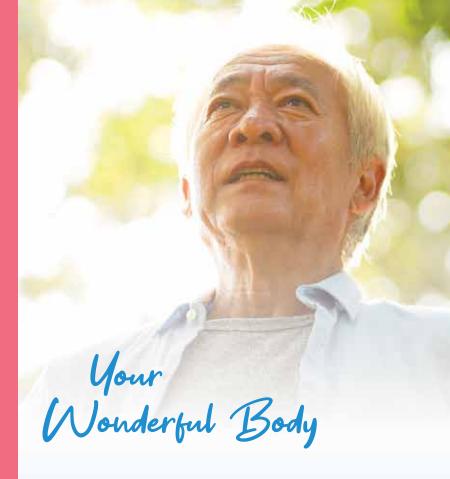
It does not matter how long you have been down; you can rise again. You can be healed. You have the life of God strong within you, no matter how weak you may feel. You are forever one with the life source; you are never separated even for an instant from God, who is your life, your strength, your health.

You can rise again. Even when it seems that all is lost, that life holds nothing more of happiness for you, the healing power of God within you is creating a new heart in you, preparing the way for new joys and greater satisfactions. Though your heart may seem downcast, God's Spirit within you is stronger than depression and bids your heart to look up. It keeps you steady; it renews and revives you.

You have the ability to rise again. In God's sight there are no failures. God sees you not as a failure but as a soul learning and growing. It is never too late to change your thought; it is never too late to change your life; it is never too late to rise again. The resurrecting Spirit of Christ is within you, even when you seem to have failed. And even in seeming defeat, the power to rise up is strong within you.

You can rise again! You can rise out of illness, unhappiness, lack of any kind. You can rise out of feelings of sadness or depression. The resurrecting Spirit within you is never sick, never old, never a failure, never poor. The resurrecting Spirit within you is God's Spirit. Feel its power and strength. Feel it lifting up your entire being. You can rise again!





There is life, substance, and intelligence in every part of your body. Every nerve, cell, and atom knows its essential purpose and works always to maintain a state of health and harmony in your body.

If a state of ill health seems to exist, you can help to right it by realizing that the natural condition of your body is that of wholeness and perfection. You can trust the life and intelligence in your body to harmonize and adjust and heal every unnatural condition. Do not take the responsibility for healing upon yourself, but let God's healing work be done in you. Quit worrying about your health, quit giving undue attention to your ailments, and relax in the realization that there is life, substance, and intelligence in every part of your body. This is a healing treatment that brings results, for health returns when the mind is filled with faith and the heart is filled with peace ...

Relax and let God heal you.

Affirm: There is no resistance in me; there is no tension, stress, or strain. I rest in God. I know that God is my life, my strength, my healer.

The power of God in you upholds and sustains you. Your mind is at peace, your emotions are calmed and harmonized, your body responds to your steady spirit of faith and trust. Freely flowing, ever-healing, God's life is strong in you. Hold to this thought, repeat it to yourself. Feel and know that it is true. Know that this is true of other persons also. Bless them, knowing that, freely flowing, ever-healing, God's life is strong in them.





You are wonderfully and intricately made. Your body, which you may take for granted, or may despair of the cause of its aches and pains and failings, is a holy creation—it is the temple of the living God. Its trillions of atoms and cells are composed of life itself. You are alive with the life of God. If you need healing, the capacity for healing is there right within you. God who created you dwells within you. He is always present to heal.

You are the very life of God in expression. You are one with eternal, unending life. You were created perfect; you were meant for perfection. You are a living miracle!

Listen, beloved, to what you are—

You are a child of God. You are the Christ of God in expression in the world. In your Christ self you are triumphant, victorious, free. Nothing can hurt you, upset

you, or make you afraid. As God's child, as the Christ of God that you are, you rise up out of any limitation, you are not downed by any circumstance. You are not defeated by setbacks or failures. You have the infinite capacity to hold fast, to persevere, to refuse to be discouraged or disheartened.

In all of life's experiences, you feel the strong, loving support of God's presence. You know that you are not alone, that you do not have to meet anything alone. God is with you. In times of great joy, God is there. In times when you feel rejected or unworthy, God is there. As you listen to the inner voice, your heart hears only assurances of love. God says in your secret heart: "You are my child. I love you. I have faith in you. The discouragement, the bitterness, the feeling of despair, the tears—all give way, all are as nothing."

God loves you. He sees you as His spiritual creation. He sees what you are and what you are becoming.

Listen, beloved, to what you are—

You are wonderful, remarkable, lovable, unique! You are a spiritual being, now and forever. You are needed and important. You have depths you have never plumbed, heights you have never soared. You have greatness of spirit. You have inner strength and power. You have a glorious capacity for living and loving and giving.

Listen, beloved, to what you are—

It is the Truth about you!





There are all sorts of things that seem impossible with men; there is nothing that is impossible with God. We grow by our efforts to make the impossible possible.

We are both human and divine; we are conscious of our limitations; at the same time we are never completely unconscious of unlimited Spirit ...

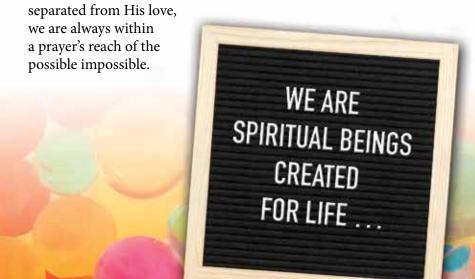
Life is made up of possible impossibles. What one of us is there who has not in his own experiences proved this! Many times we say that something is impossible and then see it made possible. Every man's story is the story of impossibilities overcome ...

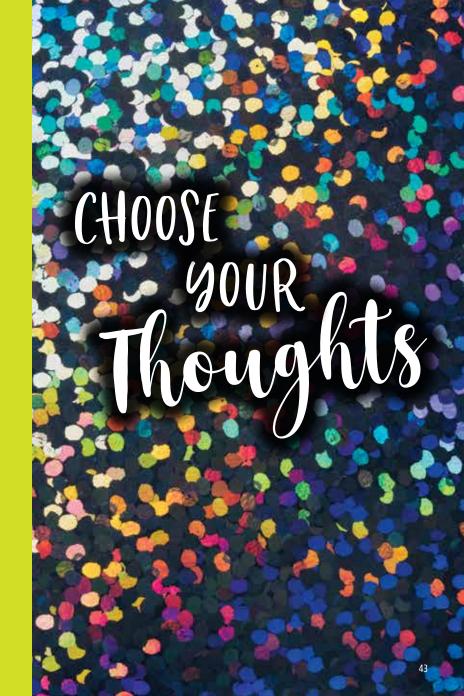
There is no condition of mind or body that is impossible, for we who were created by Infinity itself have our being in infinite life. The secret of life is in the cell. The mystery of life is hidden within our being. Christ is our life; Christ is the healing power within us; Christ is the life force of our being. Humanly, we may feel weak or sick; we may feel cast down in mind and body. But healing, peace, and freedom are possible to us. They are the will of the perfect spirit in us, they are the will of God for us.

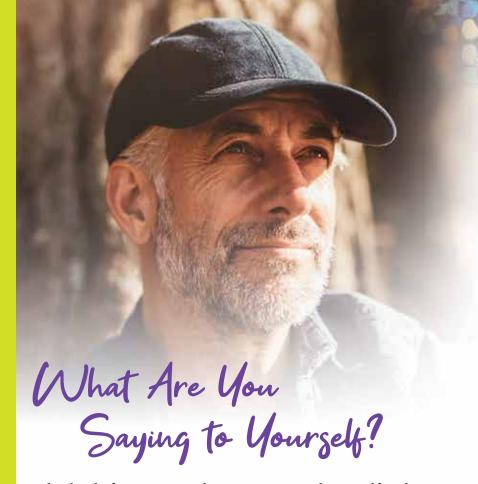
It does not matter what direction our lives have taken; the only inevitable course for us leads to God, to good, and to joy. We need never feel that there is no way to change our course; we need never feel that we cannot begin again. We need never feel that a different way of life, a better way, and a happier way is impossible.

The impossible is always possible, because we are more than we seem; we are more than our thoughts, acts, or feelings; we are more than our life experiences. We are spiritual beings created for life ...

Because we are forever one with God and because we can never be







What kind of conversation do you carry on with yourself? What are you saying to yourself right now? ...

If you find your inner conversation with yourself running along negative lines, you have the power to change the subject, to think along different lines. This is where affirmations of Truth are wonderfully helpful. An affirmation of Truth can be like a conversation piece around which your thoughts center. An affirmation says simply and clearly that which is true and gives your thoughts a pattern, as it were, to follow.

You can change your life by changing the way you think and feel. You are doing this day by day, thought by thought, as you watch the kind of conversation you have with yourself, as you answer any tendency to be negative or fearful or depressed with positive, healing, powerful reminders of Truth.

If you are ever tempted to say to yourself about some situation that it looks impossible of solution, turn your thinking around and say to yourself, *I have faith that with God's help there is a way for this situation to be solved for the blessing and benefit of all* ...

Do not carry on conversations with yourself that downgrade your worth and ability. Do not think of yourself as lacking in ability, or as inferior to others.

Affirm: I am the all-wise, all-loving, all-conquering child of God. I reign supreme in all the affairs of mind and body ...

You may think you are unable to forgive the past, but Christ in you is able. Christ in you sets you free. You can find peace in the present through affirming: Through the forgiving love of Jesus Christ, I am set free from mistakes of the past. I accept forgiveness. I forgive myself and others. I set my face in a new direction ...

Keep your mind stayed on God, keep your mind stayed on Truth, thought by thought. Let your inner conversations be as with the Christ, the God self of you.

TO CHANGE

THE SUBJECT



Cross out the doubts of other years;
Cross out the hurts, the griefs, the fears.
Christ is your life, your light, your way.
Christ resurrects your soul today!

When I have something before me to do that necessitates remembering several things at one time, I often make a list, headed perhaps by the words "Things to Do." As these things are accomplished I cross them out. Certainly, I am not sad when I cross them out. Rather it is with a sense of relief and achievement that I do it. It is a good feeling to know that I have done what needs to be done, that I have not left things at loose ends.

We can have this same kind of feeling about spiritual crossing out. When we think of something we need or want to overcome, we may feel heavy or depressed. Perhaps we have times when we long to be free from old fears and hurts and limitations, but we do not know how to go about it.

Why not approach it as practically and positively as we approach the accomplishment of some ordinary task? It might even be helpful to make a list of "Things to Do" to set our minds, our thoughts, in the direction we want to go. Then the crossing out we do will not be negative renunciation but rather, positive, step-by-step overcoming. With each small gain we can shorten our list of "Things to Do" and add to our sense of accomplishment and fulfillment.

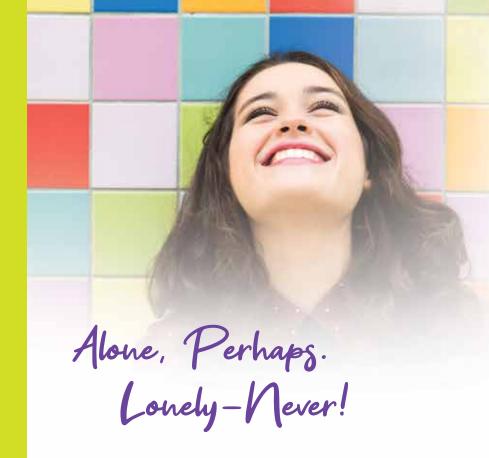
Are you fearful—fearful of the future, fearful of other persons, fearful of being alone? It does not matter what seems to be the reason for your fear, you can begin to cross it out by making a "Things to Do" list headed with something like this: *I have faith. I am not alone. God is with me at all times and in all places ...*

You are crossing out fear every time you let faith be your guide rather than fear—every time you say in your heart, *I will trust*, rather than giving way to fear. Spiritual overcoming does not usually arrive in one grand leap forward, but rather is a process of unfoldment thought by thought, experience by experience.

The reminder to have faith may be one that you need to put on your list of things to remember and to do, again and again. But every time you are able to follow through on this reminder and stand in faith, even if it is only in some small matter, you are on your way toward overcoming fear ...

To be a little more loving, a little more understanding, a little more tolerant, a little more forgiving is to cross out the limitations in us; it is to free ourselves to live more joyously and effectively.

Make a "Things to Do" list 47



If there is one feeling that most people have at one time or another, it is the feeling of loneliness ...

If you are lonely, the temptation may be to feel sorry for yourself, to begin to doubt your worth, to condemn or blame yourself. If you find yourself thinking along such lines, stop right there and remind yourself of who and what you are. You are God's beloved child; you have His Spirit in you. Your life is an expression of His life; your heart is filled with His love. Say to yourself: *God loves me. God has faith in me. God needs me. God is with me now. I am never alone.*

Just the mere saying of these words will not take away all the loneliness, will not instantly change conditions in your life, but just saying such words will help tremendously. For such words will help to change the trend of your thinking and feeling. They will take you back to the realization of yourself as a spiritual being, as a needed and important part of God's perfect plan.

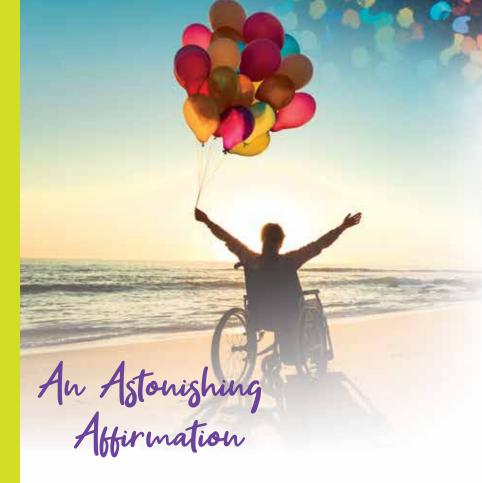
Some persons find it helpful to say something upon opening their eyes in the morning: *Something good is going to happen to me today*. One friend had a favorite little verse that she said upon waking:

"Every morning I will say, Something happy is on the way."

These are not magical ideas, but they are thought-brighteners. They are good starters for a day. They are welcoming words, for they open the mind and heart and life to a feeling of expectancy, to a feeling of joy and living, to a revised sense of wonder.

Alone, perhaps. Lonely, never! Let this be your keynote. Always God is with you; always you are one in Spirit, not only with God but with all humanity. We may walk apart; we do not walk alone.





At the age of 94, Charles Fillmore, cofounder of Unity School, sat down and wrote out an affirmation for himself. It was found later among his papers. It was an astonishing affirmation for a man of any age: I fairly sizzle with zeal and enthusiasm and spring forth with a mighty faith to do the things that ought to be done by me.

Charles Fillmore always used lively words, words that created a feeling of action and power. At one time, when the mail in Silent Unity [the 24/7 prayer ministry] was particularly heavy and it

did not seem that there were enough workers to handle it, he was asked to pray with Silent Unity. This is the affirmation he gave the workers: *I work with the speed and spring of Spirit!* Needless to say, the mail was handled promptly.

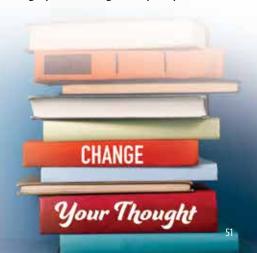
Affirmations are only words unless we give them life through our interest, feeling, and faith. Sometimes the very choice of words stirs up a new spirit in us, brings us to life, as it were, and we are able to speak our words with power and authority; we see instant results.

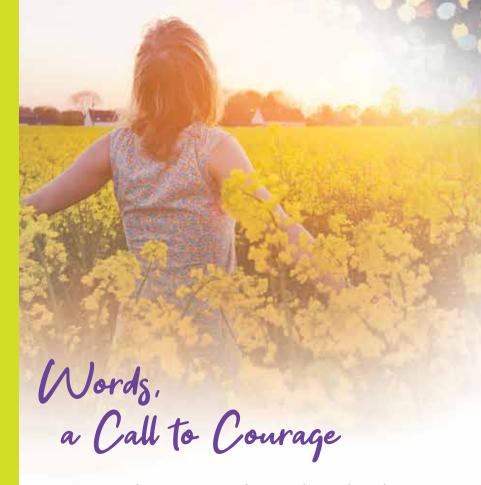
Like Charles Fillmore, we can do something about our lethargy, about our boredom, about our lack of enthusiasm. We can begin affirming just the opposite ...

Take a few moments right now to look at yourself and your life. Ask yourself if you are accomplishing all that you are capable of accomplishing. Ask yourself if you are doing the things that need to be done by you.

If you have thought that others are more capable or ready to do the things that need to be done, change your thought. Say to yourself,

I stir up the gift of God that is within me. If you have felt that life is lacking in interest or enthusiasm, inject new life and spirit into your prayers and affirmations. Do not beg to change your life. Rather, make your strong, bold affirmation of spiritual power and ability, of zeal and enthusiasm, of springing, bounding joy.





Sometimes one line or even one phrase spoken at the right moment becomes unforgettable. It acts as a rallying call to courage. On March 4, 1933, in the depths of the Depression, Franklin Delano Roosevelt, in his first Inaugural address, said: "The only thing we have to fear is fear itself." These words were a rallying call to courage, needed in that hour!

Think about the power of words, how they can be a rallying call to courage. For instance, the words, *God is my all, I know no fear* from "The Prayer of Faith" helped me to overcome childhood



fears. These are words to turn to when courage is needed: God is my all, I know no fear. A simple statement of faith—a rallying call to courage ...

Affirmations of truth are rallying calls to courage ...

God did not give us a spirit of timidity but a spirit of power and love and self-control. These words can be a rallying call to courage when we hang back in fear, when we are upset and anxious, when we are timid and fearful of persons and situations, when we are filled with self-doubt. God did not give us a spirit of timidity but of power and love and self-control. God has given us a powerful and loving spirit; God has given us the ability to control our thoughts and feelings. God has given us the faith and will to succeed ...

All of us have times when we cannot see our way, when we have to go out into the darkness on faith. But finding the hand of God, or, in other words, feeling God's presence with us, we are guided safely and surely out of darkness into light. Our faith in God is "better than a light and safer than a known way."



If you have some problem facing you, if there is some unfulfilled longing in your heart, if there is some urgent need in your life, have you tried blessing it?

If you are having difficulty getting along with some other person, have you tried blessing him?

If your need is health, have you tried blessing your body?

If your need is supply, have you tried blessing your affairs?

What does it mean to bless a problem, a need, a situation? To bless it is to quit fighting it. Perhaps this is the meaning, in part at least, of Jesus' words: *Agree with thine adversary quickly* ... [Matthew 5:25 KJV]. To bless anything is to agree with it spiritually, to see God, to see the good, where before you have seen something disturbing, troubling, or hurtful.

When we bless the troublesome situation, the unhappy environment, the unhealthy body, the appearance of lack or failure, this does not mean that we are resigning ourselves to it but rather that we are letting go of our fear, our anxiety about ourselves or anyone else; that we are beholding the good which is always present; that we are remembering the loving presence of God, which pervades and permeates all.

When we bless our problems, a change always takes place, but the first and greatest change that takes place is within us.

We cannot say, "I bless this situation (or this person or this need); I behold the goodness of God at work," and still feel fearful. The word of blessing invokes God's power in us, and a change is wrought in our thinking and feeling. Then our words of blessing carry weight and spiritual power as we pour them forth on conditions, situations, and persons ...

There is great power in blessing, for when we bless we express divine love and call it to life in us, in all that concerns us. Nothing in the world is more powerful than divine love; nothing is more magnetic in its drawing power; nothing changes and transforms as wholly and completely as does the word of blessing, spoken in love, sent forth on wings of divine love.



Let This Be Your Blessing for Others

I have faith in you, because I have faith in God in you.

I do not pray for you to be better than you are; I pray for you to be as good as you are.

I pray for you to express your true Christ self.

I do not pray for you to be happy in the way I think your happiness lies.

I pray for you to follow your indwelling light, which always leads to fulfillment and happiness.

I do not pray for you to be free from responsibilities.

I pray for you to be free from worry and anxiety, to be the fearless, wise, confident, capable being that you are in Spirit.

I do not pray for you to conform to my idea of success and achievement.

I pray for you to express and expand your God-given abilities and talents in your own unique and wonderful way.

I pray for you, knowing that you are beloved of God.

I bless you without reservation.

I love you as God loves you.

How May We Serve You?

Unity is always here to support you in creating a healthy, abundant, and meaningful life.

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