



TURN ON THE **LIGHT**

THE TIMELESS WISDOM
OF ERIC BUTTERWORTH

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THE DIVINE IN YOU

Eric Butterworth is best known for his brilliant yet readable bestsellers that extended the teachings of New Thought far beyond the Unity audience. His classic book *Discover the Power Within You*, which reinterprets the teachings of Jesus, is one that Oprah Winfrey said changed her view of life and religion.

Butterworth's primary teaching was that every human being is fully divine. Our work is to learn to live from that higher consciousness—to get out of our own way and let our spiritual nature shine through. His books apply that central idea to prosperity, prayer, and living in the abundant flow of life.

Whether or not you are familiar with Butterworth, you will find the writings collected here a crystal-clear explanation of the spiritual principles taught in Unity. Even though decades have passed since Butterworth's writing heyday, his books still bring spiritual ideas alive and relate them to the world we live in.

In this booklet, excerpts from Butterworth's prolific writing career are paired with new essays from today's Unity ministers and New Thought writers addressing the same topics.

Our booklet begins with a brief biography of Butterworth's magnificent life and ends with a guide to reading Butterworth's books for yourself. One thing to keep in mind is that he was writing in the 1960s, '70s, and '80s. He refers to God as *Him* and humanity as *man*. But spiritual principles are unchanging, and his teachings are as valid as ever today.

Revisit this booklet often to absorb and understand these profound ideas. We know you will enjoy reading and hope you feel inspired on your spiritual journey.

Your Friends in Unity

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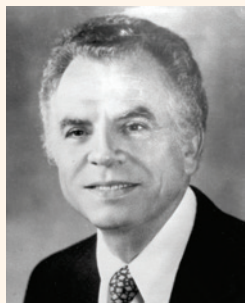
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Eric Butterworth: A Life Dedicated to Teaching

Sara Crawford

Eric Butterworth was a leading figure in the Unity movement, known for his gift of rendering complex metaphysical teachings into simple statements of truth. Born on September 12, 1916, in Winnipeg, Manitoba, Canada, he was raised in Southern California by his mother, who was a Unity minister. Butterworth grew up with the philosophies of New Thought, initially drawn from the writings of Ralph Waldo Emerson, with an individual approach to spiritual awareness.



Eric Butterworth

Butterworth established Unity ministries in several cities, including Pittsburgh, Detroit, and New York City. Detroit Unity Temple became the largest Unity church in the world while he was serving there, with more than 2,000 people attending his Sunday services each week. In 1961, Butterworth began four decades of ministry in New York City, where he lectured each Sunday at such prestigious venues as Carnegie Hall, Town Hall, and finally Avery Fisher Hall, where the weekly attendance grew to several thousand.

THE IMPACT OF BUTTERWORTH'S TEACHINGS

Butterworth was a gifted theologian, philosopher, and lecturer who authored 16 best-selling books on spirituality, including *Discover the Power Within You* and *Spiritual Economics*. His powerful message inspired hundreds of thousands of people from various religious backgrounds. Dr. Maya Angelou called Butterworth her “teacher.” He was the first Unity minister to appear on *The Oprah Winfrey Show*, and his teachings continue to impact people around the world today.

Butterworth focused on the divinity of all people, and his desire was that everyone would know their oneness with God. His message emphasized the power of positive thinking and the importance of utilizing universal law to manifest prosperity, healing, and all good things.

REMEMBERING ERIC BUTTERWORTH

Butterworth made his transition April 17, 2003, at the age of 86, leaving a legacy of practical mysticism, metaphysical teachings, and positive thinking. Olga, his wife, delivered the last sermon he wrote on Easter Sunday, just days before his passing.

Butterworth's life was dedicated to spreading the message of personal renewal through changes in attitude. He remains a historic leader in the Unity movement, and his contributions to the field of metaphysical teachings have had a profound impact on spiritual seekers around the world.

*Sara Crawford is a writer for
Unity World Headquarters.*



The Art of Getting Along: Turn on the Light

Eric Butterworth

Life is lived from within-out. If you look for security or harmony or cooperation on the outside, you become quickly irritated with coworkers who do not cooperate, with employers who are too demanding, and with employees who are careless and indifferent. What can be done? Get into the flow ... turn on more light. "It is better to bring a light than to curse the darkness." You may wonder why you are there. The important thing is that, at the moment, *you are there*. And *wherever* you are, God is. Wherever you are, there is a flow of light and love.

A person in a dark room may be bumping into obstacles everywhere as he or she fumbles for the light switch. Suddenly he or she touches the switch, and the room is flooded with

light. Nothing in the room is altered. Nothing is made, added, or taken away. Yet in a flash it is all changed. Whereas it had been filled with menacing objects and hazardous footing, now it has become a place of comfort and utility. In the same sense, we may be embroiled in a horrendous experience with hostile people. **If we can turn on the light or get into the flow of transcendent love, a miracle of harmony and understanding may unfold.** It has been said, "It takes two to make a quarrel." What is not often realized is that it only takes one to commence the dissolution process.

You may feel that you would have no difficulty in getting along with people if you could get into an environment more conducive to friendship and love. However, the answer is not in finding the right person, but in being the right person.

Every morning, before setting out into the world, or before making the initial contact with the world through watching or reading the morning news, it is the better part of wisdom to prepare yourself by a prayer or meditation to get consciously in the flow of life. It is a simple matter of getting your lights turned on before you face any darkness in the world or in human behavior. In the flow of love, you will tend to see and respond to the divinity in all persons. Instead of expecting the world and the people in it to make your day happy or harmonious, you will establish yourself in the kind of consciousness that you desire to experience, letting it flow forth through you and go forth from you.

Excerpted from In the Flow of Life by Eric Butterworth.

Mastering the Art of Getting Along

Rev. Teresa Burton

Many of us remember the world 40 or so years ago as kinder and simpler. We may feel nostalgic for a time when the world wasn't beset by so many crises, when people were more patient and understanding, when our divisions weren't, well, so divisive.

When Eric Butterworth wrote about the art of getting along in the early 1980s, the world's circumstances were indeed different. It might be tempting to read his thoughts on the art of getting along and think, *Sure that made sense then, but not any longer*. The idea that turning up our inner light, aligning our thoughts with divine mind, and living in the flow of light and love can be an antidote to conflict and hostility may seem quaint, even naive.

These days, getting along with others may feel like a faraway dream. Division, polarization, and conflict seem to permeate almost every aspect of modern life. Recent news reports of a loneliness epidemic caused by our estrangement from one another warn of prolonged emotional distress and physical illness. All these things combined may lead us to wonder whether harmony and cooperation will always elude us.

We are hardwired for connection and togetherness. It's not only beneficial but crucial to our individual and collective well-being. For our health and our survival, we must learn and master the art of getting along.

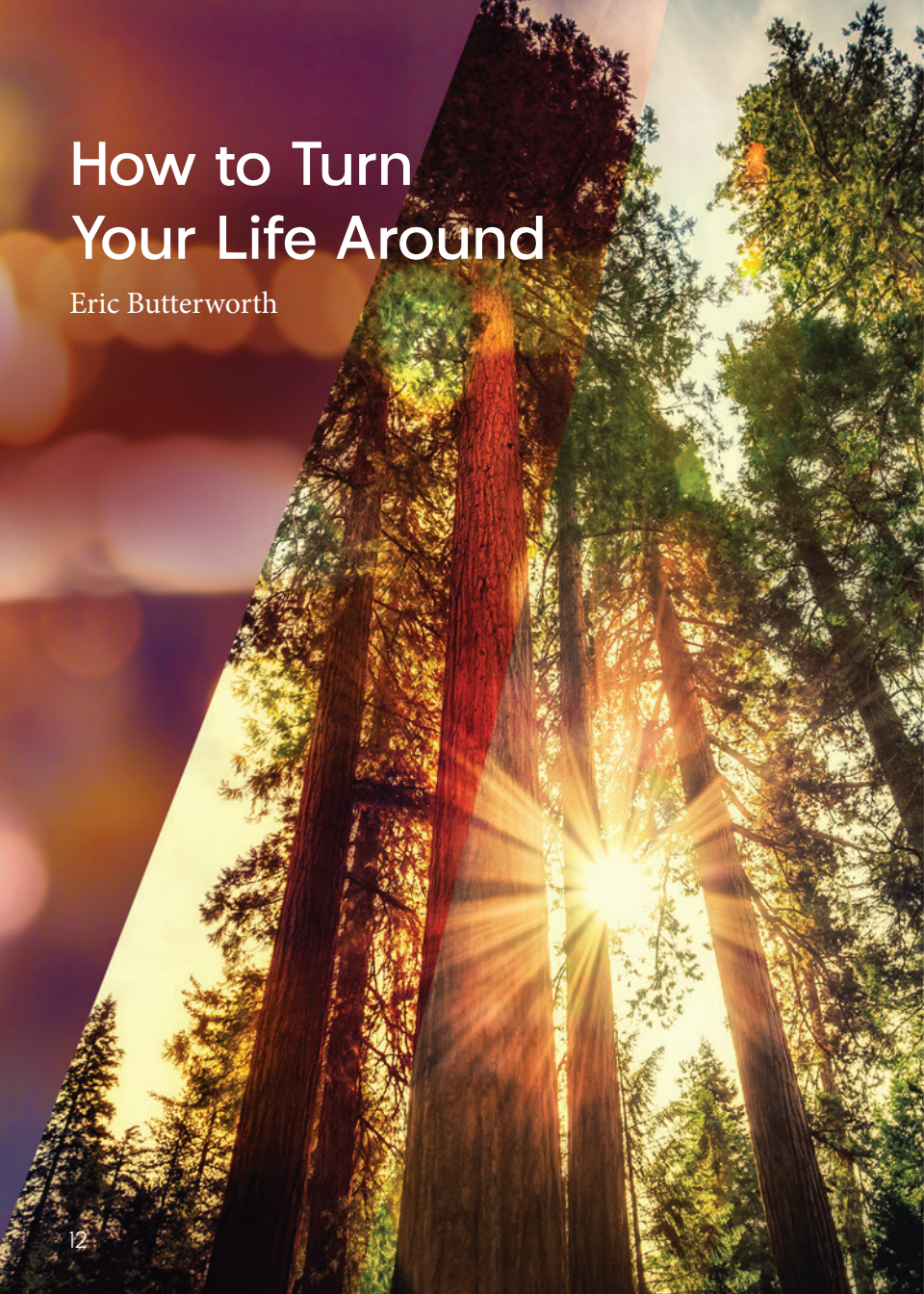
Butterworth correctly notes that to get along with others, we must begin with ourselves. He reminds us life is lived from within-out and, regardless of circumstance, we have the power—and responsibility—to get in the flow of life and love.

It's tempting to think the opposite, that to be in the flow of life and love and to master the art of getting along, we should seek people and circumstances favorable to friendship and love. Butterworth reminds us that the key to getting along, to living harmoniously, is not found in others. It is found within each of us.

No matter who you are or what your life is showing you, **the one thing your relationships and circumstances have in common is you.** Take a moment and let that resonate. If you find yourself at odds with others, if you find yourself pushing or resisting instead of flowing with your life's conditions, it's not time to bemoan your bad luck or blame others. Instead, it is time to look within yourself gently and lovingly and discover your divine gifts of love and peace. If you find blocks to the expression of those gifts—fear, unforgiveness, anger—you have the power to transform your darkness to light through spiritual practices such as prayer, meditation, and the use of denials and affirmations. Through these practices, you will cleanse yourself of negative, constricting thoughts and feelings until you feel positive, life-affirming energy fill your consciousness.

It will then become natural for you to turn on the light within you and keep it on. Your spiritual practices will help you keep turning the light up even when the world feels increasingly dark. As you master the art of getting along, you will move beyond praying for God's help to discovering the power of being the heart and hands of God in the world. You will know with understanding faith there is an inexhaustible wellspring of love and wisdom within you, and you need not search for it in others. You will instead go forth in serenity and confidence knowing others can find it within you.

Rev. Teresa Burton is editor of Daily Word.



How to Turn Your Life Around

Eric Butterworth

If you are not happy with the things that are repeatedly happening in your life, or with the direction in which you seem to be moving, you can turn it around ...

Life is consciousness. You stand where you do today, wherever that is, because of your consciousness. And there is only one way you can come to stand anywhere else—by changing your consciousness. If you wish to go up higher, you can do so, and there is no limit to the heights to which you can climb. But you must “repent,” which means to be ... *transformed by the renewal of your mind* (Romans 12:2).

Jesus said, “*In the world you have tribulation; but be of good cheer, I have overcome the world*” (John 16:33). There is a level of life where states of consciousness give rise to limited conditions, and where a cycle of causation flows in a kind of negative momentum. “*I have overcome the world*” means getting into a higher level of consciousness, experiencing freedom from the limited cycle of causation.

Get the feeling that it is a part of
your nature, that work comes
through you and not to you.

If you are unemployed, you may feel “out of it.” To turn this experience around, you must get out of the “out of it” consciousness and get into the “with it” and “in it” feeling. You may pray for work and get another job, but unless you have reversed the patterns of consciousness that led to unemployment, you have only temporarily solved the problem ...

“I have overcome the world.” Get into a higher level of consciousness. Stop thinking of work as something to demonstrate “out there.” Get the feeling that it is a part of your nature, that work comes *through* you and not to you. If you are unemployed, get the feeling that you are ready for work. Think movement, activity, work, service ...

If you are not satisfied with the direction your life has taken, or with the experiences that continually manifest, you can change by getting into the kinds of attitudes and feelings that you assume you would have if you were now experiencing the desired conditions ...

It is never too late to turn your life around, to break the patterns of negativity that keep manifesting themselves as age and deterioration, as inharmony and loneliness, as illness and physical discomfort, and as financial insecurity and lack. You will have to “repent” and follow the higher way of living and thinking. Wake up from your self-limiting thought to self-releasing vertical thought, and you will experience the ceaseless flow of your own good.

Excerpted from Celebrate Yourself! by Eric Butterworth.



Change Your Thinking, Change Your Life

Rev. Gaylon McDowell

Eric Butterworth was a practical mystic. He sought and saw deeper meanings in religion, scriptures, religious writings, life, and people. He understood that life cannot be perceived only from a surface perspective. He knew that if people wanted to understand their lives, they had to know who they were and how experiences are created.

Butterworth focused much of his writing on how and why people should transform their thinking. He taught, as have Jesus and many spiritual giants before and after him, that life reflects thoughts, feelings, beliefs, words, actions, and

reactions. Life is consciousness, and consciousness (ideas, thoughts, feelings, mental paradigms) attracts and produces experiences consistent with the thinker.

The beginning of a new life starts with a new way of thinking.

Often people try to change their lives by making only outer changes like changing jobs, moving to a new city, or hanging around a new circle of friends. All those outer changes can be good for a person. However, if they don't accompany a change in thinking, the same problems will show up in new experiences. Why? Because life is consciousness, and a person's mental patterns will produce and attract the same type of people and situations into the new experiences.

Butterworth wrote in his book *Celebrate Yourself!*, "Life is consciousness. You stand where you do today, wherever that is, because of your consciousness. And there is only one way you can come to stand anywhere else—by changing your consciousness. If you wish to go up higher, you can do so, and there is no limit to the heights to which you can climb. But you must 'repent,' which means to be ... *transformed by the renewal of your mind* ... (Romans 12:2)." This means that God as divine law is always meeting you at the level of your awareness of being. **You can't be, do, or have anything that isn't consistent with your level of consciousness.** Water seeks its own level and so does consciousness. You can only demonstrate what you know in consciousness. When you change your mind, you change your life.

Rev. Johnnie Colemon, D.D., founder of Christ Universal Temple, was a ministerial colleague of Butterworth's. She would often bring him in to speak at her Panorama of Truth conferences for the Universal Foundation for Better Living.

She often taught his books during her Sunday morning worship services and offered many of his books in her spiritual education school, the Johnnie Coleman Institute (JCI).

I was introduced to Butterworth's writings through JCI when I took a class based on his book, *Discover the Power Within You*. I learned from that book a new and practical application of Jesus' life and teachings from a metaphysical Christian perspective. I learned how to apply Jesus' teachings to help me transform my own life by thinking in alignment with God's omnipresent good and my spiritual wholeness.

When I started my podcast, *Truth Transforms with Rev. Gaylon McDowell*, I taught Butterworth's books *Spiritual Economics* and *Discover the Power Within You* chapter by chapter for months. I wanted my listeners to receive the same powerful and practical lessons to change and better their lives.

In *Spiritual Economics*, Butterworth gives a powerful key to successful living. He writes, "Prosperity is a way of living and thinking, and not just money or things. Poverty is a way of living and thinking, and not just a lack of money or things." He was informing us that everything begins with the mind.

Rev. Gaylon McDowell is the senior assistant minister at Christ Universal Temple in Chicago and director of the Johnnie Coleman Institute.



Your Fortune Begins with You

Eric Butterworth

It is an important moment in your life when you discover for yourself the great Truth that things may happen around you, and things may happen to you, but the only things that really count are the things that happen in you. You may have precious little control of the elements or the fluctuation of the stock market or the unpredictable behavior of people.

However, you live in a world of your consciousness, which is the sum total of the thoughts of your mind. And **you can control what goes on in your mind**. This is not to say that it is easy but to establish that it is possible.

Your negative thoughts of fear and worry
are depleting your good faster than
inflation erodes the value of the dollar.

There is a great idea that you will encounter again and again on your quest: you are a living magnet, constantly drawing to you the things, the people, and the circumstances that are in accord with your thoughts ...

Failure or lack in your life is simply the result of continuously “minus-ing” yourself. Conversely, success and prosperity are the results of constantly “plus-ing” yourself. It is wise to take inventory occasionally. Are you dealing in minuses or pluses? It is that simple. Your negative thoughts of fear and worry are depleting your good faster than inflation erodes the value of the dollar. And your positive, optimistic thoughts add to your good more dramatically than compound interest increases your bank savings ...

One of the most self-limiting attitudes of the whole human race is the belief in chance or luck. Occasionally it is said, “I have been lucky, my prayer was answered.” However, God

doesn't deal in luck ... It is a self-delusive trap, for in an orderly Universe, there is simply no way in which one can get something for nothing. Under divine law, you receive as you have given, no more and no less.

If you feel you have been "down on your luck," don't succumb to the temptation to try to "make it big" in some game of chance. Your fortune begins with you, not with the roll of the dice or with the winning number or with any kind of lucky break. There is only one way in which you can "change your luck" and that is by altering your thoughts ...

You are God's living enterprise and ... your good fortune is secure because it is God's good pleasure to give it to you.

Excerpted from Spiritual Economics by Eric Butterworth.



Our Thoughts Are Magnets

Rev. Bronte Colbert

Eric Butterworth wrote that we are living magnets, constantly drawing to us things that are in accord with our thoughts. His words, “You can control what goes on in your mind,” seem doable when we pause to promptly switch a fear thought into a more positive one. But can we do that for most of the day or when unruly thoughts start a negativity party in our heads? He agrees it might not be easy. But being aware of our thinking is a powerful practice. Our “fortune”—what we want to experience, be, and have in life—is fueled by the power of our thoughts.

So, what are we thinking about? Have you checked your thoughts today? Do you have a guide, prayer partner, or friend who helps lift you up when needed? When I feel worried or

fearful about something and can't seem to shake it off, I call a longtime friend. She doesn't want to hear any worst-case imaginings, which is exactly why I call her. She reminds me I'm in charge of what I think and imagine. I shift to a positive outlook. She lights a candle, and knowing it is steadily glowing across the miles helps me stay in positivity.

The power of our thoughts and the concept that we are “living magnets” has been discussed and taught by authors and speakers for hundreds of years, enlightening and empowering lives. Believing in ourselves, what Butterworth calls “plus-ing” ourselves, invites success and prosperity. It's not a magic wand that makes every “bad thing” go away, but optimism and knowing you are divinely blessed and guided helps attune you to the power to attract your fortune.

HOW TO BE A LIVING MAGNET

Prepare for and believe that what you are seeking is seeking you. Stay the course if it takes a while for things to show up. What you want may change or manifest in a different way.



Prosperity authors such as Catherine Ponder advise to make room for what we wish to manifest. Perhaps declutter a desk or a closet. Put your financial affairs in order. Release any thoughts of lack, doubt, or fear.



Be aware of what you already have and rejoice in it. Consider a daily gratitude list. Appreciation opens us to receive more good things.



We increase our ability to receive when we bask right where we are. If able, step outside now and take in the panorama of nature (or imagine it). Breathe in air and life, so free and plentiful. Let your imagination run and frolic with the clouds. Try to guess the total number of leaves on a tree or the feathers on a single bird. Abundance reigns!



Consider tithing where you are spiritually fed. Prosperity increases with the joy of sharing and giving from your own storehouse of good.



Wishing for things like fun adventures, better health, or a certain opportunity? The things you want *want you*. They are tugging on your heartstrings, wishing to come into fruition as much as you'd love to see them happen. Think on those things.



We build love by loving, by centering our minds in love and pouring out love unequivocally, unconditionally, and generously. Consider repeating: *I build my fortune of love by loving.*



Love expands as we forgive others and ourselves, love our world, and perform acts of loving-kindness. Love expands by giving ourselves a hug, applauding our positive attributes, affirming our wonderfulness, and knowing beyond knowing that we are made of God-stuff. All this works together for our good, for the best life we can imagine.

As Butterworth says, "You are God's living enterprise."

Rev. Bronte Colbert is a retired minister in Athens, Georgia.

The Quest for Love

Eric Butterworth

Life for most people is a long quest for love. We're always looking for love here and there and everywhere—in experiences, in relationships. “Oh, someday I'm going to find my love. Across the crowded room, love comes into my life.” Life becomes a quest for objects of love, and in human consciousness, I'm sure we all realize that this is where we are much of the time.

Intuitively, within ourselves we know that love is an inner power, not an object; that our need is not to be loved. Our need is to love. Within every person there's a hunger and a thirst to express love, to radiate love, to get ourselves in tune with the cosmic flow at the root of our being, to simply plug in, to turn the lights on, and to express out of the overflow of this inner love a lovingness toward life. We have a hunger for this, but we don't understand the process, so instead we're out looking for it somewhere else, while all the time it's within us.

Within every person there's a hunger and a thirst to express love, to radiate love, to get ourselves in tune with the cosmic flow at the root of our being ...

We need to redefine this thing called love, or rather undefine it, to get it out of the terms of definitions. We've accepted the biblical statement “God is love” as if love were a commodity that God has. So God gives it to us, and then we have it, and we pass it along to other people. Actually, it is more a description of what God is than what God does. *God is love* is expressed much in the same way as *God is life*, *God is intelligence*, *God is power*, *God is love*.

You see, these are simply abstract generalizations until we know that whatever else God is, God is me. Does that surprise you a little bit? Whatever else God is, God is me. I am the activity of God expressing itself as me. God is life, and I am life manifesting as my body temple. God is intelligence, and I am that intelligence in the form of the wisdom of my mind. God is power, and I am that power in the form of my strength and my creativity, my ability to form and shape and build. God is love, and I am that love expressing in and through and as my loving heart ...

Love is to touch the deep spring of our own nature, turn our own lights on, and be love.

Be what we really are, which was Meister Eckhart's thought when he said, "Let God be God in you. Let love be love at the root of your being."

*Excerpted from Practical Metaphysics: A New Insight in Truth
by Eric Butterworth.*

The Deep Spring of Our Own Nature

Rev. Lauri Boyd



Charles Fillmore wrote, “God does not love anybody or anything. God is the love in everybody and everything. God is love; man becomes loving by permitting that which God is to find expression in word and act.”

When I first encountered the statement “God does not love anybody,” I found it unsettling. I was still new to Unity and was just beginning to dig more deeply into the teachings.

My first thought was, *What do you mean, God does not love anybody?* I grew up hearing, “God loves you.” I didn’t really know what that meant, but still—it seemed a huge leap to release that embedded belief.

It took a journey of spirit to wrap my mind and heart around this concept. The writings of Eric Butterworth were a key part of my journey. With his help, I learned that love is not something I need to find “out there.” Rather, it is the very essence of what I AM.

I came to understand God as the formless Source underlying all things. I came to understand myself as rising up out of that Source, the way a wave rises out of the ocean. God is love; I am an expression of God; therefore, I am love. When I let go of the idea that I could ever be separate from God, I found the deep and abiding light of love at the center of my own being.

And that was not the end for me. My journey continued as I realized that I needed to learn how to express love throughout the messiness of being human. I needed to become more skillful.

The myth of Jesus’ birth became, for me, a powerful teaching story about the power of love-in-expression in the midst of humanness. The author of the Gospel of Luke tells us that Joseph went to Bethlehem to be registered with Mary, to whom

he was engaged and who was expecting a child (and Joseph was not the father). While there, Mary gave birth to her firstborn child, wrapped him in bands of cloth, and laid him in a manger because there was no place for them in the inn.

Joseph could have gone to Bethlehem alone and told Mary to wait for him in Nazareth. He could have canceled their engagement entirely or pretended the child was his. But he didn't do any of those things. Instead, he chose love. Mary could have chosen to stay home so that her mother and aunts and sisters could help her during the birth. She could have asked Joseph to marry her and pretend the child was his. Instead, she chose love.

To me, this is a story not of true love but of real love. Real love is not sentimental and delicate, not hearts and harps. Real love doesn't shy away from the messiness and challenge of our human circumstances. Real love is strong and tough and brave. Real love is standing with your partner even when the world is judging you. Real love is giving birth alone in a stable, probably right next to a pile of cow dung, and laying your baby in a feedbox because that's what you've got. Real love is knowing that every child is God-in-expression, no matter the circumstances of their birth.

Butterworth wrote, "Love is to touch the deep spring of our own nature, turn our own lights on, and be love."

I invite you to consider, how are you called to turn on your own lights and be love?

Rev. Lauri Boyd is a writer and teacher living in Overland Park, Kansas.

A photograph of a person's legs and feet walking through a field of purple crocuses. The person is wearing dark jeans and brown boots. The field is filled with many purple crocuses with yellow centers, growing in green grass. The background shows a grassy hill under a cloudy sky. A large, diagonal, semi-transparent green and yellow graphic element is overlaid on the left side of the image.

On Releasing Stress

Eric Butterworth

When tension starts, one surefire practice will help you get centered again.

One of the most widespread problems of modern times is what is often called the “pressure syndrome.” Certainly, most of us are all too familiar with the high-level tension seemingly built into life and work, causing stress and all sorts of compound problems of mind and body.

But the thing that is becoming more and more widely accepted is that the “stress response” actually frustrates the flow of life and thus is at least a partial cause of most physical ills, perhaps all of them.

There are many situations in which we may typically respond with stress ... But the thing that is becoming more and more widely accepted is that the “stress response” actually frustrates the flow of life and thus is at least a partial cause of most physical ills, perhaps all of them. Today, whether the physician or the metaphysician is talking, the advice may be the same: “Let go of stress!” But the question is “How?”

Actually, the answer is as close as the creative use of the imagination. Stress is not produced by things that occur. It is the thought and feeling about them that gives that gnawing, head-in-the-vice feeling ...

No matter what happens out there in the world, or even on your doorstep, **all that really counts is what happens in your own mind.**

When you get your thoughts centered at the still point within and begin to see your life as a giving experience, then you control the giving, and no one can take that control from you.

If you become irritable, tense, and easily overwhelmed, what you need is not a coffee break, but a prayer break, a time for silence. Right where you are—at your desk, at the kitchen sink, even driving your car—take a few deep breaths to establish the image of life glowing from within.

Whisper to yourself: *I am free from tension, stress, and strain.* Then with your vision sharpened ... go on your way doing what you are doing ...

You have a choice, whether to curse the darkness or bring a light, whether to engage in fretting or letting, whether to experience tension and stress in the face of things or keep centered in the poise and strength of the Christ mind within.

It is important to establish a habit of taking time at the beginning of every day to get centered within at the still point: Reflect on the realization that life is a giving process, from within outward. What will be the result of such a daily discipline? You will walk easily through any and all experiences without stress.

Excerpted from the Unity booklet Simple Living: When Less Is More.



Affirmations + Action

Rev. David B. Adams

The writings of Eric Butterworth made up much of my first exposure to Unity teachings. His work has stood the test of time, revealing simple (not always easy), practical ways to invite the Christ presence to more fully inhabit where it already dwells.

When considering this excerpt on stress, it is important to consider how things have changed since its writing. Technology has given us instant and continuous access to information. For those of us inclined toward stress, this can create an overwhelming deluge of input that can prove hard to navigate.

Studies suggest that acute stress and its chronic cousin, anxiety, are at an all-time high worldwide. The ongoing aftermath of the Covid epidemic, the seeming disintegration of civil discourse,

war, and violence (around the world and in our own backyards) have many of us on edge. Perhaps it is no surprise, then, that the worry and fear we accumulate from news available at the touch of a button spills into our daily lives. Our minds become overloaded with these stressors, to the point where releasing them seems impossible.

Butterworth says the “stress response” actually frustrates the flow of life and thus is at least a partial cause of most physical ills, perhaps all of them. Research proves his point; stress left unmanaged is shown to be a factor in a variety of health challenges involving the digestive system, the heart, and the immune system. Moreover, it can have a debilitating effect on our worldview, creating a mindset of cynicism and negativity.

But the mind and the systems it runs don't know the difference between something taking place and something being imagined. Learning to witness our thoughts as they appear is key, particularly during challenges or conjured by a sense of fear or worry. Finding ways to identify and release stress-causing thoughts is a method by which we can, over time and with dedicated practice, alleviate and potentially eradicate both acute stress and anxiety.

Imagination, one of our 12 spiritual gifts, is a power tool for relief and release of stress. Affirmations are an amazing way to use this power tool, but I would add that they are only part of the process. As I see it, we can supplement the greater Truth affirmations through added statements of intention and/or action. These activate our spiritual gift of will and begin to make our imaginings manifest in our daily experience.

Bear in mind that affirmations are most effective when they hold ideas with which our consciousness can align. If I feel greatly overwhelmed, an affirmation like *I am free from tension, stress, and strain*, which may be true at a spiritual level, won't resonate with my current situation and may land as wishful thinking rather than Truth.

I find, when dealing with deep-seated stressors or ongoing concerns, that adding supplemental statements of intention and/or action can bridge the gap.

Using the previous example, if *I am free from tension, stress, and strain* feels out of sync with the current situation, adding something like *and for today, I choose to ...* invokes a way of being in a moment that lights on some course of action, no matter how small or simple the action may seem.

What I offer is an action-oriented extension of the mind discipline of which Butterworth speaks when he says, "No matter what happens out there in the world, or even on your doorstep, all that really counts is what happens in your own mind."

Rev. David B. Adams is senior cominister at Unity of Independence, Missouri.



Giving and Forgiving

Eric Butterworth

An extremely helpful way to get into a giving consciousness is to release yourself from the bondage of unforgiveness.

Just imagine what life would be like if you were to accumulate all the grievances, hurt feelings, and all the injustices that come along in the course of one year! Your load would be impossibly heavy ...

Now, of course, most of us don't carry this whole load of the year's unforgiveness, simply because there is a tendency to practice what I call "safety-valve forgiveness." We say, "Oh, well, what's the use?" So we let go out of a sense of the futility

of it all. The sensible person comes, in time, to the awareness that willfully insisting upon endlessly carrying hurt or a sense of being wronged inflicts needless damage. So we say, “I give up!”

But, how much better to bless things and people as the situations occur, rather than wait to act as a last resort ...

Of course, resentment and hostility often run deep, and forgiveness is not always easy ...

You may feel that forgiving someone who has spitefully used you is just too much to expect, that you *have* good reason for turning off the light, and a perfect right to your indignation. That is all *very* well in the logic of human consciousness, but it *overlooks* the principle. You are a spiritual being, created in and of *love*, with the “same mind that was in Christ Jesus.” But the power and privilege that go with your divinity are yours only when you act the part. Jesus said, “*Love* your enemies and pray for those who persecute you, so that you may be sons of your Father” (Matthew 5:44-45). *Love*, so that you may actually be what you innately are. Unforgiveness of any kind frustrates your divine potential ...

When humankind as a whole decides that it is fed up with walls of separation and the wars that result, the walls will come down. Men and women will begin to emphasize likenesses instead of differences. People will build bridges instead of complaining about the gaps in understanding and credibility, and turn on lights instead of cursing the darkness. But don't wait for the millennium. Learn the art of giving and forgiving now.

Excerpted from The Concentric Perspective by Eric Butterworth.

No More Victim Stories

Rev. Todd Humphrey



Like so many people I know, my life changed remarkably after finding my way into a Unity celebration. My first visit more than 20 years ago ignited a fire in me to discover spiritual Truth.

For years I had identified as an agnostic, sometimes atheist, certainly anti-church, and deeply resentful of the religious leaders and followers who focused on sin and planted seeds of internalized shame in my subconscious. As I experienced this community of spiritual seekers who celebrated life, focused

on absolute good and unconditional love, and offered new understanding of the scriptures that had been wielded as a weapon, I began healing.

Immersing myself in Unity teachings, I came to understand that service is the spiritual path. As my consciousness began to unfold, Spirit called me to be a presence of love. Prayer chaplaincy felt like the best way for me to serve my spiritual community. Being present to others and witnessing their hopes, dreams, and fears instilled in me the courage to be present to myself and begin the deep work of introspection and transformation.

I discovered that I was called upon to show up consistently as unconditional love. But I felt shackled to a litany of unforgiveness that I experienced as grievances, hurt feelings, and a list of injustices that were mired in a cesspool of shame. Overcoming my attachment to stories in which I celebrated being a victim became my primary goal.

I learned that the key to overcoming is forgiveness. Not only did I feel incredibly unprepared to do the work of forgiveness, but part of me also liked being a victim and blaming others for the circumstances of my life. I believed that forgiveness would absolve others of the harm they caused.

The soulful call to give of myself overpowered the attachments to my grievances, and I began my exploration of forgiveness. I returned repeatedly to Jesus' words, "Father, forgive them; for they do not know what they are doing" (Luke 23:34). With this phrase I began excusing people for their errors because they lacked wisdom and understanding. It was movement, but excusing isn't forgiving, and I felt I lacked the resolve and power to forgive.

This false idea shifted when I read Eric Butterworth's frequent proclamation: "We do not pray to God, we pray from the consciousness of God." Suddenly I understood that excusing others is part of my limited human experience, which forgives in limited ways. However, when I center in the consciousness of oneness, I am always able to offer unlimited forgiveness to others and to myself.

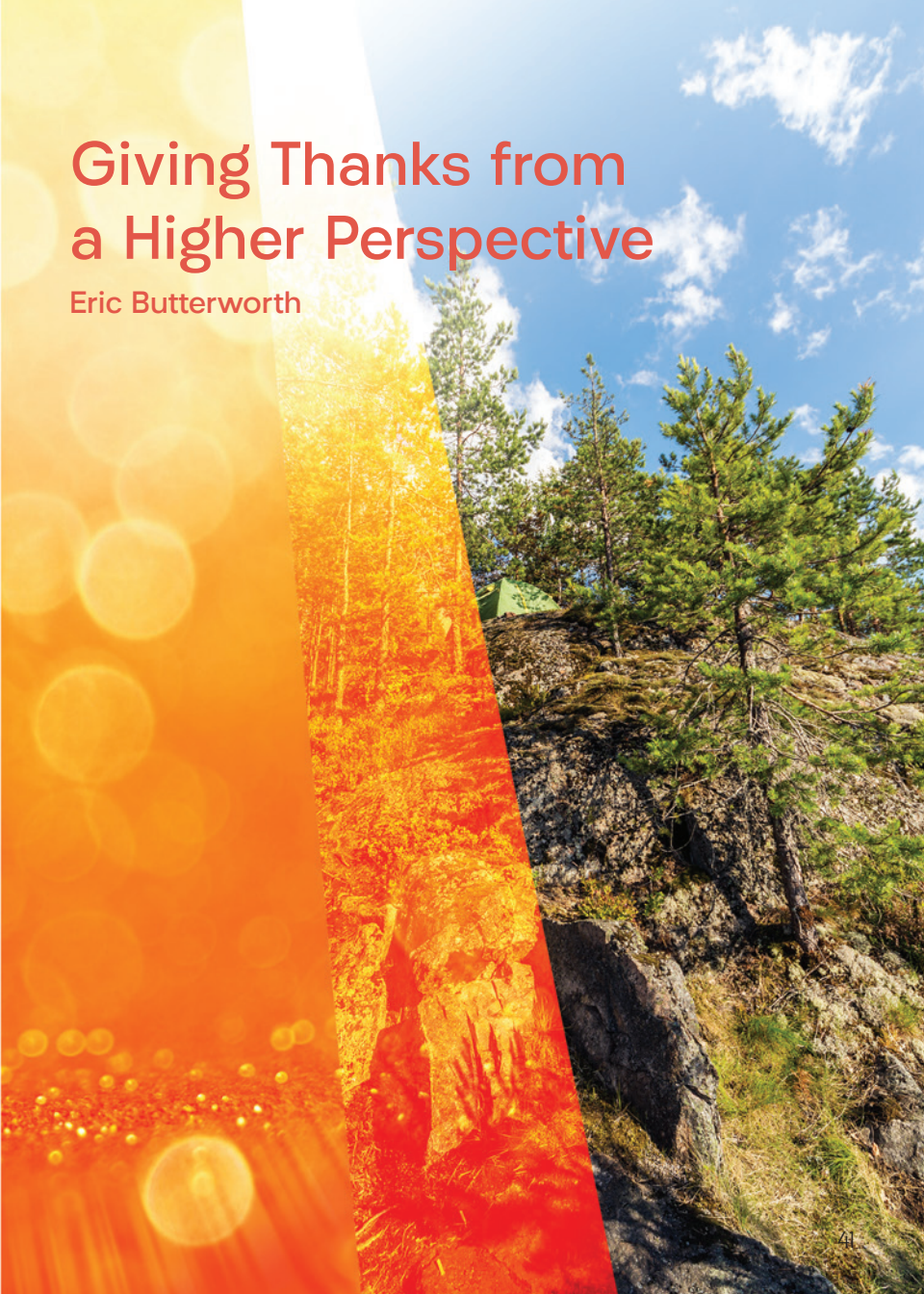
When any of us desires to be the channel of love that we are called to be, we must find those places in consciousness where we are shackled. A poet friend introduced me to the idea that forgiveness is giving up all hope for a better past. By releasing our attachments to ideas that things should have been different and sitting in the awareness of oneness, we can free ourselves from the toxicity of unforgiveness and open ourselves to the flow of absolute good and unconditional love, allowing us to freely give of ourselves.

Forgiveness doesn't absolve anyone, excuse poor behavior, or indicate that we're willing to continue in unhealthy relationships. Forgiveness unblocks our energy and opens us so that we can fully demonstrate the individualized expression of God/Good/Love that we are called to be.

Rev. Todd Humphrey is minister at Crystal Coast Unity in Atlantic Beach, North Carolina.

Giving Thanks from a Higher Perspective

Eric Butterworth



Thanksgiving normally centers on things to give thanks *for* ... However, a deeper and seldom considered meaning of thanksgiving concerns what you have to give thanks *from*. It deals with the level of consciousness that enables you to see things from the highest possible perspective ...

This is what thanksgiving is: a view from the top. It is a contemplation of the changing, challenging things, experiences, and persons from the highest possible point of view ...

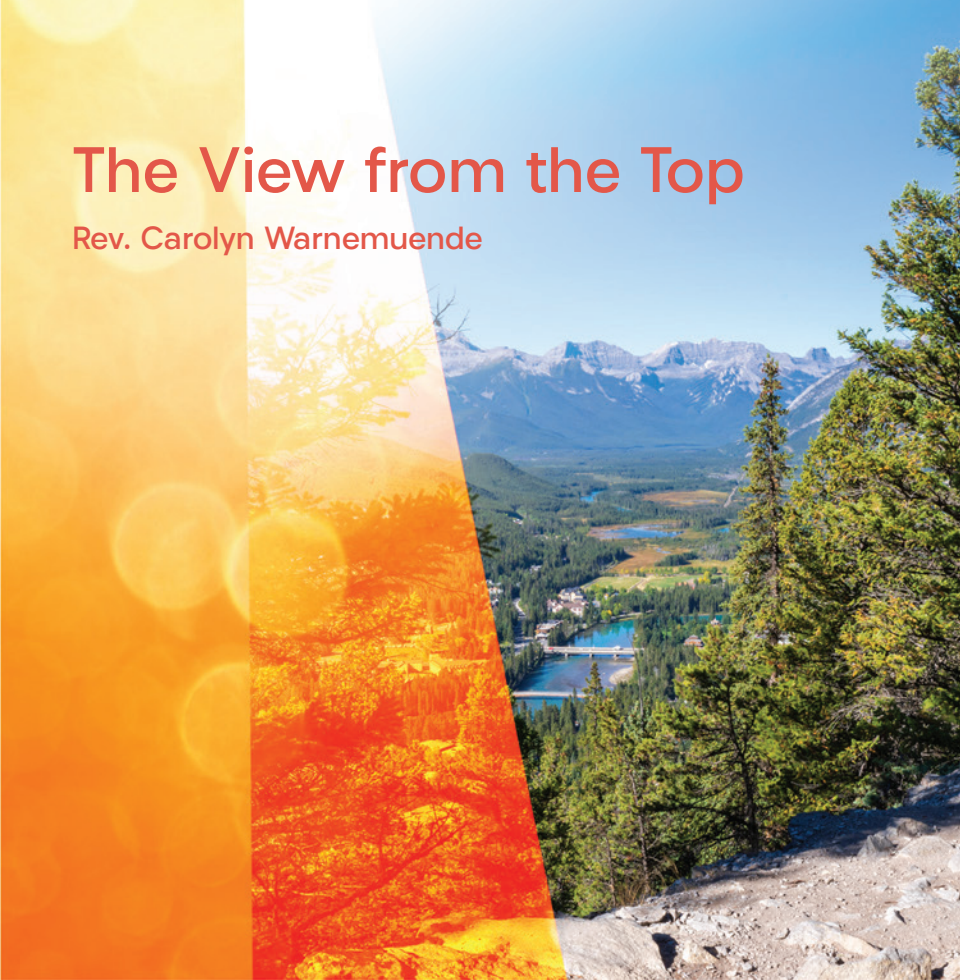
In any challenging situation, it is good to get some altitude in your thinking. **Take a time of quiet meditation to view the whole experience from the highest point of view.** You will see things and people and experiences in a completely new way. You will see beyond the appearances to the underlying reality. You will see through the human to the inherent divinity. And by seeing it and relating to it, you will tend to call it forth ...

One of the most important aspects of this high perspective is an appreciation of the ability to appreciate ... Give thanks *for* all the many blessings of your life. But do not stop there. Get the view from the top, so that you can give thanks *from* the perspective that sees the overall goodness of God. This will establish you in the greatness of mind that will unfailingly attract to you great things.

From Daily Word, August 1977.

The View from the Top

Rev. Carolyn Warnemuende



I love to fly. Seeing the terrain below from altitude, all looks pristine and in divine order. Fields look as if they'd been laid out on graph paper, roads seem to flow like streams, and cities look clean and tidy. On the other hand, when driving, roads have potholes, cities are a mishmash of buildings, and open spaces may be strewn with trash.

It's much like life. In some situations, it's hard to see divine order at work without getting some altitude in our thinking. Eric Butterworth tells us that in challenging situations, "Take a time of quiet meditation to view the whole experience from the highest point of view."

During the 2018 Carr Fire in Northern California, our home burned to the ground in the fire tornado. When we were not able to get our cars out of our garage, our neighbor yelled to us to get into his. As we drove through the raging fire and smoke, I repeated like a mantra, *God is, even in this*. It was automatic and not a conscious act. I was in shock. Later I couldn't imagine how we would rebuild our lives having lost not only our house but the treasures that made it a home.

God always shows up, though. As Butterworth says, "Get the view from the top, so that you can give thanks from the perspective that sees the overall goodness of God."

God's goodness showed up immediately. We lived with friends for two weeks. Then our insurance company put us in a hotel while we searched for a house. Restaurateurs gave meals to those affected by the fire, and businesses gave us major discounts. Churches provided food and clothing.

My sister gathered her friends together, and they sent clothes and household items they no longer wanted or needed. At Christmas, my favorite season of the year, my congregation gave a "Christmas Fire Shower" where everyone contributed a favorite ornament or decoration for those who had lost their collections.

It was impossible not to give thanks and feel deep gratitude when looking at the tragedy from a higher perspective.

Butterworth says we can't always give thanks *for* life's circumstances, but we can give thanks *from* "the level of consciousness that enables you to see things from the highest possible perspective."

For the thousands who lost homes and businesses in the Carr Fire, giving thanks from the highest possible perspective meant the ability to see divine order at work through the hands of family, friends, neighbors, and businesses. People opened their hearts, homes, workplaces, and pocketbooks to assist us at a vulnerable time. A time when we were living in shock and hardly knowing how we would move ahead.

In his letter to the Thessalonians, Paul said, "Give thanks in all circumstances." This is more than being thankful *for* all things. It is living with a grateful heart, a heart filled with gratitude for life itself, whatever the circumstances. When we live from this space, Butterworth tells us, "It is a celebration of Truth, which becomes a causal assurance of a continuity of blessings, leading toward prosperity for you."

While the Carr Fire was not an event I would have consciously chosen for myself, the untold number of blessings resulting from it gave me every opportunity for celebrating Truth. It was an opportunity to give thanks from a higher perspective.

Rev. Carolyn Warnemuende is a retired minister living in Sacramento.



Be a Center of Love

Eric Butterworth

When the world around you is in turmoil, you may be confused as to where you should stand.

When social issues become polarized and politicized, people may demand to know, “Are you for us or against us?”

It is important to know that you need not become trapped in divisiveness. You can take a stand for unity.

The one thing to be against is the tendency to react in anger and hostility, to give vent to feelings of bias and prejudice. And the important thing to be for is the way of love ...

If you are surrounded by any kind of conflict, don't slip into the black-and-white concept of right and wrong. **When you become judgmental, no matter what you say you stand for, you are on the side of the problem ...**

The world needs the radiation of your love; but don't delude yourself that the world needs your religion. Don't become a proselytizer, a missionary zealot for Truth. The world needs unity, not theology. Many persons have accepted Truth through their emotions, and thus all your logic or scriptural or scientific authority will be of little avail.

It is useless to appeal to a person's mind if his mind has had no part shaping the convictions to which he so tenaciously holds ...

As far as you are concerned **the great need is to change your consciousness, dissolve your prejudices, and heal your fears ...**

You can become a center of love. Enough centers of love in the city and around the nation will help to evoke wise actions by our government, and bring the unified support of the people. Enough centers of love around the world will build bridges of communication and peace.

Love is the answer.

Excerpted from Celebrate Yourself! by Eric Butterworth.



Love Is the Answer

Rev. Kurt Condra

The great Eric Butterworth's essay, "Be a Center of Love," remains astoundingly relevant for all who seek a spiritual approach to the polarization and politicization of social issues in our time. I agree a thousand percent that the great need is "to change your consciousness, dissolve your prejudices, and heal your fears." His encouragement to abstain from black-white, right-wrong thinking is spot on. And the wisdom of eschewing proselytizing to win converts and convince them they're wrong is unassailable.

But he also writes that being a center of love means not taking a stand for or against, because “when you become judgmental, no matter what you say you stand for, you are on the side of the problem.”

This is where I respectfully disagree. **I believe being a center of love requires that we discern what's loving and what's harmful.** I believe it's necessary to take a stand for love in the face of conflict, especially for social issues related to marginalization and oppression. Of course, we are to be prayed up and centered when we act. Of course, we're to honestly assess our own biases and privileges. Of course, we're to be respectful and curious about beliefs unlike our own. But I believe we're also called to action. Being a center of love calls us to advocate for love, not simply to be positive onlookers.

Awareness and presence need to be tangibly expressed through loving action that's not necessarily perceived as positive. Jesus did it all the time. He intervened on behalf of the woman caught in adultery. He took heat for healing a blind man on the Sabbath. He called out Pharisees for their hypocrisy.

Then as now, systems of domination and oppression greatly harmed humanity and the planet. And while today's social justice movements (Black Lives Matter, women's rights, queer rights, and climate change, to name a few) have done much to raise awareness, even the most conscious and loving allies often unintentionally perpetuate the very dynamics they mean to alleviate.

I serve on the board of Evanston Pride, a queer rights advocacy group whose mission is to amplify LGBTQIA+ voices. I'm also part of an Evanston clergy group keen to celebrate diverse families and counter the perception that all

religion is trans- and homophobic. So when the clergy group began planning a faith and family Pride event for the same day Evanston Pride had scheduled its annual youth car parade, I was thrilled. From my privileged cisgender, white, male perspective, more and bigger was better.

But when I presented the plan to the Evanston Pride founders, they were crestfallen. It took several deep and emotionally taxing conversations before I understood how well-meaning allies commonly swoop in and usurp the efforts of marginalized groups, effectively marginalizing them yet again.

After prayerful reflection and meditation, we brought leaders of the two organizations together to chart a course for building a long-term, trusting relationship that centers queer voices and energy.

Expanding consciousness, self-reflection, and honoring others are cornerstones for becoming centers of love. For we who are committed to Butterworth's vision of global communication and peace, perhaps mastering these three powerful practices equips us to complete the foundation with courageous spirit-led action.

May his primary assertion, "Love is the answer," continue to inspire readers. And through our inspired action, may it express ever more fully in the world.

Rev. Kurt Condra (he/him) is senior minister at Unity on the North Shore in Evanston, Illinois.

An Abundant Flow

Eric Butterworth



The word *affluence* is an overworked word in our time, usually implying cars and houses and baubles of all kinds. Its literal meaning is “an abundant flow”—not things at all. When we are consciously centered in the universal flow, we experience inner direction and the unfoldment of creative activity. Things come too, but prosperity is not just having things. It is the consciousness that attracts these things.

The word *prosperity* comes from the Latin root which literally translates “according to hope” or “to go forward hopefully.” Thus it is not so much a condition in life as it is an attitude toward life. The truly prosperous person is one who is experiencing what Jesus referred to as the life more abundant ...

We have been erroneously conditioned to believe
that our lives are completely shaped
by what happens around us and to us.

Considered in the broadest sense, prosperity is “spiritual well-being.” This involves the whole experience of healing life, satisfying love, abiding peace and harmony ... a whole creature in a whole universe.

We have been erroneously conditioned to believe that our lives are completely shaped by what happens around us and to us. But life is lived from within-out. It is not what happens “out there,” but what we do or think about what happens.

The starting point in realizing prosperity is to accept responsibility for your own thoughts, thus taking charge of your life ... You cannot afford to let the so-called [economic] experts decide how you are going to think and feel ... How you think and feel ... will invariably determine what you experience.

Make a commitment to get yourself and keep yourself in the positive stream of life ... Eliminate such thoughts as *I can't*, *I'm afraid*, and *There is not enough* from your consciousness. Talk only about the things you want to see live and grow. Keep your thoughts centered in the ideas of abundance, self-sufficiency, and well-being ...

Work on the realization that you are surrounded by a divine presence which wishes for you only good because you are expressing its life. The exciting Truth is that God will make you prosperous and successful in all your ways if you do not make it too hard for God. Infinite mind will put ideas into your mind, words into your mouth, creativity into your hands, boundless opportunity before you, and guiding light on your way.

Excerpted from the preface and introduction to the book Spiritual Economics by Eric Butterworth.

Divine Energy in and Around Us

Rev. Elizabeth Longo

Life is consciousness. Understanding, embracing, and embodying the invisible, subtle energy within us and all around us is the first step to flowing in a consciousness of abundance. You are surrounded and immersed in pure beingness—an ocean of intelligent substance ready to bring into manifestation your heart's desires.

The key to flowing in abundance is to free our minds and our souls from the conditioning that prosperity is about the acquisition of things. We have erroneously believed that material success is prosperity and that it will bring us happiness.

Life is not about what happens around us or to us nor how many possessions we have. Life is the pulsating divine energy within and around us, inviting us to partake in the eternal banquet of creation and play the game of life. Material things bring us fleeting happiness. True joy, peace, and well-being arise from the center of our being. Instead of focusing on things, bring your awareness to the loving presence that you are one with and bask in the energy of creation.

Living in the flow of abundance is living in the inexhaustible flow of universal energy. When we are centered in God, there is a presence that guides us and reminds us that all things are working for good. Sharing our divine gifts with an attitude of gratitude expands our good. Within us is unlimited joy, love, peace, and strength to carry us through any situation. Staying present, open, and receptive to the flow of life, we rise above clouds of despair. There is no lack or limitation when we are present to the stream of infinite life flowing through us.

Our natural state is abundance. As we begin to get familiar with our divine nature and start claiming it, we expand in consciousness. When thoughts of lack and limitation arise,

notice them and deny they have any power over you. Then take a few moments to center yourself in God and remind yourself that you live and have your being in an endless ocean of abundance. Claim your divine powers.

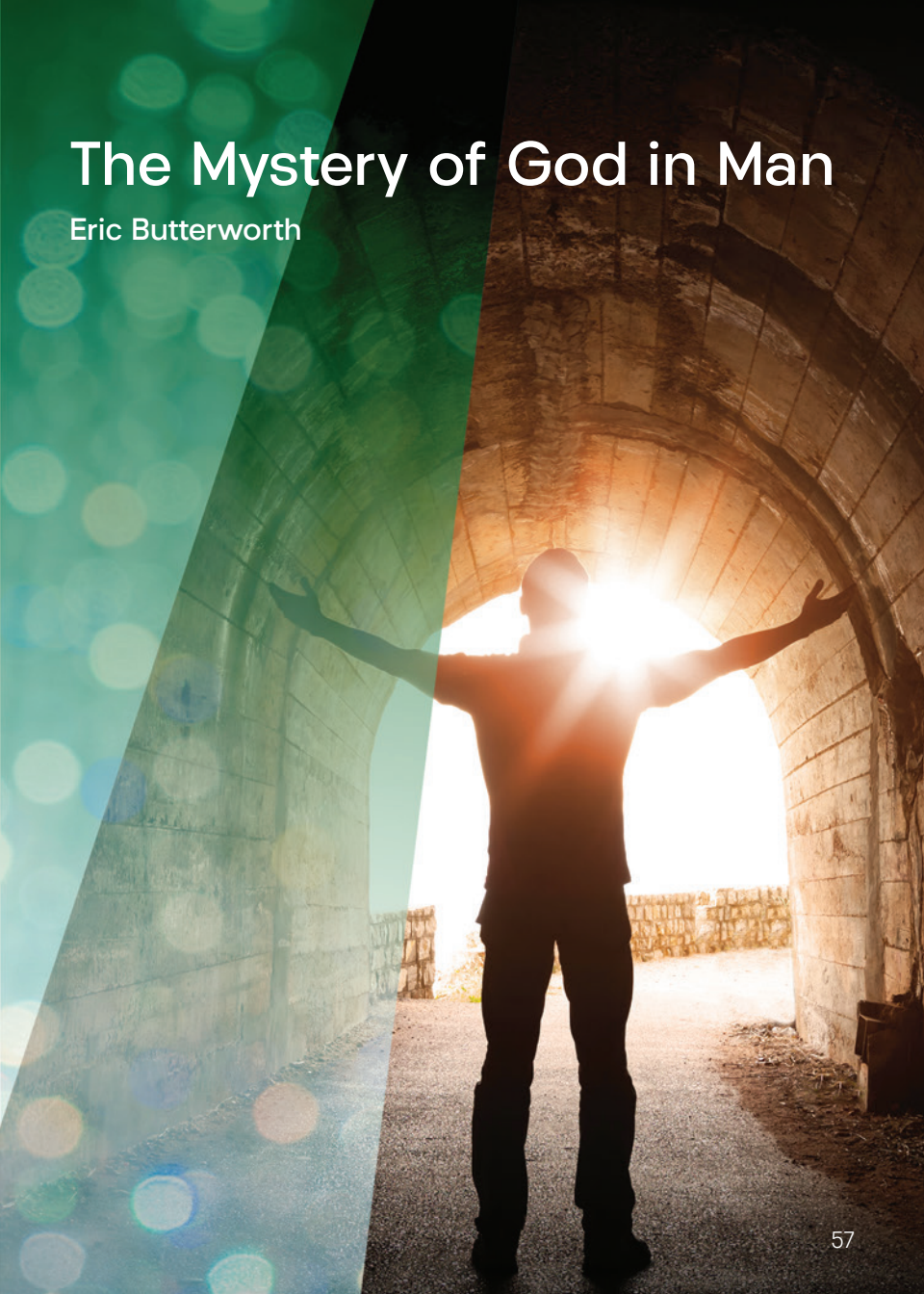
Your very essence is sacred and one with the source of all creation. Within you are flowing infinite rivers of life pulsating with divine ideas and the gifts of Spirit. God is the one and only source of our good. Notice and celebrate the flow of abundance that is present in you and around you. You have full access to infinite resources. Remain vigilant, take a deep dive within, and discover the exquisite radiance of Spirit.

When you expand your awareness of oneness with all of life and live from the consciousness that you are one with the universal flow, the floodgates of heaven will open for you. Nothing or no one can take away the power that resides within you. Relax, keep your mind open, and flow through life with ease and grace. You are worthy. You are one with the totality of existence. Flow in the stream of pulsating life, claim your divine powers, rejoice, and celebrate the shimmering light within you.

Rev. Elizabeth Longo is a coach and ministry consultant in South Florida and has an online ministry called Awake in Unity.

The Mystery of God in Man

Eric Butterworth



Within every person is the unborn possibility of limitless growth, and ours is the privilege of giving birth to it.

Paul obviously had this in mind when he referred to: ... *the mystery hidden for ages and generations ... which is Christ in you, the hope of glory* (Colossians 1:26, 27) ...

We all have a long way to go, but Jesus demonstrated a goal that is believable and achievable, and he pointed to that in us which is perfectible.

Dwell for a while on the idea of the universe as the allness that we call God, realizing that everything within it, from the vast galaxies to the subatomic particles, is created in and of the universe. You may wonder about the vastness of the universe and peer at it through a telescope. However, you are not on the outside looking in. You are on the inside looking out. You are the universe at the point where you are.

Attributed to Saint Augustine is this profound thought: ***God is a circle whose center is everywhere and whose circumference is nowhere.*** If the center is everywhere, it is where you are. You are the center of the universe, the center of God. This is not a point to be made egotistically, but transcendently.

There is that of you which is centered in God, and which is a point of God-activity flowing forth into expression as you. And, the circumference is limitless. There is no limit to God, or to man in God consciousness.

God is not in you like a raisin is in a roll, but like the ocean is in a wave. The wave is nothing more nor less than the ocean formed into the shape of a wave. And you are nothing more nor less than God expressing as you ... Man is not an individual in God, for that would presuppose isolation and separation. Man is an individualization of God ...

God in each of us is the allness of which we are an eachness, and the constant need in our lives is to unfold more of our allness in a process of conscious evolution. It is not trying to get into God or to get God into us. It is to, *“Be still, and know that I am God”* (Psalm 46:10).

We all have a long way to go, but Jesus demonstrated a goal that is believable and achievable, and he pointed to that in us which is perfectible. Wherever we are along the way, no matter what the problems or challenges, there is always more in us, the Christ in us as our *hope of glory*, which means our potential for healing, overcoming, prospering, and succeeding. And there is no limit!

Excerpted from Celebrate Yourself! by Eric Butterworth.



The Spirit of God in You

Rev. Saba Mchunguzi

I had to pause when I started to write this article because the thought that came to me was: *How do you improve on perfection?* I was introduced to New Thought, Unity, and Eric Butterworth by my father while I was in college. I was blessed to meet Eric Butterworth numerous times, and I listened to his radio show at 6:15 a.m. when he was broadcasting from Connecticut.

Eric (everyone called him that) was truly a profound and deeply spiritual speaker and writer. He very clearly explained spiritual ideas, and his teachings are close to perfect and timeless. Perhaps the most insightful concept I learned from him was what he referred to as “the divinity of man.”

The second of five universal principles taught in Unity states: “Human beings are innately good because they are connected to and an expression of Spirit.” This is an important foundational principle because it explains the truth of everyone’s being. This principle states that we are more than just flesh and blood. Everyone has a spiritual element within them that transcends and can overcome outer circumstances and situations.

Unfortunately, so many people were raised to believe they are “miserable sinners” and “born in sin and raised in iniquity.”

In addition, many people have been looked down upon and not given equal rights or opportunities because of their race, gender, age, level of ability/disability, education, income, and so many other outer factors. As a result, many people don’t realize the truth about themselves, which is that the essence of God is within them. As such, they don’t recognize their unlimited potential and infinite possibilities.

In this society, we are taught to look primarily (and sometimes only) at the outer, material aspects of life. We’ve been led to believe this is the truth and totality of ourselves and of life. However, this is not the truth, and we need to strive to expand our awareness and understanding of what is really true.

Rev. Linda Martella-Whitsett wrote an article in the 2023 Unity Advent booklet, *The Sweetest Christmas*, encouraging us to “awaken to and realize that we are fully divine as well

as fully human.” This is the crux of the matter and what Eric Butterworth referred to as “the divinity of man.”

The truth is that everyone has a divine identity. Even though we are expressing in human form, that is only a portion of who and what we are. The time has come to escape from the mindset and belief that we are limited by our human selves and by the evidence of our five senses. We don’t want to deny our physical situation or condition, but we also don’t want to see it as the totality of our being. It is time to awaken to and accept the Truth, which is that we are fully divine, and begin to express the divinity that is within us—indeed, that *is* us.

As we grow in spiritual awareness, we develop a new understanding of life. We realize the solutions to life’s problems are not in the material realm but in the spiritual realm. In spite of appearances and in spite of negativity and limitations that may be around us, we are always guided, supported, and blessed by the divinity within us. We are always connected to God/Spirit/our Higher Power/All Good.

It is time to think a new thought! It is time to believe and act upon new ideas and not to limit ourselves by what others believe or by what has happened in our past. It is time to accept the Truth that we are divine and that we can experience more, do more, and have more, right now!

Rev. Saba Mchunguzi is minister at Unity of Huntington in Huntington Station, New York.

Where to Start with Butterworth

Rev. Ellen Debenport

Want to start reading Eric Butterworth's work? You can't go wrong with any of his books, and where to start depends largely on your personal interests. Nearly all are available in print or electronic form at unity.org/shop.

DISCOVER THE POWER WITHIN YOU

This is Butterworth's best-known book. Read it to understand Unity teachings about Jesus and the Bible, especially if you feel an aversion to Jesus and the Bible. Butterworth's reinterpretation of traditional Christian teachings is eye-opening and even radical.

SPIRITUAL ECONOMICS

If you work in business or finance, or if you are worried about money in any way, make *Spiritual Economics* your first Butterworth book. He says we have to understand our own divine power to seek prosperity. (Also available on Audible.)

THE UNIVERSE IS CALLING

This is Butterworth's classic book about prayer. Before we can establish a true connection with the Divine, he says, we have to rethink our notions about God. We don't pray *to* God but *from* a shared consciousness with God.

IN THE FLOW OF LIFE

Find healing, prosperity, and guidance by living from within-out. You are an expression of God flowing forth into our world. One of Butterworth's best.

UNITY: A QUEST FOR TRUTH

Butterworth's first book in 1965, this is about the history and teachings of the Unity movement. If you are new to a Unity church or just curious about Unity, this is a good start.

CELEBRATE YOURSELF!

A collection of essays on a variety of topics. "It could be said, and should be, that you are the universe celebrating itself as you," Butterworth writes.

PRACTICAL METAPHYSICS

The newest Butterworth book, compiled posthumously by transcribing cassette recordings of classes he taught in 1981, includes lectures, meditations, and activities to deepen spiritual awareness.

BREAKING THE TEN COMMANDMENTS

A breakdown of the 10 Commandments' metaphysical meaning. They are much deeper and more layered than we may realize.

THE CREATIVE LIFE

The Creative Life takes the seven steps of creation from the Book of Genesis and expands them metaphysically to explain our own creative process.

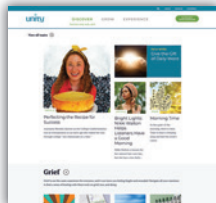
Rev. Ellen Debenport is vice president of publishing for Unity World Headquarters.

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