

IN THE FLOW
of Healing





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 go.unity.org/donatenow.



A HISTORY OF HEALING

Unity was founded on spiritual principles of healing, and they remain part of our primary teaching today. In this booklet, you will read stories about all sorts of healing—physical, mental, emotional. There are even times when a profound healing coincides with death.

Unity cofounder Myrtle Fillmore was 40 when doctors told her she had six months to live. Through hours of meditation and prayer, focused on the power of divine healing, she recovered after two years and kept up the practice until she slipped away at age 86, telling those close to her that she would continue her work from the other side. She and her husband Charles founded Unity in 1889 to share what they were learning about the power of mind over body and the role consciousness plays in healing.

Myrtle's story is woven throughout this booklet—it has been meaningful to so many—along with wisdom from *Myrtle Fillmore's Healing Letters*. This 1936 collection of her correspondence with those who asked for healing prayer is available at go.unity.org/healingletters.

A favorite affirmation in Unity is: *Mighty currents of God's healing love flow through me now, renewing and restoring every fiber of my being. I am whole, well, and free.* We invite you to open yourself to the healing stream that is always available to you in every aspect of life.

Your Friends in Unity



Table of Contents

YOU CAN BE HEALED5

Seven Ways to Heal Yourself..... 6
Angie Olson

Soul Lessons from the Pandemic.....9
Blanche Kimble-Wilson

A Hidden Wholeness 11
Rev. Kathy Beasley

Nothing to Heal 13
Rev. Joy Wyler, J.D.

Healing Affirmations..... 16

The Healing Stream.....17
Eric Butterworth

WHEN HEALING INCLUDES DEATH19

Death That Brings Healing.....20
Trish Yancey, CSE, LUT

A Lesson Before Dying.....22
Rev. Sandra Campbell

Healing Affirmations.....24

The Grace in Letting Go.....25
Rebecca Winn

MANY KINDS OF HEALING.....	26
Healing Mental Illness.....	28
David Penner	
Healing a Relationship	31
Rev. Joy Wyler, J.D.	
Healing Emotional Wounds.....	34
Rev. Sandra Campbell	
Healing for the Healer	37
Rev. Ed Townley	
Healing Affirmations.....	40
Repetition of Positive Prayer	41
Bruce Lipton, Ph.D.	
SPIRITUAL PATHS TO HEALING	43
Love Is the Key to Healing	44
Rev. Elizabeth Longo	
Breathe Your Way to Well-Being	47
Rev. Paul Hasselbeck, D.D.S.	
Practice the Pause	50
Rev. Bronte Colbert	
The Healing Power of Prayer.....	53
Rev. Vernelle Nelson	
The Serenity to Heal	56
Rev. Edith Washington-Woods	
Healing Affirmations.....	59
Healing Through Singing.....	60
Charles Fillmore	





You Can Be Healed

REALIZING MY DIVINE NATURE, I AM HEALED.

I release any belief in limited health or well-being. Instead, I turn my mind toward the knowledge of my divine nature. God's life is my life. I claim vitality and wholeness, strength, and well-being. I heal by realizing my true nature and living fully, starting with this moment of conscious prayer.

—From the Unity Prayer Ministry

SEVEN WAYS TO HEAL YOURSELF

Angie Olson

Does the idea of praying yourself well seem impossible? Myrtle Fillmore, cofounder of Unity, *knew* she could heal herself—and she did. Her intense healing experience has been an inspiration to people around the world and is the cornerstone of how Unity began more than 130 years ago.

Myrtle was sickly as a child and a young adult, suffering from tuberculosis. After attending a New Thought lecture in 1886, Myrtle came away with one statement that changed her life: *I am a child of God, and therefore I do not inherit sickness.*

In *The Story of Unity*, James Dillet Freeman states, “In one hour Myrtle Fillmore’s whole outlook toward herself and her life had been changed. Like a revelation ... this simple and divine idea that she was a beloved child of God, that God’s will for her could only be perfect life and wholeness, filled her mind and possessed her being. The old belief that she was an invalid, that she had been born to be an invalid, was as waters that have passed away.”

So then, how do you pray yourself well?

Myrtle Fillmore believed that anyone can follow the principles of Truth and be healed. It requires more than simple prayer, however. Her teachings on healing indicate that one must engage in regular spiritual practices that encompass mind, body, and soul.

The following excerpts from her book *Myrtle Fillmore’s Healing Letters* shed light on only a few of the spiritual ideas Myrtle taught about healing. Practiced in unison, these concepts build a foundation for physical, mental, and emotional well-being.

1. Unite All Areas of Your Life

Myrtle believed there are three realms that must be addressed for healing to occur: “Daily declare that your *spiritual* life and world, your *mental* life and world, your *physical* life and world are unified and that you are expressing harmoniously the ideas of the Christ mind on these three planes.”

“I applied spiritual laws effectively, blessing my body temple until it manifested the innate health of Spirit.”

2. Have Immense Faith That You Can Be Healed

When asked what restored her vigorous health, Myrtle stated, “It was a change of mind from the old, carnal mind that believes in sickness to the Christ Mind of life and permanent health ... I applied spiritual laws effectively, blessing my body temple until it manifested the innate health of Spirit.”

3. Turn Inward

Myrtle taught that God is inside each person: “Sometimes we pray to a God outside of ourselves. It is the God in the midst of us that frees and heals ... You need to think of God, the all-powerful Healer, as being already within you, in every part of your mind, heart, and body.”

4. Be Optimistic

Positive thoughts help replace old ways of thinking and quicken healing: “Prayer is an exercise to change our thought habits and our living habits ... When some of our thought energy is expended in negative beliefs and feelings ... we get those old negative results.”

5. Rest Every Day

Myrtle noted that times of rest and rejuvenation feed the soul: “A period of quiet and rest each day is your opportunity to establish yourself at the center of your being, the one place where the supply of life and substance is inexhaustible.”

Myrtle Fillmore is an inspirational example of how powerful faith and prayer can be. Her teachings continue to guide people in the healing process.

6. Take Care of Your Body

Myrtle strongly believed in maintaining a healthy lifestyle—eating healthy foods, exercising, and resting: “The body responds to changes of the mind; and when this is accompanied by truly wise living habits, the conformity to true ideas ... will renew it and make it every whit whole.”

7. Bless Your Body

Finally, Myrtle believed that we must express gratitude for our bodies regularly: “Our first duty, then, is to bless our body ... to praise its wonderful work, to learn what its needs are, and to supply them.”

Angie Olson is vice president of digital marketing and strategy at Unity World Headquarters.

SOUL LESSONS FROM THE PANDEMIC

Blanche Kimble-Wilson

Considering that life is always presenting lessons and challenges for us to overcome and learn from, a reflective look at such experiences is necessary to understand the intended meaning, results, and benefits.

If you were to look back at your life experiences from the past couple of years, what would you say you have learned from them? Have the experiences been positive or negative or a combination that caused you to push past your previously set limits?

Whatever they were, what did they teach you about yourself? What did they teach you about your family and friends?

The pandemic brought life experiences and soul lessons to most of us, with differences for each person.

The pandemic brought life experiences and soul lessons to most of us, with differences for each person. We experienced mandated safety practices such as wearing facial masks, staying six feet apart from others in public, washing our hands many times a day, sterilizing objects, and so on. Science and technology gave rise to vaccines and other discoveries in hope of combating the spread of the virus from person to person.

Holding the perspective that life on earth is a classroom where the soul learns spiritual lessons is a practical way to become more consciously aware of our divine origin and birthright of spiritual good. Assessing the pandemic years in the light of learning, we discover something about ourselves and the good we have gained, even while being pushed beyond our comfort zones as we lived and interacted with our fellow beings.

Quarantining taught many of us how much we actually need each other. Spending time alone gave us time to reevaluate what is really important to us individually and for our families. Many began to see how much stress had built up in the body and emotions.

Time alone gave us more dedicated time to pray and meditate on healing the mind and body without interruptions. We gained better insight into skills and abilities that we previously might not have acknowledged or been aware of. We might also have had the opportunity to begin new careers or start businesses that we always had dreamed of but never had taken time to explore.

The pandemic also taught many of us how to use technology to connect with people around the world who have similar interests. We learned how to align with global issues and pray for beneficial outcomes and results such as peace, harmony, and feeding the body if need be.

Those who lost jobs or were underemployed learned that we have a greater capacity to push past previously held beliefs. We learned the true Source of our good and our daily provision. We healed our reliance on strictly material supply and realized that behind any tangible and visible provision is the invisible Spirit-Source, the substance and supply for each one of our needs.

Reflection can reveal to us our great healing capacity for patience with ourselves and with others. It shows us through prayer and meditation how to let healing flow through, in, and as us, making us whole, perfect, and complete spiritually, which eventually will manifest in the outer body and experiences.

Yes, life is a school; you are the teacher. What are you teaching yourself?

Blanche Kimble-Wilson is a longtime writer for Daily Inspiration, a publication of the Universal Foundation for Better Living.

A HIDDEN WHOLENESS

Rev. Kathy Beasley

Throughout my life, I have known healing by many names and understandings. I have found that to truly heal, we must recognize the wounds we bear by taking small steps forward in consciousness.

These small steps can be accomplished by having faith in a hidden wholeness waiting to be claimed or reclaimed. Amidst all the feelings that wash over us, we can find the gift of solace in the Silence by making meaning in the exchange of our stories.

The edge in my own healing was knowing wholeness is the forgiveness of others and ourselves, letting go of what has held us back and holding on to what gives us resilient hope.

Mine is first a story of brokenness that I carried in my bones for much of my life. The brokenness was the acceptance as truth that I was not worthy of the simplicity of goodness, that my life would never amount to anything, and that I would never measure up, nor would I matter. This thinking came with a cost that held me captive and showed up as fear, lack of confidence, and never pursuing the dreams that meant the most to me.

Healing came when I realized that no matter what had been spoken to me, there was always something within me that shielded me from total acceptance of this as my Truth. The world handed me a broken image of myself that would never satisfy my soul.

Healing came when I realized that it is not that which surrounds us or negatively impacts us that has the power to shape our character and determine our self-worth. That, beloved, is an inside job and can only be filled from within, by you and only you.

Shakespeare's Hamlet addressed "the slings and arrows of outrageous fortune." As he noted, "To be, or not to be, that is the question." Healing is not the outcome of a decision but the decision itself "to be."

One of my favorite theologians Paul Tillich wrote about the "courage to be," and I know now that healing takes the profoundness of courage for each of us. It is a decision to shift from the scripts that require us to live, move, and find our being in brokenness and begin the transformation from surviving to thriving, from a state of dis-ease to with ease, from desolation to consolation, from mourning to joy, from a place of accepting brokenness to a moment of knowing our wholeness as a birthright.

While there is nothing easy about the journey of healing, the destination has always been to know more of our own hidden wholeness and to begin the journey that is shaped by faith in being who we are called to be, rather than succumbing to the external options of who others have thought we ought to be.

Today I know and accept my wholeness and the Truth of my being. I declare that I am healed!

I invite you to look at your stories and determine whether you are reading from your story of brokenness or wholeness. No matter the volume, it takes courage to turn the page, pick up a pen, and begin to honor a new story and a telling of your Truth.

Beloved, the greatest story ever told is the story you tell of who you were created to be. Hamlet posed the question, and we live the answer by knowing that we have everything we need to be whole, to be magnificent, to be complete, to be transformed, to be holy, to be you, and to be healed.

Rev. Kathy Beasley is a staff minister at Unity of Central Florida in Orlando and the training supervisor for the Unity Prayer Ministry.



NOTHING TO HEAL

Rev. Joy Wyler, J.D.

In 1955, in a small town in southwest Missouri, a baby born with physical differences was not warmly welcomed. While I was set aside in the nursery to meet my demise quietly, my parents were cautioned not to become attached to me.

On my third day of life, my father announced he'd had enough of the death foolishness, and he and my mother would take me home and love me as much as they could, as long as they could.

Living in proximity to well-known evangelical healers in Oklahoma, my paternal grandmother wanted to take me to a meeting for a physical touch healing. She wanted to fix what was wrong with me. My father's response really was a profound healing. He said, "We don't need to take her anywhere. She is perfect as she is. There is nothing to heal."

For a child born with a physical disability that would influence her whole life, I cannot think of a more powerful seed thought to plant in a young mind than, "There is nothing broken about the way you came into the world. Your divine design does not need to be healed."

What if we released our language around "birth defects"? What if we knew with certainty that the Universe celebrates each birth and judges no one as defective? What if there is no single picture of how spiritual wholeness expresses in humanity?

Western thought is infused with ableism or the idea that success and value are tied to how much we produce and whether we attain high levels of physical, intellectual, and emotional strength and skills as typically measured.

Several years ago, I introduced “Radical Wholeness,” the idea that spiritual wholeness cannot be disconnected from or diminished in individuals with disabilities. Science teaches us that each human being is unique and different from the other human beings. In this design of diversity, how could there be only one outpicturing of spiritual wholeness—able-bodied, straight, and cisgender? What if a difference, even a disability, does not need to be healed?

Unity cofounder Myrtle Fillmore did not receive the message of her inner wholeness until later in her life. Although not born with what we would call a disability, Myrtle had a belief in the brokenness of her body. She first had to change her belief (“I do not inherit sickness”) before initiating the physical healing she sought.

*Let us not become confused by what
the material world holds up as success.*

Our belief in brokenness can arise from a variety of differences including disability, gender, gender identity, and LGBTQIA+ status. The world tries to convince us we are *less than*, based on our race, our ethnicity, our religion, and a multitude of things about our appearance and our family of origin.

What if we could all begin life with the seed thought: *There is nothing to be healed about who I am*? What if we all knew, with confidence, our great I AM was cloaked in a human body at birth that was not a mistake? Like Myrtle, what if we knew it was never too late to plant the seed of Radical Wholeness in our mind?

We all dance with the tension between acceptance of life right now and the nudge to grow into life in its fullest expression of Spirit. Let us not become confused by what the material world holds up as success. Let us discern for ourselves what does and does not need

to be healed for our fullest expression of Spirit. Let us begin by confidently knowing the wholeness expressed through us from the beginning.

When I desire healing, my thoughts spring from a foundation of wholeness already expressed in my body. I am not disfigured or broken. My first bout of pneumonia was at 6 months old. I have healed through multiple episodes of pneumonia, childhood diseases, and cancer. My healings have included emotional and relationship issues.

As I discern what healing might look like in this moment, I rest secure in knowing my human vehicle is perfectly constructed for what is mine to do in this world. This being moves through the challenges of life in the material world—conflict, injury, aging, disease—fully capable of healing. Not because I am different but because I am the same spiritual being in a human experience as you, as Jesus, as everyone.

Rev. Joy Wyler, J.D., writes, teaches, and serves on the Unity World Headquarters Board of Directors. She blogs at radicalwholeness.blog.



HEALING AFFIRMATIONS

*I am open and receptive to the healing love
of God within.*



God's healing power is at work in me now.



Divine life renews every cell in my body.



I am wondrously made of infinite love.

THE HEALING STREAM

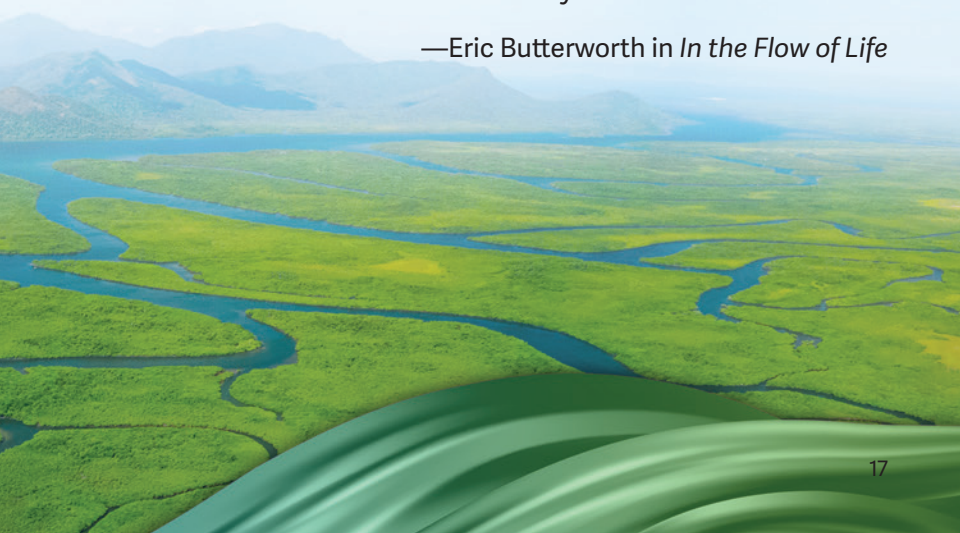
You are a child of the universe. You do not walk your path of life alone. The whole universe walks with you. It is dynamically involved in you. Its dynamic flow is ever expressing as you.

Thus health is not something you can “get” physically, in pills or potions, or metaphysically in prayers or treatments. You cannot get health. You can only *be* health. Health is the reality of life, the normal condition of man ...

The healing stream of life is the reality behind every appearance. Whether the method employed is medication or meditation, one can only cooperate in opening the mind or body processes to the ceaseless flow of the healing stream ...

The means employed may be many and varied, but the reason for the healing is one: the unimpeachable wholeness of the universe. You *can* be healed because you *are* whole!

—Eric Butterworth in *In the Flow of Life*







When Healing Includes Death

**DIVINE LOVE'S HEALING AND
HARMONIZING POWER FLOWS
WITHIN ME AND FROM ME.**

My heart beats to the rhythm of divine love. Love's continuous flow is a healing agent within my body and mind. My thoughts heal and harmonize, fortifying me to be a presence of love in the world. In love, I heal and harmonize my sense of self and relationships with others.

—From the Unity Prayer Ministry



DEATH THAT BRINGS HEALING

Trish Yancey, CSE, LUT

Since the death of my husband just over two months ago (as I type), I have a new hypothesis about healing and wholeness: Repairing wounds at the level of Spirit requires some people to shed the body they inhabit. In addition, this type of release offers healing to those remaining because, yes, at our core, we really are all one. Temporarily human, permanently divine.

Many of us carry psychological wounding in our bodies. My husband Tim grew up in a horrifyingly abusive home, and the scars from that upbringing were deep. He strove to create a centered existence all 36 years I knew him, first as a friend then as my husband. He also carried heavy baggage that he could never quite bring himself to put down. So many emotional wounds never truly healed, though he helped countless others mend theirs, including me. It reminds me we are often masterful at teaching the things we most need to learn ourselves.

For most of our 16 years as a couple, illness, diagnosis, and healing were a repeating pattern. In 2019 heart issues led to surgery, infection, and a yearlong journey through pain, prayer, and transformation. As 2020 brought Covid-19, it delivered us a chance to take stock and make new choices. In hindsight, I can see it was in fact a time of preparation. Home renovation, debt elimination—it seemed we finally had our proverbial ducks in a row. Maybe we did; they just didn't go where we thought they would once they lined up.

It fascinates me how Source always anticipates precisely what we will need for the road ahead, then puts it squarely in our path. It simply falls to us to follow the signposts, though many of them only become clear when viewed in the rearview mirror.

The news that Tim had terminal cancer brought us to a screeching halt, then a month went by so fast that we were still trying to find our footing when Tim left his body. Those last weeks may have birthed my new view, but his last seconds are what gave it life.

We were holding hands. Our eyes locked as we said, “I love you,” then I watched the most breathtaking *aha!* dawn and spread across his face—just before he blew through me with such an exhilaratingly joyous force that it altered every cell of my body at a level I may never fully grasp. I was in such a state of intense awe that it took the group of medical staff pouring into the room for me to realize that, in fact, I had just witnessed his death.

I know with every fiber of my being that his last breath brought the healing that had eluded him, and he exhaled into wholeness, blissfully releasing the body that by that point had become superfluous. In that moment, it seemed blasphemous to be sad. There has been plenty of sadness since, however, and rivers of tears. Beautiful memorials and heartbreaking loss.

And.

What a powerful word and life-altering philosophy the word *and* can be, if only we have the bravery to embrace it. It is one of the things Tim’s life taught me. He has shed his skin, *and* now his earthly limitations are gone. I miss him terribly, *and* I am a part of the Allness that he is still a part of too. There are days of deep mourning, *and* allowing myself to dive in cleanses me and allows me to grow and evolve through my pain. I may feel alone at times, *and* I never really am.

Because he lived *and* died, exactly as he did, his unique contributions created ripples that reach far beyond him, *and* I will do everything I can to make those ripples grow.

Trish Yancey, CSE, LUT, is a licensed Unity teacher and certified spiritual educator. She is the author of The Heart of Prayer and other books for children.

A LESSON BEFORE DYING

Rev. Sandra Campbell

My mother was the kind of person who lived her Truth out loud—in a gentle, loving sort of way. As scripture says, she was “quick to listen, slow to speak, slow to anger” (James 1:19). If someone said or did something offensive, she immediately forgave them, saying, “God bless ‘em.”

I did not inherit that gene. I am a ruminator. Occasionally, Mama would catch me ruminating about something that someone said or did, and she would admonish me, “Let that go.” Still, I insisted on replaying the hurt over and over.

Knowing how much she relished her peace, I felt Mama’s uneasiness whenever my siblings and I were not getting along. When I complained, she would tell me to be the bigger person or to just let it go.

In her last days, the hospice caregivers asked our family whether there was something she might be holding on for. She no longer spoke, opened her eyes, or took in nourishment. Shortly before taking her last breath, my brother told Mama that he would take care of her girls in case she was waiting for that.

One of the most important things I've learned is that the only way to heal from the past is to forgive in the present.

Her “girls,” my long-since-grown sister and I, seemed to be at odds much of the time. The last time Mama was able to speak, she whispered to me, “I want to go home.” I knew that was her way of letting me know she would be leaving soon, and I would be on my own to figure out how to let go, be the bigger person, and make peace with her death. I was not ready to make peace.

Two months after Mama passed, I had a revelation. My brother had been having some challenges with grief over our mother's passing. As if Mama were whispering to me to be the bigger person, I was guided to call my sister and arrange for the two of us to pay our brother a visit. The three of us laughed and talked that evening, and I felt Mama's presence more than ever.

The following day, my sister-in-law arranged for us all to go bowling together. None of us had much practice bowling, but we had a great time cheering each other on as we threw gutter balls, an occasional strike or split, and even when I went sailing down the lane with the ball. I knew Mama was right there with us, cheering us on for letting go of the past and enjoying our time together.

By letting go of old hurts, resentments, blame, shame, guilt, and discouragement, I have been able to stop reliving the past and truly forgive myself and my family. I can hardly believe how good it feels. There were times in my life when I felt defeated and crushed by the criticisms and put-downs from those closest to me. One of the most important things I've learned is that the only way to heal from the past is to forgive in the present. As the saying goes, "Forgiveness is the fragrance the violet leaves on the heel that crushed it." And, oh, how sweet it is to forgive. I now feel freer than ever to be myself.

In Matthew 18:21-22 (NRSV), Peter asks Jesus, "How often should I forgive? As many as seven times?" Jesus said to him, 'Not seven times, but, I tell you, seventy-seven times.'"

Mama was 101 when she made her transition on November 27, 2021. She taught by example that forgiveness is a healing balm and the key to living an abundant life.

Rev. Sandra Campbell is associate minister at Unity Temple on the Plaza in Kansas City, Missouri, and executive director of the Unity Urban Ministerial School.

HEALING AFFIRMATIONS

*I am healed of grief and sorrow
and sustained by God's love.*



*Through God's power, I rise up out of grief
and find new joy in living.*



I open the door to healing and renewal.



I envision my loved ones enfolded in the light of God.





THE GRACE IN LETTING GO

I believe the design of life is divine, all of it. The living of it and the transitioning from it.

Nature knows this, but many of us have forgotten and thus create our own suffering by resisting this sacred step. Thinking of death as the end does not allow for the beauty of the mystery. The unfolding of the majestic unknown. The possibility that what comes next could be an ecstatic experience of peace. An expansion of consciousness beyond what we can imagine. What if in death the joy and fulfillment we strove for in life washes generously over us, swaddling us in the warm, deep peace of understanding? What if death is actually enlightenment?

By peacefully embracing the inevitability of death, be it distant or near, our current life becomes exponentially more vivid. Knowing life is ephemeral sharpens the senses and reminds us of the profound gift each day gives.

—Rebecca Winn in *Peaceful Passing*, a Unity booklet



Many Kinds of Healing

**I AM RENEWED IN MIND,
BODY, AND SPIRIT
BY THE HEALING
POWER OF GOD WITHIN.**

I am anchored in the truth of wholeness, aware of the power of God-life within every aspect of my being. I renew in mind as I hold healing thoughts. I renew in body as I bless every cell and structure in my body temple. I renew in spirit as I center myself in the Silence.

—From the Unity Prayer Ministry



HEALING MENTAL ILLNESS

David Penner

The saying “time heals all wounds” is not entirely accurate. Time only softens visible scars and numbs the ones left in our psyches. Healing is more of a journey, not from one place to another but what happens in between. It’s an ongoing experience that requires work every day whether we think about it or not. Healing is a journey in self-work.

I’m very much an open book now when it comes to my struggles with mental illness. I’ve made attempts to take my life, I’ve struggled with addiction, and I deal with a constant barrage of depression and anxiety. I say this because it’s a part of who I am. These aren’t necessarily negative aspects of my life, but rather parts that I need to work on to better myself.

The journey and the work aren’t easy by any means. Sometimes I get so lost in my thoughts and depression that I actively think, *Would anyone really miss me?* The problem is, I’ve always internalized all of this and tried my hardest to fix it by myself.

When the Covid-19 pandemic began in earnest in the United States in March 2020, my anxiety and depression, thoughts and fears, and addictions were only exacerbated. I was trying to fix myself and cope with inner demons by myself. I wasn’t talking to anyone. I was in a haze. And because of my use of various unhealthy vices, I was forgetting simple things and putting a substantial strain on my family and life.

After a particularly difficult week in August 2020, which culminated in a massive blowup with my wife, I was given the ultimatum: “Get help—now.” I felt alone and didn’t know what to do. With a little soul-searching I reached out to a friend who gave me the number of a therapist who had helped during my friend’s own journey.

I took a deep breath, dialed the number, and closed my eyes. “Hi. Are you taking new patients? I need some help.” My journey to healing had finally started.

Since then, I’ve been in constant contact with my therapist, even if it’s to just say hi and let her know I’m doing okay. We’ve made enough progress that when I do have a setback, I can call on the fly. And there have been setbacks.

Healing isn’t like a short trip to the grocery store. It’s more like a cross-country trip with my best friends—Anxiety and Depression—taking turns sitting shotgun. But just like any big trip, it takes planning. My therapist and I have taken steps to help me recognize when things start to go sideways. I’ve learned what some of my triggers are, when to step away, and how sometimes it’s best to just take a deep breath.

I’ve also learned how to be more vulnerable. I’m not baring my soul to strangers, but I am more comfortable talking to others about my emotions and what I need to survive my mental hiccups. It seems so simple, but some of these baby steps along my healing journey have been the hardest to take. And I had to take these steps and learn these lessons during a pandemic.

The Covid-19 pandemic made things difficult for so many people, and mental health was clearly identified as a widespread struggle. I'm not completely healed; I'm not sure whether I ever will be. Healing is a journey and not a destination, remember?

However, healing can only begin when you are ready to take the first step on your journey. That journey will look different for each person. It will be difficult. But in the end, if you surround yourself with the right people and get the right help, your healing journey will be a lot less bumpy.

David Penner is managing editor at Unity World Headquarters where he oversees Daily Word and Unity Magazine.

HEALING A RELATIONSHIP

Rev. Joy Wyler, J.D.

My brother and I obviously share a great deal of DNA, and yet we are very different people. He stands a little over six feet tall, compared to me at slightly over three feet tall. I grew up in the glare of unsought attention for being different, and he, perhaps unconsciously, crafted his own kind of difference to cope with the attention I got.

We set out each morning from the same house to attend the same high school, and even in our small town, there were people who didn't know we were related. I left home when I was 18 and my brother was a senior in high school. He married before he was 19 and has spent all of his adult life married. I have lived my entire adult life single. Our children are similar ages, but they barely know each other. We have spent our lives mostly about 150 miles apart geographically but at a far greater distance emotionally.

I don't remember us always distant, but our lives changed dramatically with our parents' divorce. When I was about 7 and he 6, our mother quickly remarried, and life became much harder for both of us with our stepfather. Our struggles did not seem to draw my brother and me together. For most of my life, I made peace with the distance. I sent Christmas cards and birthday cards, but we rarely talked. Wounds accumulated and there seemed to be no opening for healing.

A couple of years ago, I decided I wanted a different relationship with my brother. I was a Unity minister, for goodness' sake. Unity cofounder Myrtle Fillmore's early healing ministry did not perceive distance as an obstacle to healing, so why should I, even if my

ministry had carried me another thousand miles away? Becoming still with this divine desire for connection in my heart, I had the idea to send him love. Not gifts or letters or even a barrage of phone calls, but to focus on the love energy within me and send it to him.

I found an old photo of us as toddlers with a small stringer of fish stretched between us. Going fishing with Daddy was something we did together as children. It felt symbolic that each of us held up our end of the line, connected. I put the black and white photo on my dresser where it would catch my attention each day.

Seeing the photo is my cue to stop and focus on the energy of love. Closing my eyes, I move my awareness to my heart space. I remember that each of us is an expression of divine love, sent into the world to share love. I recall moments when I have felt deeply loved and accepted. I gently breathe in through my heart, radiating love as I exhale. Without praying to change him, without ever telling him, I send love to my brother every day. Whatever is going on for him, I affirm he is spiritually whole and free. I see us in the oneness of love that is our divine inheritance, beyond the tugs and pulls of material world events.

Prayer changes us. In my daily love connections, I began to look at the past and present through his eyes. I witnessed anew some of his struggles. When he started doing little things, I paid attention. He began to call our mother more regularly. He would ask about me. He called me on my birthday. He had not done that before. I retired from my Pennsylvania ministry and moved back closer to him and was able to be with the family when my niece, his daughter, died unexpectedly.

I can't recover the years we've lost. Maybe you wouldn't say we are close, but I can say I feel a healing has transformed our relationship. We talk on the phone. We've seen each other a couple of times. We openly care about one another and staying connected.

I leave the photo on my dresser as a reminder of my gratitude for the healing power of love and Spirit's nudge to mend a relationship long neglected.

Rev. Joy Wyler, J.D., writes, teaches, and serves on the Unity World Headquarters Board of Directors. She blogs at radicalwholeness.blog.

HEALING EMOTIONAL WOUNDS

Rev. Sandra Campbell

Wounds take time to heal. When detected, physical wounds can be healed through proper treatment. Emotional wounds are a whole different story. They may be hidden in plain sight. Symptoms often appear as depression, rage, anger, resentment, shame, guilt, blame, loneliness, and fear.

I have not met anyone who has not felt wounded in some way. Many such wounds have been festering since childhood with layer upon layer of scabs that seem impossible to remove. Like physical wounds, emotional wounds can be healed with the right treatment over time.

When Unity cofounder Myrtle Fillmore was diagnosed with a terminal illness that doctors believed would take her life in six months, she discovered a way through prayer and meditation to begin healing herself from the inside out. It is a well-known story in Unity that she was inspired by a message from speaker E.B. Weeks, and she came away with the idea, “I am a child of God, and therefore I do not inherit sickness.” Myrtle recognized that everything starts first in the mind and that to heal, she needed to change the way she thought, how she felt, and what she believed.

By recognizing her thoughts and beliefs were symptoms of the disease in her body, Myrtle began a two-year journey to wholeness. She adapted a daily regimen of intensive self-examination and communion with God. She replaced old, outworn thoughts, words, and beliefs of lack and limitation with those of gratitude and praise

for her body, mind, and spirit. Eventually, she discovered a kind of fountain of youth that restored her body to wholeness. Myrtle's healing was the genesis of the Unity movement.

I was in my twenties when I first learned about Unity and Myrtle's miraculous healing. Her story was a beacon of hope for me. I was in an abusive relationship, and I did not know what to do or which way to go. That same message that inspired Myrtle became a lifeline for my own mental and spiritual well-being. I believed that if that idea worked for Myrtle's physical healing, it would be worth trying as treatment to rid myself of negative thoughts and beliefs that had me stuck in a relationship that did not serve my highest good.

Like Myrtle's healing, mine did not happen overnight. I focused on healing my emotional wounds by reading Myrtle's story, *Daily Word* magazine, and inspirational stories and regularly attending Unity services and classes. In time, I began to heal from the emotional binding that kept me from realizing the truth, "I am a child of God; therefore I do not inherit lack or limitation in my mind, body, and spirit."

To heal from any disorder—physical, mental, or emotional—one must first acknowledge its existence and then seek the necessary treatment.

Myrtle's healing and my own remind me of the Bible story of the woman with the bleeding issue. She had spent all her money on medical treatments that did not work. Following Spirit's guidance, she decided to find a way to the place where Jesus was. She believed if she could get close enough to touch the hem of his garment, she would be healed.

When she arrived, she found a throng of people crowded around Jesus. From down on the ground, she reached up and touched his hem. At that moment, he felt a surge of energy and asked who it was who touched him; she told him it was her. His immediate response was “Daughter, your faith has made you well” (Mark 5:34). The point here is that it was not Jesus but the woman’s faith that led to her healing.

If Myrtle and the bleeding woman in scripture had not acknowledged disease and taken the initiative to exercise faith in their own inner power, they might never have experienced a healing. I have learned when faced with an emotional issue that I must do the same. When I acknowledge and deny my negative thinking and exercise my faith, I am healed.

We are cocreators with God, and we create our reality by the thoughts we think, our words, and our beliefs.

Rev. Sandra Campbell is associate minister at Unity Temple on the Plaza in Kansas City, Missouri, and executive director of the Unity Urban Ministerial School.

HEALING FOR THE HEALER

Rev. Ed Townley

In a classic James Thurber cartoon from the 1950s, an indignant woman says to her bank teller, “But how can I possibly be overdrawn when I have all these checks left!” My ego mind understands that logic; it’s also good at reversing it, as in, “How can I possibly be a healer when I have all these healing needs left in my own consciousness?”

I know it’s something of a spiritual cop-out to insist that I must wait until I’m totally healed myself before I can offer healing to others. In Truth, the opposite is the case. It is the ongoing process of healing ourselves that *allows* us to be a healer for others.

So healing is as important to the healer as it is to the healed. Sometimes it is the healer who is healed by the healing experience.

I remember in 1975 when I reached an unimaginable milestone: my one-year anniversary in the process of recovery from my various addictions. However, it was difficult to celebrate since I was in a New York City hospital wrestling with deep-rooted anxiety and depression that had been unleashed by the very recovery that was supposed to be healing me. That wasn’t what I expected “recovery” to look like!

Forty years later, when it came time to observe my 25th year of Unity ministry, it was equally difficult to celebrate because I was in a Connecticut hospital wrestling with the same challenges. In fact, the

depression was heightened by my ego mind's conclusion that I had obviously been a fraud all those years. How could I preach healing principles to others when they weren't working in my own life?

So imagine my surprise to find—largely through social media feedback—that my own healing struggle was helping others to heal. I was trying to cope with my own issues, and that effort was touching others. It's not really surprising, of course—it's a spiritual truth Jesus taught throughout his ministry. Every healing intention, no matter where it is directed, has infinite impact.

My bouts of anxiety and depression didn't mean I was absent from my Christ self. Rather, they were challenging me to *be* the Christ, wrestling with my own experiences, allowing that healing energy to do its work in and through me. Anxiety and depression were in fact agents of healing.

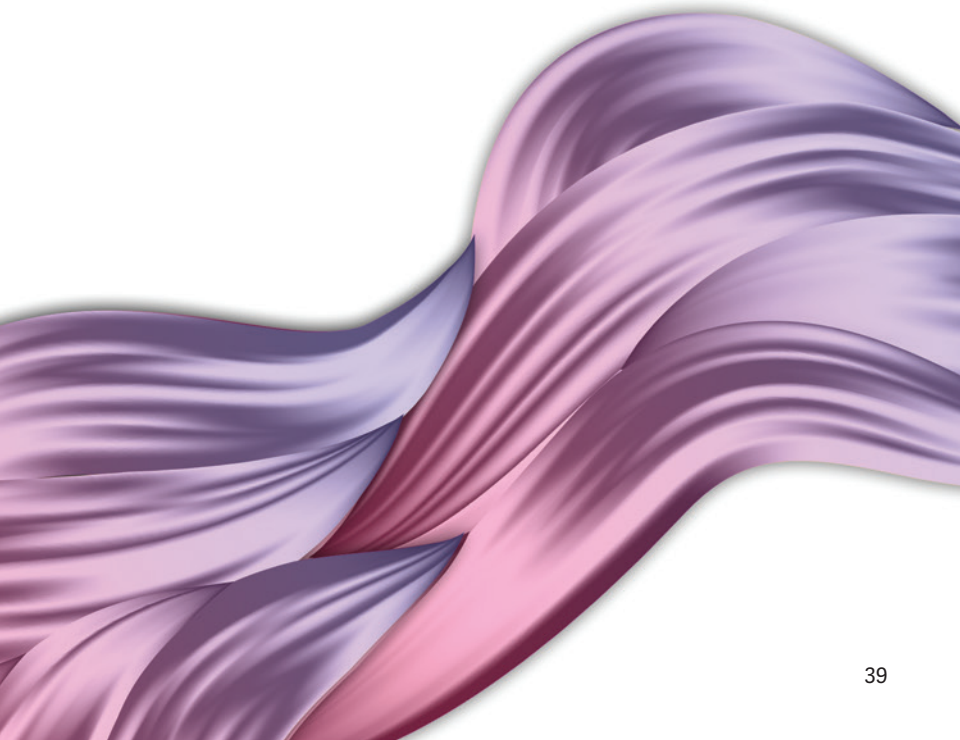
In 2016 I led an informal Easter service gathering around a table in the common room of a psychiatric ward, with a total attendance of six. It was ministry as I'd never imagined it. It was healing as I'd never experienced it.

To paraphrase *A Course in Miracles*, there is no degree of difficulty in healing. Every instance of spiritual love dissolving ego fear is a healing, and the process seems never to end—at least while we continue as spiritual beings in this human experience.

So a completely healed healer is a contradiction in terms. It is precisely by continuing a healing work in ourselves that we can extend it to others with intention and compassion.

Perhaps the most important requirement for healing, beyond faith, is *willingness*. It's the willingness to heal ourselves that allows us to experience the healing energy that flows through us to others.

Rev. Ed Townley (1944–2020) served churches in Portland, Oregon; Chicago; Dallas; and Hartford, Connecticut, and brought to each one his arts ministry called Spirit Expressing. He is the author of Kingdom Come, a metaphysical interpretation of Revelation.



HEALING AFFIRMATIONS

*The life of God flows freely in and through me,
a mighty cleansing, healing, renewing stream.*



I bless my mind and body with healing thoughts.



*Complete healing is a reality in my life
because I am created for life.*



*As I pray, I envision myself bathed
in the healing light of God. I am healed.*

REPETITION OF POSITIVE PRAYER

If I say a prayer today and forget about it, I'm not really changing my energy field—it's more akin to a suggestion. I have to consciously and repeatedly visualize what I want and radiate thoughts (which are electromagnetic energies) that resonate with that. As a spiritual but nonreligious person, I practice a different form of prayer ...

Most people's prayers come from wants and needs. In a way, they are seeing themselves as victims because they are focusing on what they don't have. But when we instead focus on appreciation and gratitude, we are thanking God for a wonderful life, and so we attract more of those positive experiences that we are expressing gratitude for.

—Bruce Lipton, Ph.D., in *Unity Magazine*







Spiritual Paths to Healing

**EVERY THOUGHT OF GOD-
LIFE STRENGTHENS
AND HEALS ME.**

Present in my body temple, I focus on the truth of divine life. I choose thoughts aligned with life, vitality, vigor, flow, health, and wholeness. Every thought of truth strengthens my body's systems and functions. Every thought of truth blesses and heals. I am one with divine life, in this silent moment.

—From the Unity Prayer Ministry

LOVE IS THE KEY TO HEALING

Rev. Elizabeth Longo

The master key to healing and wholeness is to be open and have faith in the healing power of divine love.

Accepting the current situation and calls for healing is the first step to restoring us to our original purity of Spirit. We cleanse our minds by denying that any thought or condition has power over us and call forth the Christ within to restore us to our wholeness.

When the pandemic began and we had to go into lockdown, I was already experiencing loss. My heart was heavy and my mind was cloudy. I had just left my ministry and found myself struggling with a myriad of fearful thoughts and feelings of doom.

I also became aware that I had not given myself the time and space to fully grieve the death of my mother, who had made her transition two years earlier. I felt sad, lost, and frightened to the bone. I recognized old, familiar thoughts and feelings arising. *How could that be? I've already worked through my childhood traumas!* I said to myself. My soul knew there was a blessing underneath what I was going through.

This wasn't the first time that I had done deep, emotional healing work. Every part of my being knew that I was being called to expand in consciousness, embrace the experience, and ride the healing waves. Yet I couldn't ignore what I was feeling. At first, I resisted the heaviness I was experiencing. I tried to affirm it away, but that wasn't

working. So I had to dive deep and bring out my “healing toolbox.” It was time to face the shadow, integrate parts of my soul, and reconnect with my divine essence—and be extra gentle and loving with myself in the process.

First, I had to be willing to tell the truth. I had to accept what I was feeling. The moment I stopped struggling with my feelings, there was an opening and tears flowed like a waterfall. I journaled; I let it all out. When I was able to center myself, I felt the peace that “surpasses all understanding” (Philippians 4:7).

With gentle, loving kindness and immense compassion, I reminded myself of all that I had to be grateful for and paid attention to my needs in the moment. It was time to put into practice self-awareness and compassion, and not to give in to any thoughts that I shouldn’t be feeling what I was feeling.

I prayed unceasingly. Every breath was a reminder that I live and move and have my being in God and God in me.

I kept reminding myself that all things work for good and that I would come out of this funk stronger and wiser. This was a time of preparation. I started shifting my thoughts from fear to possibilities while claiming my divine powers. I spent time in the Silence. I practiced breath work. I wrote affirmations, I went for walks in nature, and I made it a point to stay present and alert to what life was showing me moment to moment.

I kept bringing my awareness to my heart space and allowing love to heal the wounds as I reminded myself that love was the answer to my healing. God is love and I am one with God. In those moments of being fully present and open to love, I was in bliss and knew at the depths of my being that I was okay. I was in alignment with my true nature.

With unshakable faith, I embraced my humanity. I knew with certainty there is always light at the end of the tunnel. As a result, today my faith is stronger, and I am much more compassionate with all who are going through the human experience. I am able to be more present with anyone in need of healing. I am renewed in the ever-present love of God.

If you are in need of healing, please borrow any of these practices. Be gentle and compassionate with yourself. Release negative self-talk. Breathe into your heart space, and remind yourself “this too shall pass.” Remember the master key is love.

Rev. Elizabeth Longo is a coach and ministry consultant in South Florida.

BREATHE YOUR WAY TO WELL-BEING

Rev. Paul Hasselbeck, D.D.S.

We often do not give sufficient attention to our bodies until they get sick or break down in some way. We focus on the Divine and our minds. We forget we are threefold in nature: Spirit, soul, and body.

In today's language, that would be Spirit, mind, and body. Spirit is our innate divinity, mind is our personality, and our body is, well, our physical body. It is assumed there is a kind of hierarchy among the three with divinity being most important, followed by the mind, then the body. It might be more helpful to think of them as three aspects of the same thing.

We live in stressful times, whether it is due to the ever-changing Covid-19 pandemic, economic changes, shortages, or social and emotional isolation—you name it. Sometimes stress is self-evident, showing up as headaches, exhaustion, trouble sleeping, high blood pressure, digestive problems, and more. If we are paying attention, we notice and do something about it. If not, the symptoms worsen.

However, there is a hidden, chronic level of stress that passes unnoticed. Prolonged, low-level stress is harmful before medical symptoms show up.

This is where knowing the mind-body/body-mind connection is important. When Unity was founded in the late 1800s, it was believed that mind impacted the body but the body did not impact the mind. Now we know it is a two-way street. We can leverage this knowledge to our benefit.

Many of us already know some things we can do that alleviate stress and impact our health in a good way: meditation, prayer, denials, affirmations, eating well, sleeping well, and exercise. And there is more we can do.

When we are stressed, a cascade of biochemicals is released throughout our bodies. Sometimes this is called the *fight-or-flight response*, which is really *fight, flight, freeze, or please*. It is hardwired in our bodies. If our inherent early warning system associated with the amygdala in the brain detects danger, the cascade begins even before we are consciously aware of it. These biochemicals cause changes in our physiology. Our breathing becomes faster and shallower, and ironically, the higher thinking centers of our brains go offline. This continues until we get sick or something is done about the stressors or our response to them.

Just as the *fight, flight, freeze, or please* response is hardwired, so, too, is the *calm and connect* response. Interestingly, both are tied to survival. The *calm and connect* response is the result of another cascade of biochemicals counteracting or canceling the *fight, flight, freeze, or please* response. Most notably, oxytocin is released, which is associated with well-being, stress reduction, and even the promotion of health. Deep, slow breathing—diaphragmatic breathing—stimulates the *calm and connect* response.

Using our thinking/feeling natures in conjunction with diaphragmatic breathing—fully engaging the diaphragm—activates the *calm and connect* response. Using our thinking/feeling natures ranges from simply remembering to start the breathing to actively using affirmations. We can think of these affirmations as mantras that we think *and* feel. Examples are, *I am divine; therefore, I am safe and secure, and I matter*. Or, if you prefer, *I am a child of God; therefore, I am safe and secure, and I matter*. Yet affirmations alone don't do the trick.

Diaphragmatic breathing, slow and deep, stimulates the *calm and connect* response. In its simplest form, it is:

1. Breathe in to a slow count of four.
2. Hold for a slow count of four.
3. Breathe out to a slow count of four.
4. Hold for a slow count of four.
5. Continue until *after* you begin to feel calmer and more relaxed.

Since this deep, slow breathing helps to diffuse stress when we are aware of it, we can also use this kind of breathing on a regular basis to counteract the low levels of stress we are not aware of. We can think, feel, and breathe our way to a greater level of well-being.

Rev. Paul Hasselbeck, D.D.S., is the former dean of Spiritual Education and Enrichment for Unity Institute® and Seminary and the author of Heart-Centered Metaphysics, the primary textbook for teaching metaphysics throughout the Unity movement.



PRACTICE THE PAUSE

Rev. Bronte Colbert

September 2016

I was ecstatic to be back at Yellowstone National Park, ready for a week of adventure. That morning I watched a wolf pack through a spotting scope that a stranger shared with me. Then I drove to Tower Fall for ice cream and a hike. As I walked to where the trail began—*wham!* I tripped and fell hard, face down. My ice cream splattered across the gravel.

Other tourists rushed over, offering their hands to help me get up.

“Not yet,” I managed to say. Puzzled, they stepped back.

I needed to calm myself, check in with my body, clear my mind. Despite being flat on the ground, maybe all was well. I eased to a half-sitting position, touched my now-aching head. A bit of blood. Right arm? Good. Left arm? Uh-oh. As I watched, it started swelling and yelling at me.

Scared, I needed to press pause, to breathe slowly and turn away from outer circumstances for a bit. I sent healing energy to my body. I pictured wellness. I envisioned myself hiking, arms swinging, grateful for strength and fun in the days ahead, which included a retreat at Big Sky, Montana. I affirmed: *God within me heals. I am perfect and whole.*

I tried to bend my left arm. The elbow was not working. It seemed my prayers weren't either. But prayers do work—just sometimes not exactly the way we expect.

I paused again.

When we pause, we slow down into calmness and love, prayer, and meditation. Centering, we remember our connection to the Divine. In gentle mindfulness, we bless and thank our body temple and then sweep away or give up any resistance that can tangle into our physical and emotional wounds. In doing so, we shift our thoughts from illness or brokenness into wellness and wholeness.

And that helped me. After about 10 minutes of pausing, I shook off much of the fear and worry. *God is with me*, I thought. *I've got this. I'll see whatever happens next as a grand adventure.*

Just then, from beyond the circle of people still nearby, a woman with warm eyes gently stepped forward. "What's your name?" I asked. "Sophia," she replied. She called out for a fresh bottle of water and clean napkins. One person ran to get napkins from their camper while another brought water. Sophia softly cleaned my forehead, looked at my swollen arm, and taught me how to brace it against my body for now. An angel?

"Where do you live? What do you do?" I asked.

"South Korea. I'm a nurse." Sophia helped me lean on her and I stood up.

Another person offered to drive me to the park's medical clinic, an hour away. An X-ray confirmed a broken elbow. Then helpers and "miracles" showed up, getting me to the Bozeman hospital 90 miles away. The surgeon came in on his day off to do the reconstruction. The nurses, staff, and I joked and shared stories like old friends. Two days later I drove to the Big Sky retreat, my arm in a cast. Incredible synchronicities continued to manifest; convenient connections occurred.

It was an adventure!

If you're seeking healing, pause and relax. Turn within. Sense and bask in your connection to the Divine. Bless and thank your body temple, that amazing vehicle that loves you and carries you through life. Use denials to release worry, fear, resistance, and worst-case scenarios. Affirm your power to create well-being, in whatever way it shows up. And in all things, give thanks.

My elbow did not magically pull its broken pieces back together. But the pauses I took while still lying on the ground started a process that brought healing.

The healing I wanted? To stand up by myself: no aches, no broken bones. To not lose one day of my vacation adventure.

The healing I received? A nurse appearing who helped me stand up. The tourist who drove me to the clinic. A hospital team to laugh with, and a skilled orthopedic surgeon who gave up his day off to heal me. A delightful parade of helpers, healers, and “miracles”—what an adventure, what a healing.

When you pause for healing, be open to *this or something better*.

Rev. Bronte Colbert is the minister at Unity Athens, Georgia.

THE HEALING POWER OF PRAYER

Rev. Vernelle Nelson

From the day I was introduced to Unity, the story about cofounder Myrtle Fillmore's healing moved me. I absorbed the story of the origins of the Unity movement and how Myrtle experienced healing of a terminal condition through affirmative prayer in the 19th century. The first opportunity for me to put Myrtle's teachings to work came less than five years after that introduction.

In September 1993, I was the passenger in a car that was rear-ended. An ambulance was summoned because excruciating back pain rendered me immobile. The initial diagnosis was an apparent compression fracture of the lower spine.

Rehabilitation was agonizing. The physical therapist told me I could expect to walk with a cane for the rest of my life and warned that I should never consider wearing heels again. Fortified with the power of affirmative prayer, I told the therapist, "If Myrtle Fillmore could heal herself of tuberculosis, I can certainly wear my heels again!" That bold affirmation of my faith—even for something as vainglorious as wearing heels—took a few years to manifest, but I continue to wear my heels to this day.

Twenty-one years later, doctors discovered I had an irregular heartbeat. The cardiologist told me I needed a pacemaker, but he had to get authorization from the insurance company before proceeding. While waiting, I experienced chest pains and was admitted to the hospital for observation. That night, my heart stopped.

I turned to denials and affirmations and reached out to my prayer partner, friend, and mentor Rev. Joanna Gabriel. When she asked if I was afraid of dying, I responded, “My faith is greater than my fear.” I have the pacemaker and live with that little box in my chest, but I know beyond any shadow of a doubt that I am healed.

Those two experiences with healing prayer consciousness were mere dress rehearsals for what manifested in late 2019 and early 2020.

Severe abdominal pain resulted in an initial diagnosis of pancreatic cancer. I immediately turned to the book *Myrtle Fillmore's Healing Letters* and was reminded that healing takes place first in the mind. I prayed, visualizing my body as the perfect, vibrant, healed vessel that I know it to be. I found healing meditations on YouTube and played them throughout the night. I shared my situation only with those who were capable of holding the high watch with me.

In February 2020, I asked for prayer support at a Unity subregional ministers' retreat. Eight Unity ministers laid hands on me and prayed. I felt an immediate inner shift. Within weeks, my final diagnosis came in. All the tests revealed that I had pancreatic insufficiency, a chronic condition that can easily be managed with proper diet and medical intervention.

I feel great now! I use natural alternatives to control the symptoms and continue following the dietary regimen my gastroenterologist gave me. I have no doubt whatsoever that had I allowed the initial diagnosis to overpower my consciousness, the outcome would have been very different. Instead, I claimed my truth of healing and wholeness.

Prayer works! It works for millions of people who understand and live this powerful truth. It worked for Myrtle Fillmore. It worked for me when my back was hurt in 1993, it worked for me when my heart stopped in 2014, it worked for me again in 2019 and 2020, and it continues to work for me every single day.

My friend Joanna Gabriel was a powerful spiritual and physical presence during the challenge with my heart and later through the months-long journey of tests, scans, and physical issues associated with the pancreas problem. She made her transition in September 2021. I thank God for having been blessed with her friendship and guidance and for her showing me how to go deeper in prayer consciousness than I ever thought possible.

Rev. Vernelle Nelson heads Unity Golden Life Ministries in South Florida.



THE SERENITY TO HEAL

Rev. Edith Washington-Woods

It happened again. I came home from church one day early in March 2020, coughing profusely and exhausted. This was not the typical time of the year when my mild to moderate asthma flared up. I did not understand what was happening in my body. Why was I having trouble breathing?

I used my inhaler, and when the coughing continued, I began to use my nebulizer. Less than a week later, government officials informed our country that Covid-19, then called the novel coronavirus, was in the United States. States and cities began to limit the movement of people in an attempt to thwart the progression of the virus.

In the midst of this worldwide crisis, my symptoms progressed. I was not getting better. I was coughing until my ribs hurt so badly it felt as if someone had punched me. I hurt even in the few minutes I had relief from coughing. At the same time, with the Covid-19 lockdown, my spiritual community—without any preparation—was thrust into being a full-time church “without walls.” I did not know what to do, how to plan this new way to have church, or how to execute the plan.

A colleague suggested I go see a doctor and rest. I thought, *How can I take care of myself while my spiritual community needs me to figure out how to have church services exclusively online?* However, I listened and went to urgent care on two different occasions.



Upon arriving, the protocol was to put on a hospital face-covering and sanitize your hands. One of those times, I could hear papers being rustled outside the exam room door as someone read my chart. The doctor came in and said, “Wow, you are coughing uncontrollably.” Obviously, he heard me from outside the door.

I asked if they could test me for Covid-19. The doctor replied, “No, you are not sick enough. The county health department lab is the only one that has the few tests available, and the protocol is that the patient has to be extremely ill.” They sent me home with more nebulizer solution and steroids. The second time I went to urgent care, they added antibiotics.

At that point, the only thing I could rely on were the spiritual principles taught in Unity and my faith in the saying, “This too shall pass.” I prayed knowing that God is and therefore I am. I affirmed there is a presence within me that is more powerful than any symptoms or conditions. I affirmed the spirit of God is more powerful than a virus of any kind. The power of Spirit has protected me many times in my life and is there for me now.

I began to say the “Serenity Prayer” over and over to soothe my aching body:

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can, and
the wisdom to know the difference.

Even though there were times I said this prayer while coughing uncontrollably, I trusted the Presence within me to gently order my steps so I would know my own wholeness on a deeper level than I had before.

In those moments, I knew *serenity* was being manifested within me so I could experience peace. In those moments, I could easily turn to prayer and meditation to join in creating more calmness in my body.

In those moments, I would *accept* my good and know Spirit was leading and guiding my path. In those moments, I had the *courage* to face my symptoms and to love my body like Myrtle Fillmore did as she healed her body from tuberculosis in the 1880s, even though it took two years for her healing to manifest.

In those moments, I embodied the *wisdom* to know my own power to heal. Within several weeks, I was completely restored to perfect health and wholeness. For this I am grateful.

Rev. Edith Washington-Woods is minister at Unity of Gaithersburg, Maryland.

HEALING AFFIRMATIONS

*I can be healed, for God is the healing power
in the midst of me.*



*I am a channel of God's healing love,
perfect and whole in every way.*



*I have the faith to believe that healing
is not only possible but inevitable.*



*The healing power of the Divine touches,
blesses, and heals mind and body.*



HEALING THROUGH SINGING

Some people think it almost a sacrilege to sing when they feel bad. They think that that is the time to groan, and they usually do. That is the way the mortal looks at it, and that is the way you may happen to feel, but you can quickly be released from the prison of pain or grief if you will sing and praise and pray ...

This is a creative law, and it is a law that everyone should know and use, because through the vibrations of the voice joined with high thinking, every cell in the body is set into action, and not only in the body but out into the environing thought atmosphere the vibrations go and break up all crystallized conditions ...

You can drive away the gloom of disappointment by resolutely singing a sunshine song. I believe that we could cultivate the power of music in connection with the understanding of Truth and thus rend all the bonds of sin, sickness, and death ...

Our body is now tuned to the divine harmony; we shall find the keynote by listening in the Silence to the singing soul.

—Charles Fillmore in *Jesus Christ Heals*

UNITY—DISCOVER. GROW. EXPERIENCE.

Find Meaning and Insights—*Unity.org*

Articles, videos, meditations, online events, booklets, and products available at your fingertips.

Experience the Power of Prayer

Unity has provided supportive prayer for 130 years. Contact us 24/7 at *unity.org/prayer* or call 816-969-2000.

Connect with Us on Social Media

Follow us on your favorite social media channels for daily inspiration. Learn more at *unity.org/social*.

Feed Your Spirit

Daily Word® magazine offers encouraging messages every day of the year. In print or digital at *dailyword.com*.

Deepen Your Spiritual Journey

Award-winning *Unity Magazine*® explores spirituality, science, psychology, and metaphysics. Read today at *unitymagazine.org*.

Renew at Unity Village

Unity Village offers a gorgeous setting for spiritual renewal. Find a retreat at *unityvillage.org* or call 816-251-3540.



1901 NW Blue Parkway
Unity Village, MO 64065-0001
unity.org

G1310
Canada BN 13252 9033 RT
Printed U.S.A.