

growth
kindness
blessings
ASK gratitude
wisdom JOY
intention

The

Golden

Key
for Today

divine
NURTURE
forgive
family
PEACE sacred
Spirituality
ONENESS
purpose LOVE
BELIEVE faith

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Dear Friend,

If you're not already familiar with a little pamphlet called *The Golden Key*, you are about to be introduced to a spiritual practice that has changed the lives of thousands of people. And if you know *The Golden Key*, you probably love it already.

The Golden Key, written by Emmet Fox in 1931, contains just one profound idea: "Stop thinking about the difficulty, whatever it is, and think about God instead." But how many ways can it be used? How many different situations can it be applied? And how exactly does one practice the Golden Key? Is it even relevant anymore?

That's what this booklet is about. In the next few pages, you will read more about Emmet Fox and the history of *The Golden Key*, plus a reprint of the pamphlet in its entirety. Then various Unity ministers have offered their thoughts, personal stories, and ideas for how they have used the Golden Key today and what it means to their lives.

We know the Golden Key will be as special to you as it has been to us.

Your Friends in Unity

FORWARD TO *The Golden Key*

By Rev. Ed Townley

Throughout my many years of Unity ministry, I have frequently been called upon to perform weddings or memorial services involving people who were not at all aware of Unity teachings or the universal spiritual principles it embodies. The question always arises: *Why did they call on a Unity minister?*

More often than not, the answer has involved a story centered on familiarity with either *Daily Word* or *The Golden Key*. The unique quality of both publications, I think, is that they have resonated for decades with people who would not consider themselves particularly spiritual. The readers are really seeking practical guidance for getting through a day and shaping a life.

Emmet Fox (1886–1951), the author of *The Golden Key*, was a teacher of metaphysics who found a long and successful role as leader of the Divine Science Church of the Healing Christ in New York City. In the 1930s and 1940s, he spoke weekly to thousands, first in the Hippodrome and later in Carnegie Hall. He was the author of eight books, including interpretations of the Ten Commandments and the Sermon on the Mount, most of which remain in print today.

Emmet Fox was a friend of Unity cofounder Charles Fillmore and an enthusiastic proponent of New Thought and Unity in particular. (His church in New York City was also the place where New Thought's mutually supportive relationship with Alcoholics Anonymous had its beginnings, thanks largely to his secretary, whose son was one of AA founder Bill Wilson's first associates. Truly, Spirit was at work in wonderful ways!) All in all, Fox led an impressive and powerful life with a record



of accomplishment and spiritual guidance for uncoun-
ted thousands.

And yet for all his publications, speeches, and other accomplishments, Emmet Fox is probably best known today as the author of a five-page pamphlet called *The Golden Key*. First printed in 1931 at the height of the Great Depression, its message is clear, its language simple. Fox called it “a practical guide for getting out of trouble,” and thousands of people have found it to be just that.

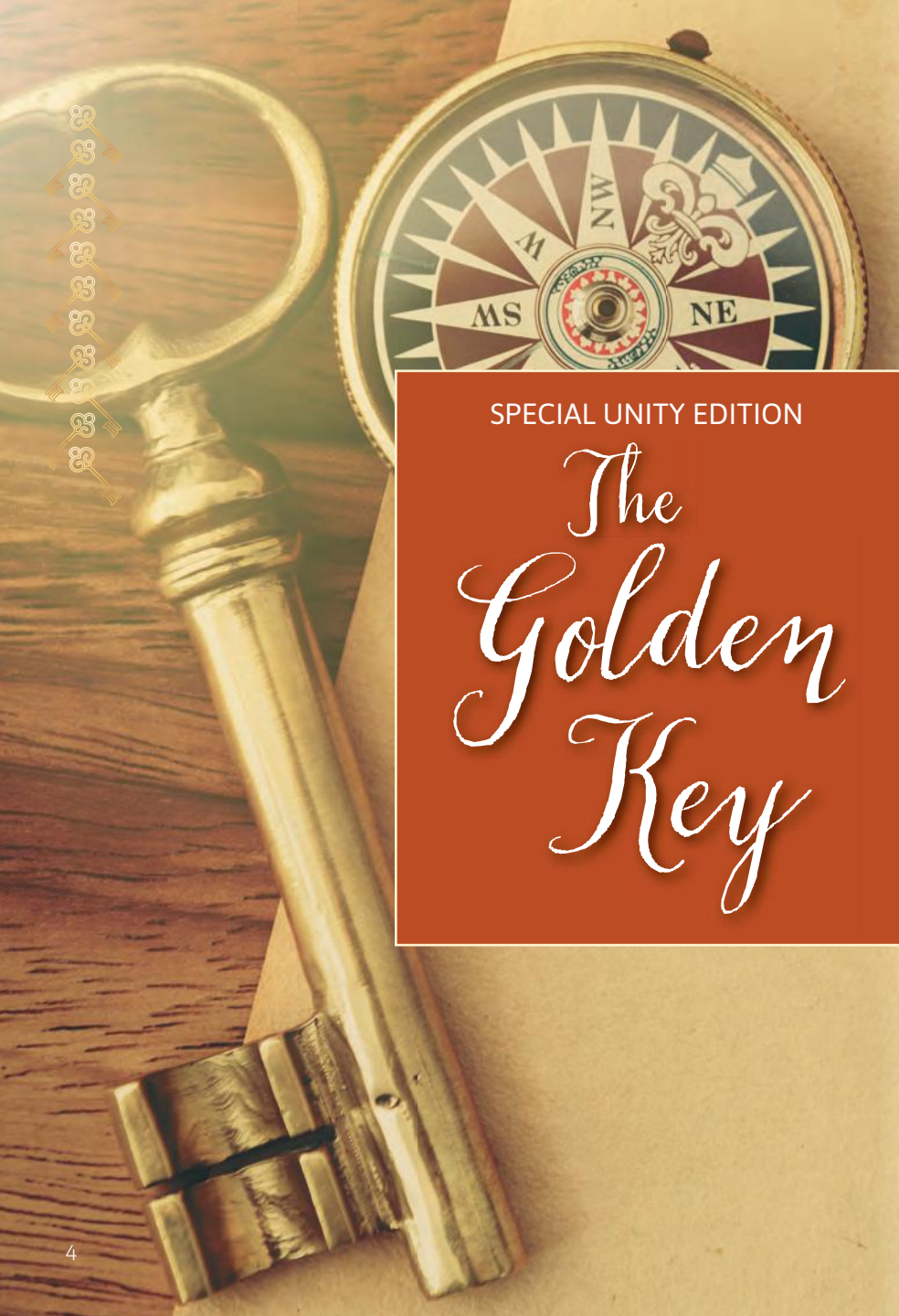
But isn't it dated for readers in 2018? Haven't we moved beyond its approach of read-affirm-repeat? Well, yes ... and no.

Certainly, we have broadened and deepened our understanding of Truth in the 87 years since *The Golden Key* was written. Reading the pamphlet today, it seems to me that we have basically shifted our spiritual direction.

Fox would have us approach spiritual Truth from the outside in, starting with appropriate words and actions to release our innate spiritual power. Today we might approach the same Truth from the inside out, allowing our innate Spirit to dissolve any resistance our ego minds put in place out of spiritual ignorance.

The important point here is that either approach will work—if you work it! After all, *The Golden Key* is as powerful today as it was in 1931 because the only power it has is the power we give it. If we choose to embrace it, it will be profoundly effective.

Just make a choice! Comparing and critiquing can be fun, but it can also defer the essential choice. *The Golden Key* may seem overly basic as you read it, however, putting it into practice can nonetheless change your life. After all, sometimes a return to the basics is just what we need!



SPECIAL UNITY EDITION

The Golden Key

Emmet Fox (1886–1951), notable New Thought leader and writer, was born in Ireland but lived most of his life in England before moving to the United States. He became interested in the New Thought movement as a young man and gave his first metaphysical lecture in London in 1928.

During a visit to the United States in 1931, Dr. Fox accepted the position of minister of the Church of the Healing Christ in New York City. As a Divine Science minister, he was highly successful and respected in his field.

Emmet Fox had a high regard for Unity and its cofounder, Charles Fillmore. In 1944, Dr. Fox authorized the special Unity edition of this pamphlet, *The Golden Key*.

As part of the Unity Classic series, this pamphlet presents important beliefs and ideas of one of the early New Thought leaders. The teachings of any movement evolve over time, and the material included here represents the author's interpretation of New Thought ideas at a given period in history.



NOTE TO THE SPECIAL UNITY EDITION

The Golden Key has been the means of helping many people all over the world solve all kinds of problems and overcome all sorts of handicaps, and in the present edition, it is finding a new field of usefulness.

I am happy to cooperate in this way with the fine Unity work in which I believe so heartily.

May *The Golden Key* be the means of opening your door to health, freedom, and knowledge of God.

—Emmet Fox

The Golden Key | Copyright © 1931 by Emmet Fox



The Golden Key

By Emmet Fox



FOREWORD

I have condensed this message into five pages. Had it been possible, I would have condensed it to five lines. It is not intended to be an instructional treatise, but a practical guide for getting out of trouble.

Study and research are well in their own time and place, but no amount of either will get you out of a difficulty. Nothing but practical work in your own consciousness will do that. The mistake made by many people when things go wrong is to skim through book after book without getting anywhere.

Read *The Golden Key* several times. Do exactly what it says, and if you are persistent, you will overcome any difficulty.

—Emmet Fox



Scientific prayer will enable you to get yourself, or anyone else, out of any difficulty. It is the golden key to harmony and happiness.



To those who have no acquaintance with the mightiest power in existence, this may appear to be a rash claim, but it needs only a fair trial to prove that, without a shadow of a doubt, it is a just one. You need take no one's word for it, and you should not. Simply try it for yourself.

God is omnipotent, and we are God's image and likeness and have dominion over all things. This is the inspired teaching, and it is intended to be taken literally, at its face value. The ability to draw on this power is not the special prerogative of the mystic or the saint, as is so often supposed, or even of the highly trained practitioner. Everyone has this ability. Whoever you are, wherever you may be, the golden key to harmony is in your hand now. This is because in scientific prayer it is God who works, and not you, and so your particular limitations or weaknesses are of no account in the process. You are only the channel through which the divine action takes place, and your treatment will be just the getting of yourself out of the way. Beginners often get startling results the first time, for all that is essential is to have an open mind and sufficient faith to try the experiment. Apart from that, you may hold any views on religion, or none.

As for the actual method of working, like all fundamental things, it is simplicity itself. All you have to do is this: Stop thinking about the difficulty, whatever it is, and think about God instead. This is the complete rule, and if only you will do this, the trouble, whatever it is, will disappear. It makes no difference what kind of trouble it is. It may be a big thing or a little thing; it may concern health, finance, a lawsuit, a quarrel, an accident, or anything else conceivable;





but whatever it is, stop thinking about it and think of God instead—that is all you have to do.

It could not be simpler, could it? God could scarcely have made it simpler, and yet it never fails to work when given a fair trial.

Do not try to form a picture of God, which is impossible. Work by rehearsing anything and everything you know about God. God is wisdom, truth, inconceivable love. God is present everywhere, has infinite power, knows everything, and so on. It matters not how well you may think you understand these things; go over them repeatedly.

But you must stop thinking of the trouble, whatever it is. The rule is to think about God. If you are thinking about your difficulty, you are not thinking about God. To be continually glancing over your shoulder in order to see how matters are progressing is fatal, because it is thinking of the trouble, and you must think of God and nothing else. Your object is to drive the thought of the difficulty out of your consciousness, for a few moments at least, substituting for it the thought of God. This is the crux of the whole thing. If

**If you are thinking about
your difficulty, you are not
thinking about God.**

you can become so absorbed in this consideration of the spiritual world that you forget for a while about the difficulty, you will find that you are safely and comfortably out of your difficulty—that your demonstration is made.

In order to “*golden key*” a troublesome person or a difficult situation, think, *Now I am going to “golden key” John or Mary or that threatened danger*, then proceed to drive all thought of John or Mary or the danger out of your mind, replacing it with the thought of God.

By working in this way about a person, you are not seeking to influence his (or her) conduct in any way, except that you prevent him from injuring or annoying you, and you do him nothing but good. Thereafter, he is certain to be in some degree a better, wiser, and more spiritual person, just because you have “golden keyed” him. A pending lawsuit or other difficulty would probably fade out harmlessly without coming to a crisis, justice being done to all parties concerned.

“God is love
and God
is guiding
me now.”

If you find that you can do this very quickly, you may repeat the operation several times a day with intervals in between. Be sure, however, each time you have done it, you drop all thought of the matter until the next time. This is important.

We have said that the golden key is simple, and so it is, but of course it is not always easy to turn. If you are very frightened or worried, at first it may be difficult to get your thoughts away from material things. But by constantly repeating a statement of absolute Truth, such as: There is no power but God; I AM the child of God, filled and surrounded by the perfect peace of God; God is love; God is guiding me now; or, perhaps best and simplest of all, God is with me—however mechanical or trite it may seem—you will soon find that your mind is clearing. Do not struggle violently; be quiet, but insistent. Each time you find your attention wandering, switch it back to God.

Do not try to think in advance what the solution to your difficulty will be. This is called “outlining” and will only delay the demonstration. Leave the question of ways and means to God. You want to get out of your difficulty—that is sufficient. You do your half, and God will never fail to do God’s.





“Golden Key It!”

By Rev. Toni Stephens Coleman



I remember my mother saying on the phone:

“Golden Key it!”

She was in ministerial school at the time in 1970, studying to become a Unity minister. I was a novice Unity student, a young mother and wife, trying so hard to be grown up. Life was hard, and my husband and I were figuring things out as we went along, as most young people do.


I didn't have any answers, but I did have a well-developed intuition. My intuition served me, guided me, and kept me out of trouble. I was intuitively drawn to Unity teachings. When a Unity booklet invited me to experiment with Unity teachings and ideas, the advice rang true. Still to this day, I consider my life to be an experiment and test laboratory. This philosophy has helped me avoid taking life's events too seriously. I learned from my test results and developed life skills.

When my mom told me the idea behind *The Golden Key*, it was natural for me to test it. She said, “Don't think about the problem, whatever it is, think about God instead!” The idea made sense because I had learned that two things cannot occupy the same space at the same time.

Putting my thoughts on God removed my thoughts from the problem. It took me a while to figure out how my mind worked. I developed favorite affirmations: *I AM a child of God* or *God and I are one*, for instance. Still, it seemed that thoughts of the problem would try to wiggle around my thoughts of God and sneak in through another way.

How could I hold my thoughts on God? I found a need to define the concept of God for myself. Acknowledging that my concept of God is infinite and cannot be restricted, I still





found that *my* mind needed words to be able to “Golden Key it!” Something told me defining God was merely for me and did not diminish God in any way.

My lists of superlative words for God released me from my problems and seemed to create a space for the solution to appear. Letting go of the problem was a kind of denial or release, and my words were affirmations: *God is good. God is health. God is peace.*

Another thing I learned from this process is how visual I am. I discovered my words for God always evolved into pictures. *God is peace* became images that were expansive, beautiful, and sacred—maybe a wooded grove beside a pond. *The Golden Key* opened me to images of God.

Although she’s been gone for years now, I can still hear my mother’s voice saying: “Just Golden Key it!” It was a tool she gave me from 3,000 miles away all those years ago that helped make things easier for me. It was a simple tool that I, like a child, could use to get out of my own way and let God help me.

Thank you, Mom.

The writer’s mother was well-known Unity minister and author, Rev. Hypatia Hasbrouck, who made her transition in 2001.

Clockwork Consciousness

By Rev. Sylvia Sumter





There is no doubt that we live in a highly charged and fast-paced society. Stress abounds at every corner and finding peace is at a premium. While we know true peace can only be found within, sometimes having an outer reminder can be an unexpected blessing.

Several years ago, a congregant gave me a lovely gift of an old-fashioned, wind-up wall clock that chimed. I eagerly hung it and admired its beauty. Little did I know it would chime rather loudly on every half-hour and hour.

You can imagine my annoyance whenever it reached noon or anything after three o'clock. I thought, *This thing is going to drive me crazy*, but I couldn't get rid of it as the congregant was so full of joy at having given it to me, and I would see him every Sunday for service.

In the quiet of my mind, I heard Spirit say, "Why not use it as a reminder of me?" And just like that, what once was an annoyance became a welcomed experience.

**It provided clarity of mind,
or calmness in the midst
of a frantic day.**

Every time the clock chimed, I would take one minute to stop whatever I was engaged

in and dwell in the Silence. If people happened to be in my office or I was unable to stop and meditate for a minute, I would simply take the time to acknowledge God inwardly until the next time.

Having regular moments of meditation every hour on the hour had a tremendous effect on my inner state of being. It provided clarity of mind, or calmness in the midst of a frantic day, or simply the reminder that God was present and that I always have access to the realm of the Divine.

To consciously invoke the presence of God changes everything within you at that very moment. It raises your vibrations to that of the Divine. It allows you to be open and receptive to the living spirit of Truth and become the vessel through which the energy, light, and presence of God may pour itself into and through you. It allows you to see and experience things from a higher perspective while positively influencing your thoughts, words, choices, and actions.

Turning your attention to God provides a golden key to any experience. Therefore, whenever you find yourself in the midst of a challenging moment, instead of thinking about the challenge or problem, think about the presence and power of God to provide whatever is needed. Be open to receiving guidance, insights, answers, and directions.

The more you become experienced in turning things over to God, the more you will experience inner peace and the ability to move through your life and affairs with greater ease and grace. It works like clockwork.





The Key Is Love

By Rev. Ken Daigle



In 1988, I was living in New York City in the middle of the AIDS crisis. Several of my friends had been diagnosed with AIDS, and my sister had contracted HIV from a blood transfusion while undergoing treatment for leukemia.

Modern medicine was powerless in the face of this disease for which there was no known cure or treatment. I was at a point in which I knew human efforts were not enough. We needed answers from the spiritual plane. Luckily, I was not alone.

One night I sat with a friend, telling him all about a book I had been reading: *You Can Heal Your Life*. “This book,” I said, “tells of the direct correlation between your thoughts and your physical health.” I went on to describe how author Louise Hay wrote about our “dis-ease”—our belief that we are broken, flawed, and less than—as the source of our maladies. I was so excited about these liberating and affirming new ideas that I could barely contain myself as I spoke with him.

I was so excited about these liberating and affirming new ideas that I could barely contain myself ...

He walked over to his bookshelf and pulled out a book. It was *Science and Health With Key to the Scriptures* by Mary Baker Eddy, the founder of Christian Science. He opened it to a page and handed it to me. I read:



Our Father/Mother God, all-harmonious,
Adorable One.
Thy kingdom is come; Thou art ever-present.
Enable us to know—as in heaven, so on
earth—God is omnipotent, supreme.
Give us grace for today; feed the famished
affections;
And love is reflected in love;
And God leadeth us not into temptation, but
delivereth us from sin, disease, and death.
For God is infinite, all power, all Life, Truth,
Love, over all, and All.

The beauty and the power of Mary Baker Eddy's version of the "Lord's Prayer" set my mind reeling. It made me confront the uncomfortable truth that I—by the power of my thoughts and beliefs—create my well-being or lack of it. At the same time, her prayer demonstrated that I had the power to change it. I heard the answer or the Golden Key: love—love of God, love of others, love of self.

I had been withholding love from the church, from the government, from the drug companies, from my family, and most hurtfully, from myself. In the midst of that crisis, I found my cure was to give love.

That year when I, too, received a diagnosis as HIV-positive, I was already living and practicing the power of affirmative prayer. I was loving life and was more determined than ever to live every moment to its fullest. I applied the power of my thoughts in ways to foster my health and bless my body.

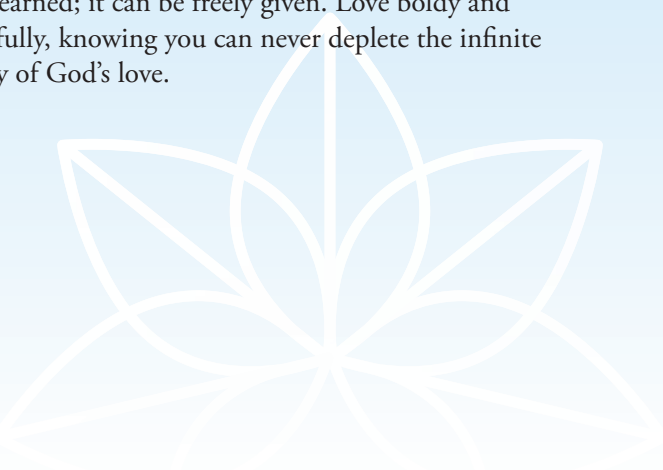
I continued my search for spiritual answers and physical healing in writings by Charles Fillmore, Eric Butterworth, and Ernest Holmes. Today, almost 30 years later, I am living, thriving, and vibrantly healthy because I found the Golden Key.

You don't have to be diagnosed with a life-threatening disease to propel your spiritual practice. You can decide right here and now to love your body, to bless it, and care for it with your words and your behavior.

In your daily life, notice whether you say things such as, "This body doesn't work like it used to." Is that really true? Does any part of your body work better now than when you were a child? Be careful what you focus on because what you give your energy and attention to will grow. If you are affirming that your body doesn't work like it used to, that is what you will experience.

Practice loving all parts of your body. You might try some affirmations: *My body is amazing, it is a gift! My years on the planet have taught me how to listen to and take loving care of my body! I am in vibrant health!*

Give love to others without hesitation. Love does not have to be earned; it can be freely given. Love boldly and wastefully, knowing you can never deplete the infinite supply of God's love.



Contemplating **God**

By Rev. Dale Worley



The Golden Key is a handy tool for someone who is being introduced to New Thought teachings and wants to learn a practical technique for better living. At the Unity center where I serve, we include the little pamphlet in the literature we hand out to newcomers, and I am always giving copies away.

Recently, one of my students came to me saying he was having trouble using the Key. "I can't think about God," he said, "because I don't understand God!"

I replied, "Perfect! Because you *can't* understand God."

Emmet Fox instructs us to "stop thinking about the difficulty ... and think about God instead." He adds we should "not try to form a picture of God, which is, of course, impossible."

In using the Golden Key myself, rather than *thinking* about God, it helps me to consider *contemplating* God instead. I ask myself questions such as, *What does it mean that God is everywhere present, all the time?* or *Do I really believe that God is within me? What does that feel like?*

Like a Zen *koan*, these open-ended questions help keep my mind focused on the Divine. My answers constantly change as my understanding of God grows and changes.

You may have had the experience of trying to remember someone's name or address but can't recall it no matter how hard you try. Yet later when you have forgotten all about this and gone on to something else, the answer you need pops into your mind out of nowhere.

For me, working the Golden Key is like this. Asking myself questions about God gets me out of the way, and eventually the solution to a problem will simply present itself when I least expect it. I might be taking a shower, working in my garden, or driving my car, and suddenly I am inspired to take action.

Fox was right when he said, "Your treatment will really be just getting yourself out of the way."





Let God Be God *in You*

By Rev. Margaret Flick

**God. Who is God? What is God? Where is God?
There are as many ideas of God as people
on this planet.**

As a child, I remember being afraid and confused about God. I didn't understand why God was jealous and angry, or why good people couldn't go to heaven just because they weren't my religion. I saw how rigidly beliefs were held and how it divided people.

Many of us grew up in religions that presented ideas of God that were very different from the Unity teaching: “There is only one Presence and one Power.” We may carry these beliefs in our subconscious, affecting how we allow God to work and be present in our lives. Some of our beliefs can even reinforce ideas of unworthiness and keep the love of God at bay.

The Golden Key is a powerful spiritual tool. Thinking of God instead of your difficulties is the way to heal and transform situations.

But when you think of God, whose idea of God are you thinking about? It is yours or someone else’s idea? What qualities do you attribute to God? How does thinking about God feel?

It is helpful to reexamine our conscious ideas and unconscious beliefs about God and be willing to sort out what belongs to us and which beliefs belong to our parents or a former life. We get to form our own theology. We get to know God on our terms, not someone else’s.

When I teach Unity Basics, I ask students to answer three questions to discover any lingering ideas that might keep them from embracing God is love, God is wisdom, God is power, and so on. These questions help them uncover old beliefs:

1. Who/What do you think/feel God is?
2. Who/What do you fear God is?
3. Who/What would you like God to be?

Even if you are a longtime Unity Truth student, your written answers might surprise you. Once identified, deny that this belief has any power over you and affirm that the Truth be



revealed. Then express gratitude for a new awareness of God's presence in your life.

Meister Eckhart, a 13th-century monk and mystic, offered the idea to "let God be God in you" along with the mind-blowing concept that we need to let go of God to find God. Meister Eckhart said, "The eye with which I see God is the same eye with which God sees me; God's eye and my eye are one eye, one seeing, one knowing, one love."

Contemplating this statement and the teaching of one Presence and one Power moves us away from one-dimensional thinking into the realm of possibility for the many ways God expresses within us, all around us, and beyond us. This requires inner work such as meditation, prayer, forgiveness, and release.

When we apply the Golden Key to our daily lives and situations, we pray to let God be God in us, fully, powerfully, and lovingly. We contemplate God qualities that we can humanly express: love, compassion, forgiveness, empathy, justice, faith, understanding, and life. We rest in the knowing that we may not be able to comprehend the Allness of God, but we can experience God within our hearts as love and in our minds as divine ideas. We "Golden Key" everyone in our lives, seeing them as the light of God.

Practicing this, how could we not effect a change if our eyes and hearts are focused on God?

Compassion
LOVE faith
empathy
forgiveness justice
understanding LIFE

Detach and Depend

By Rev. Claudell County

No matter what we are right now
Or what we are doing,
We can detach from it for a moment
And depend on God.
Presence fills us.

No matter how hard the struggle
Or how hopeless life can seem,
We can detach from it for a moment
And depend on God.
Light shows us a new way.

No matter how low we may feel
Or how wrong we think we have been,
We can detach from it for a moment
and depend on God.
Love heals us.

No matter how lost, how scared
Or how angry we are,
We can detach from it for a moment
And depend on God.
Peace lifts us.

Life may seem so confusing, so
complicated, so frustrating,
Or life can be so joyous, so nurturing,
so exciting.
Gratitude can be our reality, and faith
our guiding star
If we remember to detach and depend
on God.





The Gift of Surrender

By Rev. John Beerman

Dear God,

I need You.

Several years ago, I found myself in the midst of a marital separation. It was not one of those ugly situations that can happen when two people finally realize they can no longer live together. We were simply growing in entirely different directions.

The holiday season was nearing, and I learned that my wife had planned a vacation to Florida with our two daughters, but of course without me. I failed to make any plans for the holidays on my own simply because I wasn't thinking ahead and had been busy with my business career.

Christmas Day arrived with a thud as I woke up alone and disheartened. I couldn't see how to make it through the day; no tree, no gifts, no turkey, no family to share this special day. I decided a bike ride might be a good way to soothe my lamenting soul. As I rode through the city streets of Houston, Texas, I saw children outside playing with their newly acquired toys, I saw Christmas lights left on in the daylight, and I saw homeless individuals huddled under freeway overpasses, living in boxes, and sleeping in torn and tattered sleeping bags, scarcely warm enough to allow one to rest comfortably.

I thought of Jacob (from the Book of Genesis) as he had wrestled with his man/angel all night long. He, too, had been left alone, as his family had gone ahead to where they were moving. After wrestling for hours—as

I had also wrestled with the decision to separate from my partner—he finally asked for the angel to bless him. He had discovered the key to solving his dilemma. No struggle is too small or too great to receive a blessing from God. All Jacob had to do was turn and face God within and ask for help.

No struggle is too small or too great to receive a blessing from God.



I woke up to the realization that it was not too late to save my Christmas Day. I rode my bicycle home as fast as I could to change into something festive. I had an old Santa cap and a bright maroon silk shirt—just what I thought might work. I sped off in my car to the local Salvation Army. They were just beginning to set up for Christmas dinner to serve some of the homeless population of Houston. They were glad to see me, and I was glad to see them.

It has been many years since that day. As I reflect now on what happened, I realize I had a spiritual awakening. When I chose to turn away from self-pity or self-absorption and look instead inwardly toward God, I found peace and blessings beyond what I could ever imagine.

The answer to any problem can always be found in turning away from the difficulty and turning toward the solution, which is God.





Where's My Good?

By Rev. Elizabeth Longo



"To be continually glancing over your shoulder in order to see how matters are progressing is fatal, because it is thinking of the trouble ..."

—The Golden Key

When I learned I was made in the image and likeness of God and had the power within to create my reality, I was blown away. I secretly thought I had superpowers. I even imagined that I had my own genie who could manifest anything I wanted. My life started to change.

The thought alone that I could change my reality by changing my thinking gave me peace and hope. I became a really good student of visualization techniques and affirmations, and I began to see results. My life improved tremendously. My finances improved. I felt much more self-confident. I even manifested a trip to Hawaii with all expenses paid.

Every area of my life was working, with one exception: I wanted a loving relationship. I prayed, I visualized, I treasure mapped, I affirmed until I was blue in the face, and nothing seemed to work. I didn't get it. I thought something was wrong with me.

What I didn't understand at the time was that my desperation for a relationship was pushing it away. I was more focused on the need to be loved—believing I needed it to be happy—than focused on realizing the fullness of love that already existed within me. When I started to nourish the budding love in my heart, I discovered true love. A love that doesn't come or go.

What I know now with absolute certainty is that everything in



the manifest world begins in consciousness, and it begins with me.

Since I began this journey up the spiral in consciousness, I have discovered that God's timing is different than my timing. But I have learned not to be deceived by appearances when my good hasn't yet materialized. Rather, I plant the seeds in consciousness and have absolute faith things are always working for the highest good. I might not be able to see the watermelon when I plant its seed, but I continue to water it with loving anticipation. I remind myself to see with the spiritual eye and not to be fooled by my senses.

What often happens is that if we don't see results immediately, we default to our sense consciousness and lose the awareness of the vast ocean of possibilities all around us. But the vibratory universe responds to our feeling tones. It is important not only to have clarity of thought and laser-like focus on what is desired, but to tap in to feelings of aliveness and joyful expectation so they can be reflected to us.

How? Here are some suggested steps:

- Know that your heart's desire or something better is on the way.
- Stay present to the moment, being vigilant not to fall into old ways of thinking that will destroy the good seeds you have planted in consciousness.
- Stop! If and when you catch yourself in old ways of being, stop to remind yourself the past no longer has any power over you.
- Take a few moments to remember everything is working out for the highest good.



I love the scripture, “Be in the world, but not of it.” I find such wisdom in Jesus’ words. If I am not attached to results, a world of possibilities opens up. Instead of relying on people, places, and things for my well-being, I rely on the vast, open, clear space that is the divine substance present in all creation. Things come and go, but who I AM is infinite, one with all of existence.

I have come to realize that to truly experience freedom, happiness, love, and peace of mind, I must find stability within, at the core of my being—centered in my true identity—free from all “wants” and free from past conditioning. Anchored in the divine essence that I AM, I see beyond appearances to the underlying reality of the goodness of God, present at all times and in all situations. I am no longer attached to results.

*“Be in the world,
but not of it.”*



The Sacred Pause

By Rev. Elizabeth Longo

Here is a practice that has served me well to stay awake and present to possibilities.

Many times during the day, I take a mental break. I close my eyes and simply focus on my breath. I scan my body, noticing any tension. I focus on my breath, turning my attention within and resting in spacious awareness.

Taking a break from the outer world, I rest in the center of my being where I know, with absolute certainty, that I am one with God. Here I find strength, quiet assurance, stability, and inner guidance.

A few moments of this practice and my mind is free, my vibration is lifted. Then I affirm whatever intention I desire. Affirm it, visualize it, and let it go. Sometimes I even surround my desire in a pink cloud as I release it to the Universe.

And I always end the practice with gratitude.



COOPERATING

With Greater Good

By Rev. Paul John Roach



When I was a child of about 10 or so, I would occasionally get caught up in going over and over a problem or a situation. After a while my mother would tell me, “Don’t dwell on it. Think of something else to focus on.”

These words of advice have stayed with me. They give me an understanding that there is always a choice in how and what we can think and focus on. It was the first time I had been introduced to the teaching I now know as the Golden Key.

When I was 13 my high school Latin teacher in Wales suggested I might be good enough academically to try for a place at Oxford University. That seemed quite a high ambition for a lower middle-class boy at the time. However, I stored the idea in my mind.

Four years later, at 17, it was time to consider college options. I remember writing the word *Oxford* on the file that I used every day at school. Seeing the word on a daily basis worked to open my consciousness to the possibility of going there to study. When it was time to sit for the examinations and later to travel to Oxford for interviews, I decided to pursue it. I was accepted and went to Oxford the next year. The word *Oxford* became an affirmation or a mantra of possibility, part of the Golden Key again, helping move my mind from *Who, me?* to *Why not me!*

Years later, having been introduced to the Unity teachings and taking a series of credit classes in London, I felt the call to pursue ministry in the United States. I filled out the application forms and sent them off to Unity Village. Unfortunately, I had applied on





obsolete forms and, unknown to me, Unity had sent the forms back asking me to use new ones. Unknown because I had left with my wife and daughter for an extended pilgrimage to India. I did not find the returned application forms until four months later, and 10 days past the deadline.

After I panicked for a few moments, Spirit strongly advised me to “Golden Key” the apparent problem. It took three days to contact Unity Village. The first day everything was closed. The second day a snowstorm hit and everyone stayed home. On the third day I finally got through and was given one week to reapply, which meant sending the application by expensive express mail delivery. All through this time I knew God would open up a way. I kept my focus on the possibilities of Spirit.

It’s important to know that even when we feel we have done all the necessary spiritual work, obstacles can still occur. Life is uncertain. For example, our trunks and suitcases were impounded upon arrival in the U.S. and kept for five months, incurring daily charges from the U.S. Customs Service. However, when God has a plan and we cooperate

**All through this time
I knew God would
open up a way.**

by staying focused on the solution rather than the problem, the good will unfold. Late one evening, a delivery service came to our apartment with all the baggage and dropped it off without charge! Thank you, God!

I share these personal stories because they are compelling examples of how Spirit works in our lives when we cooperate with the presence and power of



God. The Golden Key is a wonderful tool to help shift our consciousness from limited options to the unlimited expanse of the Spirit-centered life.

We don't have to know how this works; our task is to be willing to allow the greater good to unfold. I did not intone the word *Oxford* as a high school senior. I was hardly aware of the spiritual significance of this mantra in my life. It was just there, naturally, as a positive and uplifting word. It made me feel good to think about it.

God is with you and around you. God provides you with the highest and best. Spend more and more of your time and energy to focus on the Divine. This is the Golden Key. Use it and allow it to bless your life in wonderful ways.





HOW TO *“Golden Key”* OTHERS

By Rev. Kelly Isola



For almost a century, this little booklet, *The Golden Key*, has been a precious nugget of insight and simplicity for millions. Yet as Emmet Fox says himself, “It is simple, but not easy,” especially when desiring to Golden Key someone else.

He says clearly, “Your object is to drive the thought of the difficulty out of your consciousness, for a few moments at least, substituting for it the thought of God.”

The key to that statement is “for a few moments at least.” It can be so easy to slip into a mindset of seeing people who think, believe, and act differently than me as “the other” or even the enemy. If I can give my mind a rest from the judgments I have about another, *even for a few moments*, then there is hope. Hope for a new world, even if it’s just my corner of the world.

To “Golden Key” someone means to see a person with whom I am having difficulties or conflict with as sacred life. When we say we are all divine, that we are all created in the image and likeness of God, do we believe this? It’s hard not to be disturbed by the amount of strife and hate we see splashed across our newsfeeds every day. Some days there is so much separation, fear, and violence, it can be especially hard to see a difficult situation with new eyes, with the eyes of wholeness, the eyes of Christ consciousness.

When we say we are all divine, that we are all created in the image and likeness of God, do we believe this?





Emmet Fox goes on to say, “If you can become so absorbed in this consideration of the spiritual world that you forget for a while about the difficulty, you will find that you are safely and comfortably out of your difficulty.”

Interestingly, to Golden Key someone has little to do with anyone else and pretty much everything to do with me—my thoughts and feelings. We Golden Key another not to change them but to change ourselves.

The first step when I want to Golden Key someone is to notice my criticism about the other. Awareness of my thoughts and feelings tells me there is healing work to do. It’s not an exercise in feeling guilty for thinking unkind thoughts about another; it’s an exercise in noticing how I hold another’s life as less than sacred.

The reality is, everyone has acted unkindly, used harsh words, or behaved with callousness rather than empathy and compassion. I not only speak words of kindness, compassion, and forgiveness to myself, but I spend a few moments bringing to life how kindness and compassion feel. This is one way to be “absorbed in the spiritual world,” as Emmett Fox says, taking my mind off the situation if only for a few moments. If I believe we are all divine, then the loving thoughts and feelings I bring to life are for everyone. I place my attention and focus on that.

Once I have identified the criticism I have of another's words or actions, I ask myself, *What has gone on in someone's life that brings them to a place to act in this way?* We must believe that everyone is capable of behaving more humanely, more peacefully, more lovingly, but sometimes we get lost in the world around us. To Golden Key someone is to remember our shared humanity—we all stumble and fall, and we can all shine brightly for the world.

The last step is to be what I desire. In other words, if John is acting in a troublesome way, and I notice it is affecting me, then what is it that I need to see in *my* world—a supportive presence from a friend, communion with God, generosity of spirit, a sense of belonging? When you long to know peace, be the nonanxious presence during times of tension. Where you long for community and connection, be the heartbeat of whatever group you are with. When you long to feel less afraid, be the hand that reaches out with generosity.

My favorite blessing from Myrtle Fillmore sums up the idea of what it means to Golden Key someone: “Divine love, through me, blesses and multiplies you.” I would expand that to say, “Divine love *as* me, blesses and multiplies my world.”





Growing Into God

By Rev. Margo Ford

"Stop thinking about the difficulty, whatever it is, and think about God instead."

That sage advice from Emmet Fox would have been entirely wasted on me as a younger person. *Think about God? What's to think about?* I would have wondered. I had no real notion of who or what God was other than what we typically learned growing up: that God had "rules" and if I followed them I'd make it to heaven someday. If not, well ...



God seemed remote and unknowable back then, and frankly I didn't have much interest in finding out anything more. It wasn't until a devastating divorce that I felt the need to connect with God in a meaningful way. However, I had no idea how to do that and had not yet learned it was possible to really know God, not just know *about* God.

I'm grateful the right books found their way into my hands at the time and, supplemented by inspirational Unity messages, I opened to the understanding of the omnipresence of God—that all of life is an expression of God's divine presence. Through that understanding I could now experience God on a personal level, knowing, as Emmet Fox writes, "God is with me."

Recognizing God as the energy, the life force behind and within all that is, allowed me to think about God in myriad ways. For instance, it became almost breathtaking to hold a seed in my hand, recognizing its life potential. I relished the life of God in the beautiful cardinals that delighted in the tepid water in my birdbath. Even more fulfilling was the joy of sitting in the Silence to feel the presence of God within, as I came to realize that I, too, am an expression of the life of God.

Gradually, I became more and more centered in the presence of God. It is now possible for me to set aside thoughts of challenges or difficulties as they arise and to think about God instead. To think about God as all that is, and to feel real joy and profound gratitude for knowing God as life and love in all that exists.

Not every situation unfolds as perfectly as I might desire, yet allowing myself to stop thinking about any challenging condition I may be facing gives rise to a feeling of complete peace. It's the peace that surpasses all understanding as I focus my thoughts on God.

For instance, it became almost breathtaking to hold a seed in my hand, recognizing its life potential.





With My Mind on Good

By Rev. Mark Fuss

"No problem can be solved from the same consciousness that created it."

This quote attributed to physicist Albert Einstein gets directly to the heart of the Golden Key. *Take your mind off of the problem and put it on God instead.* The Golden Key is about a shift in consciousness.

When I am in the middle of a crisis—wrestling with a problem and my thoughts a stormy mess—my solutions and often my behavior seem forced and reactive. There is a clenched and brittle feel to life.

Only when I can breathe, calm my mind and heart, and center myself do creative options open before me. When I can rise above the fear and doubt clouding my understanding of the problem and put my mind on God instead, then the wisdom, understanding, and imagination of the Universe are available to me. Instead of clenched and brittle, the feeling becomes one of openness and flow. The problem may still be present, but my response is coming from a different place.

In Unity, we honor the many names for God. We speak of God as Spirit, Divine Mind, Principle, Substance, the Universe, and my favorite, Good.

For me, the Golden Key is this: *I take my mind off of the problem and put it on Good instead.* The Good in which I live and move and have my being. I allow gratitude to flow over and through my being with my attention and my consciousness on Good.

Now I will admit that using the Golden Key to make this shift in consciousness is often not my first response. When a problem arises, how do I get to Good? How do I get to that place in consciousness where I can rise above the fears, doubts, and feelings that sometimes threaten to overwhelm me?





Well, I have a go-to song, a simple chant, that takes me there. The chant, “I Am So Blessed,” is by my friend Karen Drucker.

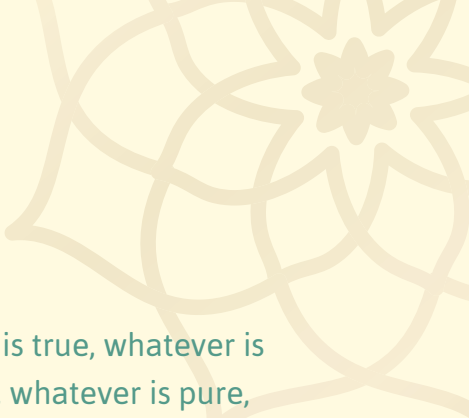
This chant brings me to Good, to gratitude. When I’m confused, hurting, angry, or fearful, these simple words sung in my head or aloud lift me into a consciousness of Good.

Take your mind off of the problem and put it on God—on Good—instead.

I am so blessed,
I am so blessed,
I am so grateful for all that I have.
I am so blessed,
I am so blessed,
I am so grateful,
I am so blessed.

—Karen Drucker

The chant is available at karendrucker.com. (My personal favorite is The Heart of Healing CD.)



“Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.”

—Philippians 4:8



A person is riding a bicycle in a field of tall grass at sunset. The sun is low on the horizon, creating a warm, golden glow. Several birds are flying in the sky above the person. The title "I Agree With GODness" is written in a large, black, serif font in the center of the image.

I Agree With GODness

By Rev. Linda Martella-Whitsett

There I go again, spinning in worry over my aging parents' changing needs, my doctor's concern about my recent blood test, that confusing conversation I had yesterday with a coworker, another news report of mass violence, and so on.

My human brain is accomplished at spinning.

It's not all bad. Brain power is built upon repeated, related thoughts. Ruminating on a subject builds my capacity to envision and to act, perhaps to improve circumstances. It's always been this way, and it's been beneficial through the ages. I figure I have helped humans evolve because of my power to problem-solve. It's not personal, it's merely a pattern set in ancient times when threats were of prehistoric proportions.

But my spinning brain has its limits. Thankfully, I have the brains to know I am more than brains. I am as spiritual as I am human, and by focusing on my spiritual nature, I free my brain from spinning.

Charles Fillmore, the cofounder of Unity, emphasized the pivotal nature of consciousness. The threefold nature of humanity, Fillmore taught, is Spirit, soul, and body. The soul is the aspect of being that includes conscious thought and awareness. The soul derives inspiration either from the body (circumstances, conditions) or the spirit (God/Christ consciousness).



Pivoting toward Spirit is the Golden Key. Spirit is our God self, our divine identity. Spirit is the nature of God—I think of



it as *GODness*—individualized, innate, immutable. Whereas the body and its conditions appear temporary and finite, the scope of Spirit is eternal and infinite. By pivoting our awareness toward the eternal and infinite, we boost our brain power exponentially. Suddenly, our view is vast, and that which seemed impossible becomes possible.

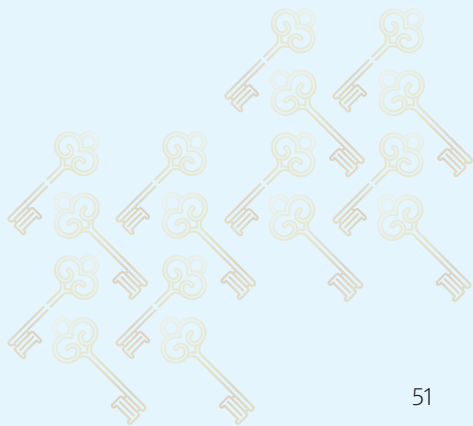
By applying the Golden Key, when I catch myself thinking again about my aging parents' changing needs, I pivot my attention away from thoughts that perpetuate worry. Instead, I focus on Spirit. I breathe deeply in prayerful awareness. In a state of spiritual realization, I claim my divine identity. I open to the spaciousness of Spirit, which inspires my sense of

**I pivot my attention away from
thoughts that perpetuate worry.
Instead, I focus on Spirit.**

direction. Divine ideas occur to me. I feel creative as well as relieved.

When I apply the Golden Key, I agree with GODness. I discontinue the only-human story of lack and limitation inherent in circumstances. Human deficits have no power and I am no longer mesmerized by my circumstances. The power that I had perceived to be outside of me, I now regard as my Source and inner resource. My mental capacity and biochemistry align, and I find I am capable of healing or transforming thought and matter (which follows thought)—as Jesus did.

Always, I am grateful for the Unity message of oneness, my oneness with God that assures me of my divine identity. The Unity message and associated practice of prayer offer me a template for spiritual progress. Practicing prayer, I am getting better every day at shifting my power from a finite condition to an infinite capacity.





Not Just for the **BAD TIMES**

By Rev. Dr. Paul Hasselbeck

It's been decades since I first used the Golden Key. In those days, I used it only in the bad and troublesome times. Back then, my spiritual practice was like that—I used it when I needed it, and I didn't think I needed it in the good times. It seemed my spirituality was most at risk when things were going wrong.

Now I know my spirituality and practice are actually most at risk when things are going well, when I don't do or stop doing what works. Insanity!

Putting God first is a spiritual practice established in the Bible. Whether you believe God is outside, inside, a being or not a being, your higher self or the Universe, it works if you work it because it uses spiritual law. *The Golden Key* asserts if we put our mind on God, let go of the trouble, keep an open mind, and have sufficient faith, our troubles and even troublesome people will go away.

Somewhere along the way, I began to discern another view of God—hidden in plain sight—in the published and

This God is not
far away but is
right in our midst.





unpublished materials of Myrtle and Charles Fillmore, the founders of the Unity spiritual movement. To be sure, a more traditional view of God can be found in their writings; however, this other view is there too. I now find this view more powerful and empowering.

How did that happen? First, I began using the Golden Key all the time. I did not wait for troubles. I focused on God according to this new understanding found in Myrtle Fillmore's book, *How to Let God Help You*. Second, I followed the direction and instruction of Charles Fillmore.

Myrtle Fillmore asserted God is not "a personal being with parts like a man." She said, "God is IT, neither male nor female, but Principle." Myrtle also said, "There is but one Mind and in reality no separate men and women" (*How to Let God Help You*).

This God is not far away but is right in our midst. She said, "We commune with God-Mind within our own consciousness," and this is where we should direct our prayers (*Healing Letters*). When I put God first, these are the things I focus on.

Over time, I shifted from dependence on a separate, outer, seemingly capricious and moody God, to believing in a benevolent God within me but still separate. Then I came across important and instructive words from Charles Fillmore. Putting it in my own words, Charles was saying that God is not within us like a hotdog in a bun. Instead, God is the Truth of our innate divinity.

However, I was not yet there in my understandings. So, again, I used the Golden Key, and Charles Fillmore provided the method:

We should affirm with conviction those mighty words of Jesus: "All authority hath been given unto me in heaven and on earth" (Matthew 28:18) (Charles Fillmore, *The Revealing Word*).

Talk to God all that you can. Don't speak to him as existing in the third person [he/she/it]. It may be in our present development that we shall speak to him in the second person [you], but the time is coming when we shall speak of him in the first person [I/we], and then we can say with Jesus, "He that hath seen me hath seen the Father." We speak to him in the third person and then in the second person, but eventually we shall displace all separation, and we shall say, "This is the Father; what you see is God!" "He who hath seen me hath seen the Father," said Jesus Christ, and he commanded us to follow his sayings, and to do as he did.

We are here this morning to fulfill this law of divine unity, to unify ourselves with this spirit of love within everyone of us.

—"Human Love and Divine Love,"
Charles Fillmore, unpublished talk,
August 24, 1930



I began using the words of Jesus over and over again. I also began to speak of God, speak of the Divine, in the first person. I used affirmations like *I am Christ* or *I am divine*. Whether I was experiencing trouble or no trouble, I used these affirmations with feeling. My consciousness and understanding of God shifted.

There is nothing magical or mystical about *The Golden Key*. Why does it work? It works because *The Golden Key* is an application of divine principle and law. When we hold a problem in mind, it grows in mind along with deleterious effects in our consciousness, which may or may not manifest in the outer realm. Equally, when we claim and speak the words of Jesus for ourselves and claim the Divine in the first person, we form a thought colony around those words and they grow in consciousness. This smooths the way for our spiritual growth and realizing more and more of our divine nature. We claim the Truth about God and access divine power, wisdom, love, and so much more.

No matter your understanding of God, *The Golden Key* is not just for the bad and troublesome times. It is for all times.

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Through prayer, publishing, and events, Unity is always here to support you in expressing your divine potential for a healthy, prosperous, and meaningful life:

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—Your Friends in Unity



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