

# MINDFUL MOMENTS

Finding Peace, Finding Meaning





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# CREATING MINDFUL MOMENTS

No matter what is happening in the outside world, our job as spiritual beings is always to return to principle. We know that God is in all things, and we are part of that oneness. We know that our thoughts create our experience of life. We know the power of prayer.

Yet to practice these principles, we need to stay spiritually fit as never before. Whatever your daily spiritual practice, we invite you to add this booklet, *Mindful Moments*. We started with past *Daily Word* messages that we found especially meaningful, then we asked Unity ministers to write short articles on each topic for you to read and contemplate. They also provided meditations for you to use.

You might want to record the meditations yourself and play them back so you can hear them frequently. Or take turns reading them in a meditation group where everyone can experience sinking into the depths of stillness.

This is a booklet that we hope you revisit time and again to create mindful moments for yourself.

*Your Friends in Unity*



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# COURAGEOUS

*I am a courageous and strong  
creation of God.*



## From *Daily Word*

I may wonder, *If life never offered challenges, how would I ever discover the depth of my courage and skills?*

In truth, I have all that I need to meet any circumstance. I have the ability to respond to life's situations with poise, grace, and wise action. And I do this in all matters by including prayer in my daily practice.

As I still my body and mind in quiet times of contemplation, I breathe gently and easily. I remember the truth about me. I am divine in nature. Whole in mind and body, I have all the spiritual faculties needed to triumph in any situation.

Taking a full, deep breath, I return my attention to my surroundings. I am a courageous and strong creation of God.

***David said further to his son Solomon,  
“Be strong and of good courage, and act.  
Do not be afraid or dismayed; for the  
Lord God, my God, is with you.”  
—1 Chronicles 28:20***

# Do What Scares You

Rev. Christina Garza

I have learned a great lesson recently: You can conquer the death grip of fear by meeting every small challenge that scares you. I began this year by challenging myself to do things I didn't want to do, things that scared me.

Most people don't know I am an extreme introvert. I love the quiet and safety of my own company. Lately, however, I had boxed myself in without social support and friendship networks, leaving me feeling isolated and lonely. I made the bold decision to get out and meet people. I challenged myself to go on a women's retreat. I didn't want to go, but I knew I needed to. The quality of my life depended on it.

The fear of going to this retreat was not just being around people, which can be excruciatingly painful for me; it was being in a group of white women. For women of color generally, and especially as a Latina in the current political climate, being alone in these groups can feel dangerous. My triggers were firing hard! But I went anyway. I even drove in the mountains (in the rain!) although I am terrified of curvy, mountainous roads.

I decided to trust, to open, and to lean into the discomfort. I allowed myself to feel like a socially awkward dork, to worry who might be my friend or sit with me, to have patience when my mind wanted to be catty and critical of others, and to go ahead and be uncomfortable with the art project they had us do because I've never thought I was creative. I just sat in the question of what I was really there for.



Through it all, I met some amazing women and received some deep healing. I was loved and received in joy and sisterhood—just what my soul was craving. I learned that with every daily choice we make to do something different, we create lasting transformation.

What I came to find was that most of the women were carrying fear of some sort, and our courage in facing fear united us. Fear keeps us from approaching and engaging the beauty and wonder of life. We think we are alone. We believe we are the only ones going through doubts, challenges, isolation, grief, and fear. Hearing someone speak with candor allows us to be vulnerable and authentic, opening heart to heart. The true elixir for courage is community. In these times, we must all find ways to engage outside our bubbles to seek support, to stand firm in faith, to be courageous, to be strong.

Are you ready to embark on a journey of courage? Start with what scares you. Don't try to slay giants; get some small wins. Every small act of bravery reminds your body, mind, and soul that you can do hard things with ease, grace, and joy. The hard things then become stepping stones to your blessings. I invite you today to take that first step to your freedom.

***Rev. Christina Garza is a Unity minister in Nashville, Tennessee.***

# Meditation on Courage

Today I remember that courage doesn't just happen. I must practice and perfect it. Like an athlete, I train my body and mind in divine strength, daring, and determination. My spiritual fitness happens with every small choice I make to listen to Spirit, to trust. It happens with every small gesture, action, word, thought, joy, and celebration.

I let go of things that rob my courage—the need to be right, to be liked, to follow duty and obligation, to believe in old stories. I feel my strength building as I open myself to divine will, guidance, and wisdom.

I enter into that deep reservoir of power within and become ready for the most courageous act: to remember and boldly proclaim that I am a child in and of God. I am one with the living, loving Universe. I am divine consciousness moving and breathing. Spiritual presence is rooted in me, as me.

I will be bold today. I embrace and embody the audacity and assurance within me. I am fearless, and I am free.



# DIVINE ORDER

*I am in the flow of  
divine order.*



## From *Daily Word*

Nature reminds me that there is a season for everything. Bright red or yellow apples began as a compact bud of potential, unfolded into a beautiful springtime blossom, and then matured into a luscious and nutritious fruit ready for harvest. Each stage of the apple's development was orderly and essential for fulfillment.

Order is also active in my life. I am inspired with ideas that follow an orderly path toward fulfillment. I give my ideas time to develop, nourish them with thought and consideration, and then take constructive action. I seek God's guidance and align my efforts with the divine order of the creative process. I experience a divinely ordered flow as I grow in spiritual understanding.

***For everything there is a season,  
and a time for every matter under  
heaven.—Ecclesiastes 3:1***

*This message is available as a  
video meditation at [go.unity.org/  
mindfulmoments](http://go.unity.org/mindfulmoments).*

# No Meddling Necessary

Rev. Maggie Alderman

As a child growing up in Unity, the words *It's all in divine order* seemed to lace every passing conversation at church on Sundays. As community members caught up on the week's events, I'd hear snippets of news being shared between friends while I made my way to the front of the cookie line. No matter what the update—unexpected income, good news from the doctor, or a promotion at work—it was all in divine order, they said.

If there was something that my younger self came to understand about divine order, it was this: It was at work for everyone I knew, in every area of their lives, without exception. I knew that *something* was at work in the lives of the people I loved that created peace of mind and deep gratitude. The funny thing about these overheard snippets is that I got the punch line without understanding how this principle actually worked. As a young spectator it felt like magic. Little did I know that we play a role allowing the universal law of divine order to demonstrate itself in our lives.

Unity teaches that God is the creative intelligence behind all life, and divine order reflects the harmony and right functioning of all things in alignment with spiritual truth. The evidence of the creative energy of God is often in the outcome. We move through each of our life circumstances trusting in faith that God is working for our highest good. This is where we get the opportunity to tame the wild impulses of our human experience—those created through our personal discomfort and need to “make things happen” in our time.



Some days it is all I can do to remember that God does not need my help. What God needs is for me to not meddle. You see, the Universe hears us and knows our hearts' desire, often before we give it voice. When I am in the experience of something that is uncomfortable or scary, I go to God in prayer. I affirm the truth that I know: *God has got this; it is in order, on time.* I am grateful in advance for the pleasant outcome that I have yet to experience.

Now if I could only stop there. When the sun rises on a new day and the fear or discomfort remains, it becomes my work to stay in the lane of faith and resist the urge to meddle. When I can manage to stay out of the details about exactly when and how my discomfort will be eased, I am always pleasantly surprised with the outcome.

Divine order is at work, although a little breathing room may be necessary to allow the details to be worked out. When we resist the urge to meddle, time flies, new experiences show up in the meantime, and the next time we return our attention to the problem, we may find it's been solved—better than we dared imagine. Then we have what feels like a little magic worth sharing in our own lives.

***Rev. Maggie Alderman is the director for the Unity Prayer Ministry, known as Silent Unity®.***

DIVINE  
ORDER

# Meditation on Divine Order

Taking a deep breath, I allow my body and mind to relax. With each inhale, I welcome peace. With each exhale, I release any need to control outcomes.

In this moment, I know that divine order is at work. Even when the path ahead seems uncertain, divine wisdom is guiding my every step. I do not need to force, fix, or figure it all out. I simply trust.

I feel the gentle presence of Spirit surrounding me. I rest in the assurance that all things are unfolding in perfect time, in perfect harmony. I am safe. I am supported. I am held in divine love.

I let go. I trust. I breathe.

# DIVINE GRACE

*I am transformed by the infinite grace of God.*

DIVINE  
GRACE

## From *Daily Word*

In the tender moments of life, I have an opportunity to fully experience God's grace, and I gratefully give myself permission to do this. So whenever I feel vulnerable or feel that my life is out of control, I surrender any need to control and allow the grace of God to be my strength.

The scriptural promise that "power is made perfect in weakness" is a divinely true paradox. As I let the perfection of God express wisdom and strength through me, I am living this truth. Divine power is indeed perfect, and grace is revealed as I let go and let God.

The transformative power of God's grace is infinite. At one with God, I am strengthened with divine power.

*My grace is sufficient for you, for power is made perfect in weakness. So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me.*  
—2 Corinthians 12:9

# If God Is Here, Grace Is Here

Rev. Juan del Hierro

I grew up loving the concept of grace. It felt like a “get out of jail free” card. Regardless of my own actions, if I prayed enough and promised God that I was sorry, God would extend grace to me and all would be well. In many ways, this was helpful. It meant that not all would be lost even when I messed up.

As I have come to understand my oneness with and in God, many concepts from my religious tradition have changed. Grace is no longer something for which I need to beg God. Rather, grace is one of the ways in which God is expressed in my life. Grace is God’s nature in action. It is not something given or taken away. It simply is, and the more I recognize it, the more a sense of connection, love, and peace abides in me.

Grace is the experience of love even when I do not feel lovable. Grace is the experience of peace even in times of chaos and hardship. Grace is the very fact that although I may try to shut God out of my life, God is a constant, unmovable, and unchangeable Truth.

For me, grace still means that all is not lost even when I mess up. This is because I cannot change the nature of God. God is love, and that love is always at hand, ever present. It is not withheld from me for my actions.

DIVINE GRACE



Grace is the push of divine love that is extended *by me* also. Even when I am upset or angry at someone, sooner rather than later there is a tug at my heart to forgive, to release the resentment. To me, that is grace too—that ever-present push for us to live into our highest potential.

This realization has transformed my understanding of grace from passive reception to active participation in divine love. Not only do I receive grace from God, but I allow grace to flow through me into the world. When I extend kindness, when I choose love over fear, when I meet another with understanding instead of judgment, I am embodying grace. Even when I forget my divine nature, my divine nature is there, seeking to be remembered.

Grace calls me to rise into the awareness that I am not separate from God. I am an expression of God's love. It is a sacred invitation, not only to recognize the grace that sustains me but to become a living testament to it. And in that, I find grace.

***Rev. Juan del Hierro is senior minister at Unity on the Bay in Miami, Florida.***

# Meditation on Divine Grace

Breathe deeply. Allow your body to soften, your mind to quiet, and your heart to open. Become aware of the presence of God. If God is here, then grace is here. It is the ever-present flow of divine goodness in your life. You do not have to chase it or earn it; you need only recognize it.

Breathe in and as you exhale, let go of any resistance.

Grace surrounds you. It lifts you. It is the gentle whisper that reminds you that you are always held, always loved, always guided.

Breathe in and, as you do, feel yourself aligning with this truth.

Grace moves through you. It is the nudge to forgive, the pull toward love, the invitation to step into your highest potential.

Breathe in and speak softly to yourself: *I am a conduit of grace. I allow grace to move through me. I trust in the ever-present goodness of God. Grace is within the nature of all things.*

Sit in the Silence for a while as you feel the embrace of grace. When you are ready, gently open your eyes and take this knowing with you.



# FORGIVENESS

*Through forgiveness,  
I am free.*

FORGIVENESS

## From *Daily Word*

When I seek to lighten the heaviness of my soul and heart, I consider what forgiveness work I may need to do to feel free. Forgiving does not mean condoning another's behavior or pretending it did not hurt. Rather, it is a process to facilitate my healing and increase the lightness of my spirit.

Forgiveness does not have to involve seeing or speaking to the person I need to forgive. Perhaps that is possible only through a soul-to-soul silent exchange. I rely on divine love and wisdom in me to guide me through my forgiveness practice. Every step I take leads me to free myself of the weight I have been carrying. I go forward lighter and ever-ready to live more fully, refreshed, and invigorated.

*Be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.—Ephesians 4:32*

# FORGIVENESS

# All Forgiveness Is Self-Forgiveness

Rev. Richard Mekdeci

When navigating forgiveness from the ego, we identify two players: the perpetrator and the victim. Most of us have been both at one time or another.

As the perpetrator, I seek forgiveness from those I have wronged. I want to restore the relationship and give us a clean slate. As the victim, I might stew in my pain and judgment until the perpetrator apologizes—even though the person may not even be aware there's a problem!

In either situation, I've given away my power, as my healing depends on the actions of another. If I seek forgiveness from another, they may refuse to give it. If I am waiting for someone to apologize to me, they may never do it. Even if they do apologize, I may doubt their sincerity. Do I feel validated now? Did their apology eliminate my pain? The forgiveness process is stalled, and I will continue to suffer whenever the situation comes to mind.

When we approach forgiveness as a spiritual practice, however, we realize it is rarely about the other person. I may forgive another or accept forgiveness from another, but that is only half the task. In order for the healing of true forgiveness to take place, I must forgive myself.

As the perpetrator, I must forgive myself for inflicting harm on someone and let go of my shame and guilt. As the victim, I must forgive myself not only for my anger toward the perpetrator but for the part I played in allowing it to happen.



All forgiveness is internal reconciliation. Whether I ask for forgiveness or give it to others, it is my own peace I am seeking. The work happens inside me. I must be willing to let go of the poison I take when I hold on to unforgiveness. All the discomfort is within me, created by me, and I am the only one who can heal it through self-forgiveness.

Jesus gave us authority to forgive sins—our own and those of others. “If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained” (John 20:23). In both cases, the writers of John were telling us that *all* forgiveness work is done within us. When we seek or offer forgiveness from our divine center, we know the answer will always be *yes*.

When I forgive my own mistakes and clean my own slate, I am reaffirming my worthiness and exercising my dominion over my own soul journey. Forgiving myself helps me identify with, and live from, my true spiritual nature.

In the end, there is nothing to forgive. At the spiritual level, no one is doing anything wrong or making any mistakes. We are all getting what we need for our soul’s growth, and each one of us is in service to the other in this regard.

From this perspective we can see that there are no victims and no perpetrators. Only teachers and students.

***Rev. Richard Mekdeci is a Unity minister and songwriter based in Virginia Beach, Virginia, and is a founder of emPower Music & Arts.***

# Meditation on Forgiveness

As I find a comfortable position to sit, I begin to slow my breathing. I follow each inhale into my heart space as an invitation for the Divine to express through me. Each exhale is a surrender, a surrendering of my will to the One.

With every invitation and surrender, my sense of oneness with all life becomes more real, more vivid. “Out beyond ideas of wrongdoing and rightdoing, there is a field,” Rumi wrote. A field where there are no victims and no perpetrators. A field without separation or judgment. A field of consciousness that recognizes the connection I have to all life.

As my mind quiets and my breath deepens, I release any resentment, malice, or unforgiveness I hold toward another. I release all thoughts of victimhood and attachment to being right. In this space all is forgiven. As I forgive others, I am able to forgive myself.

The burden of conflict is lifted from my heart. The pain of separation is healed. The joy of peace is released. I free myself from ideas of wrongdoing and rightdoing. I act for the greater good of all and am nourished by the love of creation.

A misty forest scene with tall trees and sunlight filtering through the canopy. The word "GUIDANCE" is written in large, dark blue letters across the upper middle of the image. Below it, the phrase "Answers come to me in the Silence." is written in a smaller, green, italicized font. At the bottom left, the number "24" is displayed. The word "GUIDANCE" is also faintly visible in large, light green letters at the bottom of the image.

# GUIDANCE

*Answers come to me  
in the Silence.*

GUIDANCE



## From *Daily Word*

I quench my thirst for understanding by drinking from the fountain of knowledge within me. I tap into this wellspring during times of reflection as I wait in stillness.

Attuned to divine wisdom, I move beyond intellectual or ego-driven solutions. I release self-judgment about how much or how little I should know. I affirm the Truth: *I am wise and knowledgeable; I know what I need to know.*

In the clarity of the Silence, any muddy thoughts blocking my guidance are cleared. An inner knowing emerges that is more sure and more sound than any false belief. Confident and clear about what is mine to do, I act on the guidance I receive and proceed with divine understanding.

*The dawn from on high will break upon us,  
to give light to those who sit in darkness ...  
to guide our feet into the way of peace.*  
—Luke 1:78-79

*This message is available as a video meditation at  
[go.unity.org/mindfulmoments](https://go.unity.org/mindfulmoments).*



# Trusting the Guidance Within

Rev. Kathy Beasley

I used to believe life was something to figure out—like a puzzle with only one right way to piece everything together. If I planned enough, worked hard enough, and made all the “right” choices, I thought I’d land exactly where I was meant to be. But life isn’t a formula, and it certainly isn’t something to be mastered. It unfolds in ways we don’t always expect, revealing itself moment by moment.

Maybe you’ve felt that same pressure—the need to have it all mapped out, to make sure you’re on the “right” track. But what if clarity isn’t found in having all the answers? What if it comes from trusting that we are always being guided—even through uncertainty and into the moments that feel unclear? I’ve learned that when I slow down and listen, there is always something within me pointing the way forward.

You have that same inner wisdom. Call it intuition, divine guidance, or simply knowing—it’s there. It speaks in quiet certainty, in the deep pull toward what feels true, and in the unrest when something isn’t right. It doesn’t shout, but it never leaves. Even in uncertainty, we are not lost.

For too long, I searched for direction outside myself—seeking validation, waiting for signs, hoping for guarantees before making a move. But life rarely offers certainty. What it offers is movement and, with it, an invitation to trust. I don’t have to see the whole picture to know what comes next.



# GUIDANCE

Not everything will feel easy. I've hit roadblocks that made me question everything. I've faced detours that seemed like failures but later proved necessary. I've been stuck in waiting seasons, wondering if I had missed my way. But nothing is wasted. The delays, the setbacks, the unexpected turns, they aren't signs we're off track. They are part of the unfolding, shaping us as we go.

What if we stop overanalyzing and simply ask: *Does this feel true? Does this bring peace? Does this align with who I am becoming?* When I listen to the wisdom within me, I don't have to force anything. I can trust that I am being led.

Life isn't something to chase or control; it's something to experience fully. We don't need every answer to move forward. What we need is the courage to trust what we already know.

So let's move with confidence. Let's trust that we are being led toward something bigger than we can imagine. Let's choose faith over fear, wisdom over worry, and courage over hesitation. Remember, even when life feels uncharted, you are unstoppable! The path isn't behind you or beyond your reach; the guidance within always illuminates the way.

***Rev. Kathy Beasley is a senior manager in the Silent Unity prayer ministry.***

# Meditation on Guidance

Find a quiet space. Take a deep breath in and slowly exhale. Allow your body to relax, your mind to settle, and your heart to open.

Feel the quiet wisdom within you—the deep knowing that does not rush or demand but patiently reveals the way. Your inner guidance is always present, gently leading you forward. You don't need all the answers. The path is unfolding, not as something to be conquered, but as something to be experienced.

Breathe in surrender.

Breathe out control.

The delays, the detours, and the uncertainties are not barriers; they are part of the journey. Each moment carries a purpose. You are always being guided, even when you cannot yet see where you are going.

Breathe in faith.

Breathe out fear.

Trust that what is meant for you is unfolding in its perfect time. The path is not behind you or beyond you; it is before you, illuminated by the guidance within.

# HEALING

*The healing light and life of God  
flow through me now.*



## From *Daily Word*

Ease is more natural than dis-ease, and health is more natural than illness. Whenever I have a healing need, I relax, release my fears, and allow the healing light and life of God to flow through me. I affirm the power of God within to heal whatever needs to be healed.

Healing light fills me, permeating every cell and fiber of my being. God is greater than any appearance of illness, and healing light breaks forth as I affirm the power of God working in and through me now. First in mind, then in body, my healing springs up quickly.

Moment to moment, I give thanks for the healing light and life of God within me.

***Then your light shall break forth like the dawn, and your healing shall spring up quickly.—Isaiah 58:8***

*This message is available as a video meditation at [go.unity.org/mindfulmoments](http://go.unity.org/mindfulmoments).*

# The Healing Power of Laughter

Rev. Sandra Campbell

I love to laugh. A good joke will have me rolling on the floor laughing. Whenever I am not feeling my best, I find comic relief watching reruns of TV sitcoms and cartoons or reading the “Sunday funnies” in the newspaper.

There is no truer statement than the column I read every month in *Reader's Digest*: “Laughter Is the Best Medicine.” Laughter is a powerful healer. Scripture says, “Joy does a body good like a medicine” (Proverbs 17:22).

A good example of this healing power is a story I read about Larry, whom everybody loved to hate because he was just too darn cheerful. Someone once asked Larry why he smiled and laughed so much. He said he believed that in life we have two choices—we can choose to be happy or we can choose to be sad, and he chose to be happy in good times and bad.

One day as he was closing his shop, two men robbed and shot him and left him for dead. A passerby heard the gunshot and called 911. When Larry arrived in the emergency room, he could tell by the looks on everyone's faces that he was seriously wounded. A nurse asked whether he was allergic to anything. Mustering a weak smile, Larry yelled out “bullets!” The doctors and nurses tried hard to mask their chuckles considering Larry's condition. Even in his weakened and



uncertain condition, he kept his sense of humor. The long and painful recovery did not dampen his spirits. Larry spread joy throughout the hospital with his jokes, stories, and anecdotes for happiness.

The Universe seems to shift in our favor when we put forth the effort to look for joy in every experience. When I focus my attention on something that makes me laugh, I quickly snap myself out of the doldrums. According to medical research, laughter enhances our intake of oxygen-rich air, stimulates our lungs and muscles, and increases endorphins released by our brain. A hearty chuckle activates and relieves one's stress response and soothes tension. Giggles and guffaws may be just what the doctor ordered. Whether laughing out loud at a TV sitcom or chuckling to yourself at a newspaper cartoon or a joke on the internet, a good sense of humor can be the cure to whatever ails you.

Since I have to be at church early on Sunday mornings, I record *Saturday Night Live* on TV. When I watch it later, I find myself belly-laughing so hard that tears roll down my cheeks. For me, laughter is as natural as breathing. Its healing power helps to raise my vibration every time I laugh. Laughter has the power to heal the body, mind, and soul. I fully believe that laughter is the best medicine.

***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.***

# Meditation on Healing

Laughter yoga is a fairly new method of restoring joy in mind, body, and spirit. It is a two-way body-mind principle to help us change our minds when we are not in a laughing mood.

I invite you to begin this practice by finding a comfortable position. Become still by concentrating on your breath. Take three deep inhales and slow exhales. When you are ready, you may lower or close your eyes. As thoughts of doubt, fear, or worry come up, just refocus on your breathing.

When you feel relaxed, at the end of each exhale breathe out from your diaphragm and say: “Ha! Ha! Ha!” With each breath make it louder: “HA! HA! HA!” After a few repetitions, sit quietly. Breathe naturally and allow the joy of laughter to fill your spirit.

After a few minutes, express your gratitude for this experience. When you feel ready, return your attention to the present moment. Wherever you are, look around you and revel at what you now see with fresh eyes. Throughout the day, laugh your way to wholeness. It works.

# INNER PEACE

*Centered in God, I experience absolute peace.*





# PEACE

## From *Daily Word*

Storms may rage on the surface of an ocean, but deep below, the waters are calm. The fish know to stay in that peaceful place and let the storm pass.

In prayer each day, I choose to turn my thoughts to the peace of God within me. On the surface of my mind, the appearance of lack or conflict or fear may toss my thoughts about in worry. I gently release those thoughts and move my attention deeper, to a place of peace within me.

I take time for prayer throughout my day as I rest in the stillness. I am serene, mind, body and spirit. Each time I center myself in the peace of God, I experience absolute peace and tranquility.

*The promise of the Lord proves true; he is a shield for all who take refuge in him.—Psalm 18:30*

# The Labels That Block Our Peace

Rev. Stacy Collins

Is peace possible? Regardless of the number of years you have lived on this planet, whether you have been an avid student of history or simply a participant and observer of the present, no one would fault you for concluding that lasting peace is elusive—often praised, rarely realized.

The problem does not seem to lie in a lack of recognition that peace is desirable. Peace has many advocates—those who write about it, sing about it, talk about it, or simply long for it. A great many also have realized that peace begins within, that there exists in us a peace that transcends conditions, a peace that surpasses all understanding.

So if we want peace, and we know that we already have it within, why does peace sometimes feel impossible?

In my personal quest for peace, I've noticed that I sometimes seek to control my circumstances in unexpected ways. Often when I find myself at an impasse with a project or problem, I have a sudden desire to get organized in some niche area of my life. Procrastination? Probably. I prefer to call it a clarity break.

One Saturday while preparing to deliver the next day's message at church, I was seized with inspiration to organize my pantry. Armed with my label maker and a variety of containers, I set about labeling and arranging spices, nuts, seeds, and powders. I derived great satisfaction from seeing them all properly arranged and categorized. Now I could get back to work!



# INNER PEACE

But wait, surely there were more things in the house that could benefit from this labeling process. The sense of control and clarity that my labeling had given me was proving to be more alluring than diving back into the mystery and unknown of the work I was supposed to be doing.

What I've realized is that my internal label maker has a tendency to get carried away. My compulsion to extend labels to people, experiences, life—not to mention myself—often obstructs my experience of peace. It is incredibly easy to slap a label on everything—good/bad, right/wrong, desirable/undesirable, worthy/unworthy, acceptable/unacceptable. A part of me believes that, at the end of all my labeling and categorizing, I will have satisfaction, order, and peace.

However, that part of me is blind to the truth that in my labeling, I have put conditions on my peace. I can be at peace in circumstances labeled “good,” and I am blocked from peace when things are “not good.”

Yet I know there is another way, a path that transcends all labels and conditions, the path of submitting my limited understanding to the peace of God. When I am willing to allow things/people/myself to be, the peace that surpasses all understanding is mine.

***Rev. Stacy Collins is executive minister at Unity of Houston, Texas.***

# Meditation on Inner Peace

Take a moment to position your body in a way that allows you to feel comfortable and supported. It may help to close your eyes.

Bring your awareness to the breath. Simply observe the natural movement of inhalation and exhalation in this activity that has sustained you every day, every minute, every moment of your life. Effortless and freely available, your breath is the activity of the one life.

Ask yourself the question, *With this breath, can I be at peace?*

Notice any labels or conditions the mind offers. It may say *yes* or *no*. It might make predictions or projections about possible future obstacles to peace. With every thought, gently bring the mind back to the question, *With this breath, can I be at peace?* You may begin to notice a sense of expansion within your being, a sense of aliveness that is both radiant and serene.

Continue to rest in your own beingness for as long as you'd like. As you bring your practice to a close, remind yourself that you can come home to this peace in any moment. As far removed as it might sometimes seem, the peace of God is only ever one conscious breath away.

# LET GO, LET GOD

*I let go and let Divine Life  
fulfill itself in and through me.*

LET GO,  
LET GOD

# LET GO, LET GOD

From *Daily Word*

The phrase “let go and let God” is more than an effective affirmation. It is a way of life. When problems or challenges arise, I make a conscious decision to see myself in unity with Divine Life, to let go of my attachment to a problem and yield to a spiritual solution. This is when I am truly letting go and letting God.

God lives in me and flows freely through me. God in me is my path to freedom, abundance, peace, and harmony. If I become mired in fear, doubt, and frustration, I block the flow of God-life. Letting go opens me to the power of inspiration, insight, wisdom, and love.

I let go and let God manifest in my life as new adventure, unexpected pleasures, and unlimited potential. I live in unity with God.

***Let the Lord your God show us where we should go and what we should do.—Jeremiah 42:3***

*This message is available as a video meditation at [go.unity.org/mindfulmoments](http://go.unity.org/mindfulmoments).*



# First Feel, Then Release

Rev. Claudia Olmos

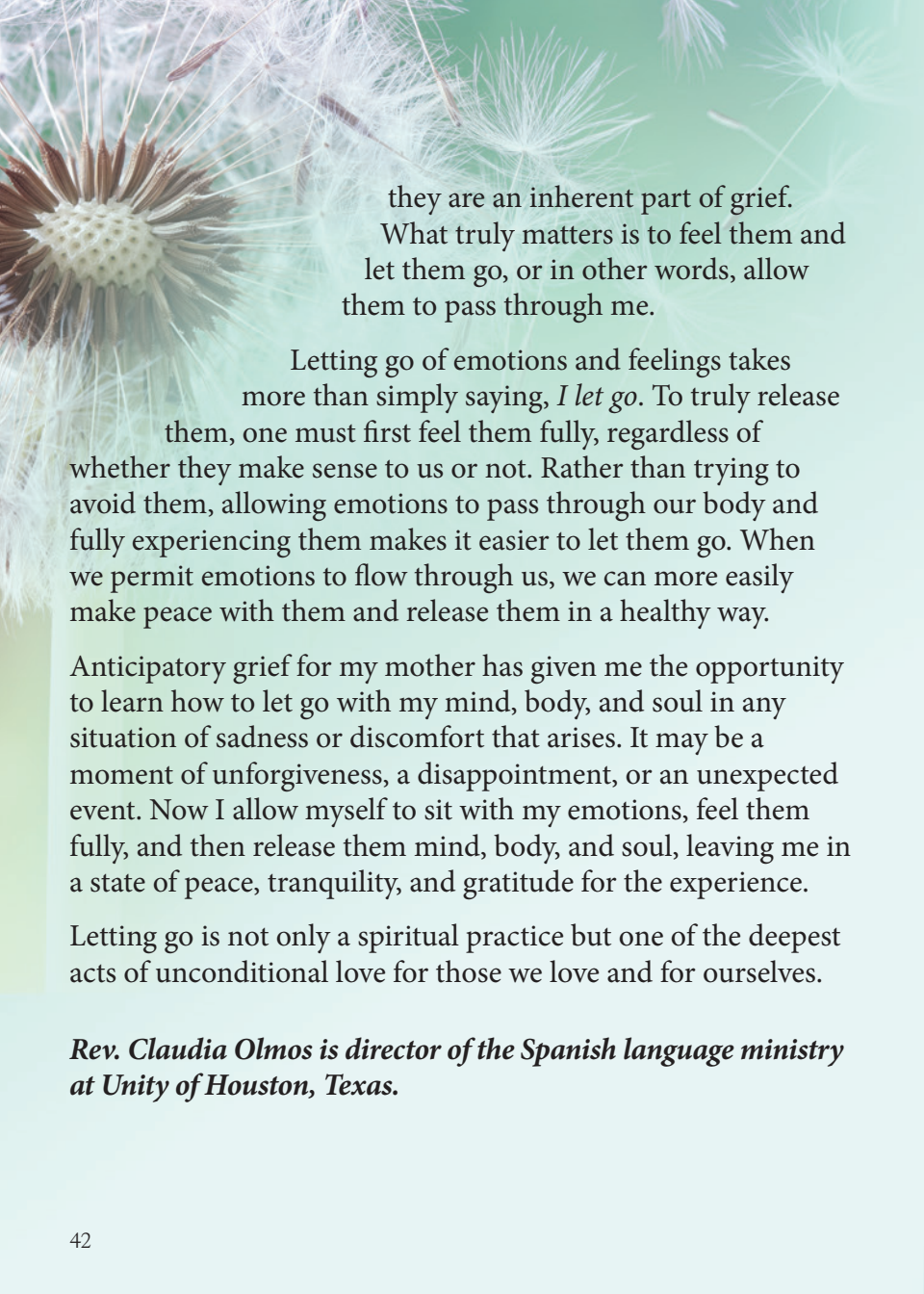
As time goes by, I realize more deeply the importance of letting go. One of the most profound lessons I am experiencing right now comes through my mother and her journey with Alzheimer's. She is teaching me the art of letting go.

My mother was a successful, well-loved woman, always surrounded by friends and constantly striving for self-improvement. When she began to change, I realized how attached I was to certain aspects of her personality. I felt deep sadness for what she was ceasing to be. She was no longer the leader of her business community, where she had once thrived. She was no longer surrounded by friends. Her physical appearance was changing rapidly, as was her way of expressing herself. Where was my mom now?

One night, in deep reflection, I came to understand the spiritual essence of my mother. I realized that it would never change, that the spirit of my beautiful mother would always remain intact. I chose to embrace this truth and appreciate the present moment with her. I cherish every expression of her being—her love of singing, which has always been a part of her, and the laughter that still fills every space with joy. Likewise, I treasure every opportunity to hug her and be close to her when I visit.

My mother has been my teacher on this path that thanatologists call anticipatory grief—a journey filled with emotions and feelings of loss that come and go. Some of these emotions have seemed illogical to me at times, but I have come to understand





they are an inherent part of grief.  
What truly matters is to feel them and  
let them go, or in other words, allow  
them to pass through me.

Letting go of emotions and feelings takes  
more than simply saying, *I let go*. To truly release  
them, one must first feel them fully, regardless of  
whether they make sense to us or not. Rather than trying to  
avoid them, allowing emotions to pass through our body and  
fully experiencing them makes it easier to let them go. When  
we permit emotions to flow through us, we can more easily  
make peace with them and release them in a healthy way.

Anticipatory grief for my mother has given me the opportunity  
to learn how to let go with my mind, body, and soul in any  
situation of sadness or discomfort that arises. It may be a  
moment of unforgiveness, a disappointment, or an unexpected  
event. Now I allow myself to sit with my emotions, feel them  
fully, and then release them mind, body, and soul, leaving me in  
a state of peace, tranquility, and gratitude for the experience.

Letting go is not only a spiritual practice but one of the deepest  
acts of unconditional love for those we love and for ourselves.

***Rev. Claudia Olmos is director of the Spanish language ministry  
at Unity of Houston, Texas.***

# Meditation on Letting Go

Letting go is an act of love. By allowing the healing light of Spirit to enter me, I can return to my natural state of peace.

Letting go means surrendering and asking God for guidance to recognize what I need to release, whether consciously or unconsciously. By welcoming divine guidance within me, I allow myself to acknowledge my emotions, uncomfortable situations, resentments, and expectations, trusting that God's restorative love will cleanse them.

With each breath I take, I imagine God's healing love flowing into me. With every exhale, I visualize myself releasing everything that no longer serves me. As I focus on my breath, I realize that letting go is a natural part of life. With each release, I regain a sense of peace and tranquility.

I feel God's spirit renewing me, opening my heart to a broader vision of life. I feel nourished, no longer giving power to past situations that do not contribute to my well-being. Today, I surrender with trust in God, and I rest in the peace of divine love and serenity.

LET GO,  
LET GOD

PRAY FOR

# PRAY FOR OTHERS

*I affirm God's good, knowing all is well.*

# OTHERS

From *Daily Word*

Prayer connects me to the presence and power of God within me and all others. A heartfelt prayer is the first gift I offer a friend or loved one who is facing a challenge or concern.

If I receive news from a dear one in need of prayer, I begin by aligning my heart and mind with God. I awaken to the presence of peace, wholeness, abundance, and strength within. My prayer acknowledges and affirms these same qualities in myself and the one for whom I pray.

I complete my sacred prayer time with gratitude, releasing any attachment to specific results. Divine Presence knows what others need and fulfills those needs in the best way possible. I give thanks for the power of prayer and leave the rest to God.

***Beloved, pray for us.—1 Thessalonians 5:25***

*This message is available as a video meditation at [go.unity.org/mindfulmoments](http://go.unity.org/mindfulmoments).*

# The Ultimate Way to Help

Rev. Shirley Knight

When I become aware of a problem, I start thinking about how to fix it, even if nobody asked for my input. This is natural. As human beings, we have problem-solving minds. Our ability to decide on and advocate for solutions serves us well when we need to find food and shelter or organize objects.

But our impulse to fix things does not necessarily work well with people. If we do not have authority or permission to offer advice or provide guidance, others might deduce we are interfering when we try to fix them. Even when I think I have the best solution in the world for someone, if that person is not open to receiving my ideas, they may withdraw from conversation.

When we care about other people, we want to help them. We feel compassion. We want to connect them with all available resources. But sometimes people want to learn on their own. They want time to contemplate their situation before taking action. Some challenges are too big for our limited human minds to rationalize in the moment. And sometimes situations do not lend themselves to simple explanations. For example, when a loved one dies, there is no repair kit with a simple solution.

Yet no matter the circumstances or the receptivity of someone else, we can pray for and with them. We can help lift them up, sustain them, nurture them, and offer comfort. We pray for others when we believe their lives could improve with changes in their choices, their outlook, or their way of being. We pray for others when they ask for prayer or when we want to honor their presence in our lives.



Prayer is effective because it focuses thought, attention, and energy. Prayer brings us into alignment with the infinite, eternal Source of all that is. Prayer is a way of offering ourselves as conduits of love and light.

When we pray for others, we are also praying for ourselves and all humanity. We are all expressions of the Divine experiencing this human situation. Let us pray that we humans release attachment to limiting beliefs and stories. Let us pray that we progress in consciousness and receive insights and revelations. Let us pray that we practice listening to conscience and gain self-awareness and wisdom. Let us pray that we find and nurture the light within for our highest unfolding.

We cannot know another person's calling, purpose, or pathway for learning. Therefore, when we hold others in prayer, let us align with the awe and wonder of existence. Let us align with oneness. From this space, let us affirm that people are open to seeing the path revealed and that we are all willing to be fulfilled. Let us affirm that when people are spiritually fulfilled, then emotional, mental, and physical fulfillment unfold naturally, transcending human limitations and any sense of incompleteness.

***Rev. Shirley Knight is associate minister at Unity of Houston, Texas.***

# A Prayer for Others

I breathe in awareness of oneness and breathe out care, concern, and compassion. As I focus on my breath, I feel the divine connection supporting and uplifting all beings. With this awareness I release my personal ideas of preferences and outcomes.

I affirm everything is unfolding in alignment with Being. I affirm divine light and guidance are illuminating the path for those in my prayers. Absolute, everlasting love is always available, and it continues to be revealed in this world. Therefore, I affirm spiritual support, nurturing, comfort, and clarity for all those in need.

Grace comes forth in infinite supply as I release any sense of fragmentation and invite revelations of wholeness. No matter the conditions of the world, possibilities continue to open. There is always a way through the darkness. There is always a path to transformation. I make space for love and light. All is one, and all is well.



# PROSPERITY

*God's good is ever present in my life.*

# PROSPERITY



## From *Daily Word*

My life is a channel for God's ever-present good. I control the flow of divine substance in my life with my attitudes, thoughts, and actions. Just as water channels can get clogged, so my life can feel obstructed with ideas of fear, greed, lack, and unforgiveness. I clear any debris from my mind and open myself to a greater flow of good.

I release the belief that anything or anyone outside of me can prevent my good. I participate in the circulation of blessings by giving generously and knowing I will receive in abundance. I keep my thoughts on gratitude and trust the constant flow of good in my life. I forgive myself and others for past hurts and receive the wealth of a peaceful heart.

*They feast on the abundance of your house, and you give them drink from the river of your delights.—Psalm 36:8*

*This message is available as a video meditation at [go.unity.org/mindfulmoments](http://go.unity.org/mindfulmoments).*

PROSPERITY



# The Prosperous Heart

Rev. Robin Volker

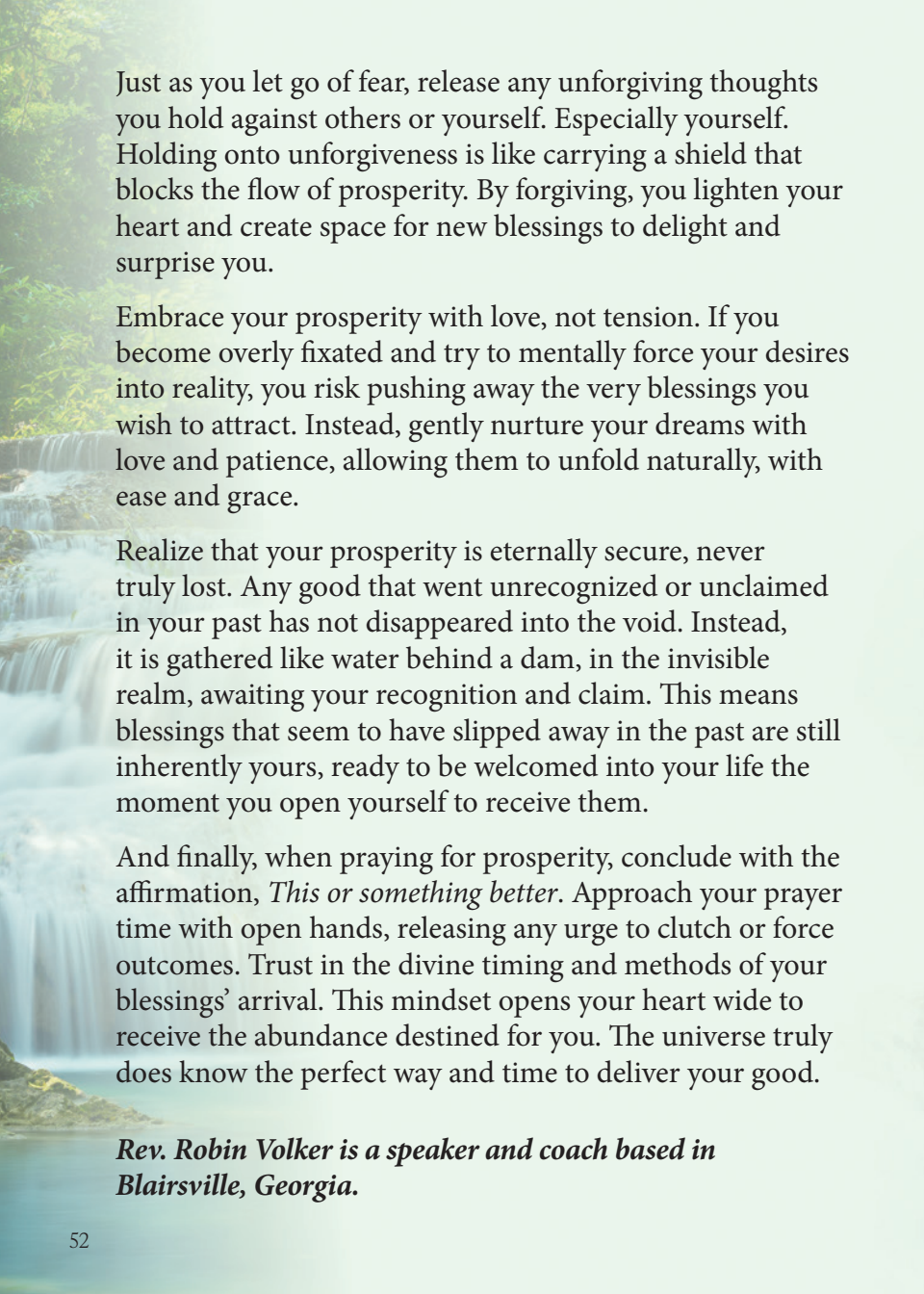
Prosperity is more than a fat wallet or a villa in France. True prosperity embodies cherished moments, deep connections, and sweet spiritual growth. It thrives in a grateful heart that values the little things, like the warm spring sun on the tired winter grass. Settle in. Let's explore together the amazing comfort of a prosperous heart.

The effective use of affirmations is a great place to begin. Be sure to choose words that draw you closer to the abundance you seek. Then speak them aloud with conviction and do it often. Affirmations aren't about coaxing gifts from the Divine. You are opening yourself to the bounty already bestowed upon you in ways you may not yet have recognized and the thrilling possibility of more.

Next, harness the power of mental imaging to envision new possibilities. Unity author Catherine Ponder wisely advised, "Instead of fighting problems, picture your way out of them." Use your imagination to paint a vivid picture as a tool for transformation, visualizing solutions and pathways that lead toward true abundance and away from obstacles that trip you up.

This may be a tough one: Release your grip on fear. Trust. Invite prosperity and abundance into your life and be ready to accept it. Fear stands as a blockade, preventing the divine flow of well-being from reaching you. By letting go of fear, you open your heart and mind to endless possibilities, enabling delightful surprises to flow into your life freely.





Just as you let go of fear, release any unforgiving thoughts you hold against others or yourself. Especially yourself. Holding onto unforgiveness is like carrying a shield that blocks the flow of prosperity. By forgiving, you lighten your heart and create space for new blessings to delight and surprise you.

Embrace your prosperity with love, not tension. If you become overly fixated and try to mentally force your desires into reality, you risk pushing away the very blessings you wish to attract. Instead, gently nurture your dreams with love and patience, allowing them to unfold naturally, with ease and grace.

Realize that your prosperity is eternally secure, never truly lost. Any good that went unrecognized or unclaimed in your past has not disappeared into the void. Instead, it is gathered like water behind a dam, in the invisible realm, awaiting your recognition and claim. This means blessings that seem to have slipped away in the past are still inherently yours, ready to be welcomed into your life the moment you open yourself to receive them.

And finally, when praying for prosperity, conclude with the affirmation, *This or something better*. Approach your prayer time with open hands, releasing any urge to clutch or force outcomes. Trust in the divine timing and methods of your blessings' arrival. This mindset opens your heart wide to receive the abundance destined for you. The universe truly does know the perfect way and time to deliver your good.

***Rev. Robin Volker is a speaker and coach based in Blairsville, Georgia.***

# Meditation on Prosperity

I now settle into this moment of peace. I remind myself: I am surrounded by God's ever-present good. My life is a vibrant channel for this divine abundance, shaped by my thoughts, attitudes, and actions.

I clear any obstacles from my mind, opening to all the good that is mine. I offer forgiveness to myself and others, welcoming the rich peace that comes with a cleansed heart.

I generously participate in the circulation of blessings, affirming my readiness to receive in abundance. My heart is anchored in gratitude, trusting in the ceaseless flow of divine good.

This meditation is my declaration that I am open to endless possibilities and the assurance of God's good manifesting in my life.

# SPIRITUALLY CENTERED

*Spiritually centered, I follow through  
on a divine plan.*

## From *Daily Word*

I may feel complete in heart and mind as I reflect upon my past. However, Spirit within encourages me to look forward.

Spiritually centered, I do not base my expectations upon the past—what happened, who I was with, what I did or said. Memories can provide inspiration or insight, but I do not allow them to restrict me.

In prayerful meditation, I receive new revelations of divine inspiration. I see past old limitations. I recognize that I have resources, strength, and insight. My comprehension expands beyond what I would have usually considered.

Infused with new ideas and energy, I am spiritually centered. Aligned with Spirit, I follow through on a divine plan.

***I am about to do a new thing; now it springs forth, do you not perceive it?—Isaiah 43:19***

# Eight Ways to Stay Centered

Rev. Ellen Debenport

It hurts to turn on the news most days, doesn't it?

For years, I urged people *not* to ignore the news, to stay engaged with what's happening in the world so they could make a difference. As a former reporter, I also reminded them to keep news in perspective. News by definition is what's out of the ordinary, what *doesn't* happen every day.

Yet it's sometimes easy to feel overwhelmed by the sheer volume of events, and our personal challenges—illness, financial issues, conflict with family or coworkers—can keep us awake at night too.

I hear the question often: *How can we see events through spiritual eyes?* I wish I had the definitive answer. What I have instead are eight ways to think about it—to shift our thoughts so we can contribute positively to the whole.



## 1. Beware the Spiritual Bypass

I don't believe we are here to transcend the human experience and float through life. We knew there would be pain and drama. We came to help and teach. We were made for these times or we wouldn't be here.

## 2. Give Up Labels

Events, people, or situations we dislike are labeled as problems, but consider that they are not inherently good or bad. We can all recount stories when something we first labeled a disaster turned out to be a blessing.

## 3. Stay Grounded

Here's a helpful question that brings me back to the present moment: "Where are my feet?" In other words, what is happening right now, not past or future? Chances are I'm safe and comfortable. This might even be a good time to make a gratitude list.

## 4. Get the Facts

Information doesn't comfort everyone, but I like facts. Facts are neutral; our reaction creates the drama (or not). Instead of twisting ourselves in knots, could we greet each development with, *Isn't that interesting?*

## 5. Learn About Yourself

Remember the adage: “If you spot it, you got it.” When you hear yourself judging someone, look for ways you might be doing the same thing they are. It’s a graduate course in spiritual growth.

## 6. Be For Something

Too often, activism stems from anger. We push against whatever we perceive as wrong, which only generates more conflict. Try praying: *What is mine to do?* Align with Spirit before deciding how to take action.

## 7. Love the World

If you’re lying awake at night, focus on your heart’s warm light and imagine it growing brighter until you are enfolding the planet with love. Consciously or not, every sentient being will feel your energy.

## 8. Make Every Thought Count

We create our world through consciousness. What we hold in mind influences the whole. It contains every thought in human history and determines our collective experience. What thoughts are you contributing to the whole today?

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

# Meditation to Center Myself

When the world around me seems chaotic or frightening, I take significant time simply to become still. I focus on my breathing. I release whatever worrisome thoughts are crowding my mind. I sink more deeply into the quiet, sacred peace that always lies within me.

Then slowly I bring to mind—one at a time—each person or situation I have labeled as troubling. I ask, *What is mine to do?* As certain people come into my thoughts, I might need to forgive them or make amends to them. With others, I may be inspired with ways to comfort or support them. Regarding current events, I may feel guided to take a particular action.

But I know my highest calling is to love. This is not always easy; I may have to set aside my disapproval of others' actions. I try to remember the love doesn't have to come from me alone. I can let divine love flow through me to other souls who are sharing the planet. I cannot know their soul paths. I can only offer them love.

I return to this meditation each day to release a few more labels and offer a little more love.



# WORLD PEACE

*As I live in peace, I bring peace to others.*

## From *Daily Word*

When I put God first in my life, I know only peace. When the unconditional love of God fills my thoughts, it leaves no space for separation or judgment. When I see others through the eyes of peace and love, I contribute to world peace.

If discord arises within or around me, I pray to reconnect with the Truth: I live in the peace and love of God. This right thinking illumines my thoughts and prevails over disharmony.

I begin my day by thanking God for the peace in me. Before I go to sleep, I acknowledge that peace also lies within everyone on earth. I affirm: *Our minds and hearts are together in peace, and world peace prevails.*

***The effect of righteousness will be peace, and the result of righteousness, quietness and trust.—Isaiah 32:17***

*This message is available as a video meditation at [go.unity.org/mindfulmoments](http://go.unity.org/mindfulmoments).*



# Inner Stillness, Global Impact

Rev. Kurt Condra

As a teen, I spent spring and summer breaks on the beaches of Southern California. Coming from the Midwest, I imagined endless sunshine and sparkling waves. Instead, most mornings, a thick marine layer shrouded the Orange County coast in a gloomy haze. Only by midday would the sun burn through, revealing the idyllic surf scenes I had dreamt of.

It's an apt metaphor for peace. Just as the sun is always shining behind the fog, divine peace is ever-present beneath the turmoil of daily life. Yet in our human experience, it is often obscured. Anger, anxiety, frustration, and the violence we witness in the world can feel like an impenetrable fog. Suffering can make it difficult to access or express the deep peace that is our truest nature.

Just as I couldn't will the marine layer to dissipate, I cannot single-handedly dissolve the conflicts and injustices that obstruct world peace. Global crises, systemic oppression, and deeply rooted divisions may seem insurmountable, but we are not powerless. The key lies in how we think about these obstructions. Instead of fixating on the haze, we are called to align with the larger rhythm of life—trusting that, just as the sun inevitably breaks through fog, divine light is always present, ready to reveal itself.

This principle aligns with our other spiritual teachings. Many of us first encountered Unity through prosperity teachings in the '70s, '80s, or '90s. We learned that prosperity requires a shift in consciousness—from scarcity to sufficiency, from struggle to trust in infinite abundance. The same spiritual laws

# WORLD PEACE

apply to developing a consciousness of health and wholeness. Many of us grew up critical of our bodies, seeing illness as an inevitable enemy. Instead, we've learned to consciously claim the wholeness and resilience that exist within us.

World peace demands this same level of transformation. It is not about escaping into a private sanctuary, isolating ourselves from suffering, or bypassing discomfort by ignoring the world's pain. To be clear, meditation and prayer are excellent practices for cultivating inner peace. They are a powerful and necessary beginning toward establishing peace on earth. And we are being called higher. World peace requires engagement, not retreat.

Clearing the haze of division calls for awareness, resilience, and the courage to stand in the truth of our oneness—even when separation feels easier. It means witnessing suffering without becoming consumed by it, holding space for both earthly realities and spiritual transformation. True peace is not passive; it is an active stance, a commitment to seeing through the haze and embodying the possibility of something greater.

As we build resilience, we develop the capacity to hold the world's pain in a way that does not shatter us but empowers us to be a force for healing. By doing this deep inner work, we become the light that burns away the fog—not just for ourselves, but for the world.

***Rev. Kurt Condra is senior minister at Unity on the North Shore in Evanston, Illinois.***

# Meditation on World Peace

I close my eyes and take a deep breath, settling into the stillness within me. I recognize that peace is not the absence of conflict, but a presence I can cultivate—even in the face of turmoil.

The world calls to me. Though headlines, crises, and suffering may press against my awareness, I do not turn away or become overwhelmed. I stand firmly in my center, knowing I can witness pain without being consumed by it. I hold space for what is difficult while remaining anchored in the truth of divine love flowing in and through every worldly condition.

I imagine myself like the sun behind the morning fog—always shining, even when obscured. My resilience is the warmth that burns away illusion, clearing the haze of fear, doubt, and despair. I breathe deeply, allowing divine light to fill me, to steady me, to move through me.

From this grounded place, I engage with the world as a bearer of clarity, compassion, and courage. My peace is active, my presence powerful. I am here, fully awake, ready to be a force for healing.

I open my eyes, renewed and ready to meet the day.

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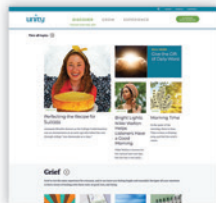
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